



## STEP NINE

*Made direct amends to such people  
wherever possible, except when to do so  
would injure them or others.*

### **BENEFIT OF SHARED EXPERIENCE. . .**

Step 9 was an experience I'm glad I didn't miss. I had been skeptical about taking the steps from the first time I read them because I wasn't sure I could or would complete them, especially Step 9. I didn't think I was smart, consistent, or humble enough to see them through. As I reluctantly progressed through the first eight steps, the 9th step became more real. After I reviewed my 8th step list with my sponsor, I was ready to start. I folded my list, said a prayer, and put it in my wallet. I carried it with me all the time and reviewed it each morning before I went to work. Somewhere during that time I became willing to make amends.

Soon after reviewing the list with my sponsor I was on my way to a meeting. As I was headed to the meeting the traffic on San Tomas Expressway backed up because of an accident, so I took a short cut and found myself in front of my former in-laws' home. It dawned on me as I looked at their home that they were on the list. I looked right, and thought maybe this is God's will. I knew I had to start somewhere. I turned around and parked in front of their home. I said a quick prayer and I told her I was on a mission from God. I chuckled; she invited me in and called her husband to the kitchen table.

I told them that I was in AA, that I had been attending

meetings. I read them the first nine steps out of the meeting guide. I explained to them that I wasn't doing this because I was a nice guy, but because the people in AA said that taking the steps would ensure my sobriety and I wanted to stay sober. We knew how I had hurt them and I wanted to make it right. They both hugged me and said, "whatever you're doing seems to be working—keep it up." I came out of their home and I was overwhelmed with joy. I believed from that day on that AA works.

Having a good experience on my first encounter made the others easier to face. I experienced that insatiable desire to do more. I called those I owed money to and promised to pay what I owed. I filed taxes for the first time in 5 years. I did have problems with people who did not believe that I was sincere. There was nothing I could do about that; I had done my best. I realized that the promises were coming true as I worked my way through the list. I found out that I was going to make it in AA if I picked up the kit of spiritual tools laid at my feet. I'm especially thankful to the men and women who went before me sharing their experience, strength and hope. This is what has been my experience as I continue to take the steps. I hope this is your experience too.

*Lee C*

*Santa Clara Newsletter*

### **ANOTHER STEP 9 EXPERIENCE...**

At first, this step was very difficult for me. Although I understood that making an amends to people I had harmed was the right thing to do, I was very hesitant to make amends to the people who had caused me pain. Early in

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**

Website: [www.aastpaul.org](http://www.aastpaul.org) e-mail: [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org) Fax: 651-290-0209  
Office Hours: Monday through Friday — 9:30 AM to 5:30 PM; Closed weekends and holidays

my recovery, I did not believe making amends to everybody was necessary to maintain my sobriety. But my sponsor and other AA members felt different. They told me that it was critical to my sobriety and spirituality to do Step 9. Once again, I decided to trust AA members, since my life had changed for the better from following direction and taking the previous steps.

My first attempts at making amends were to the people I cared most about and felt confident of how they might respond. Their response went so well that it gave me more confidence to continue on with my 9th step. I felt more willing to follow through with my financial amends at this point. From there, I proceeded to make amends to certain people I hadn't seen in a while. To much of my surprise, these amends went extremely well also. One of my amends on my list pertained to how I treated women under the influence of alcohol. Since I could not remember who these women were, I decided to make an amends to a group of women who were attending another 12 step program that I was in. My amends to these women was received warmly; thus leaving me feeling very spiritual about the amends process. Now I finally felt ready to make amends to a person I still hated and had major resentments toward—my ex-wife. The smartest thing I did was bring an AA friend along for support. I felt very uncomfortable making this amends, but when it was done, I finally felt some closure with my ex. The end result of completing my 9th step was a huge success. Seven and a half years later, and I still have not picked up a drink. The other blessing was a sense of freedom. I am a true believer of all the steps and try to make an amends to anyone as soon as possible so that I can enjoy this life god and AA has given me.

*Ed R*

*Santa Clara Newsletter*

## **AND ONE MORE FOR THE ROAD. . .**

As I drove to my ex-wife's house to make my amends to her (not done because of my desire to do so, but because I felt compelled to do

so), I was reviewing in my mind all the things that I would need to take responsibility for in the destruction of our relationship and marriage. As I revisited each occasion of negative interaction, I came to see a pattern developing. Not so much a pattern in the actions taken, but a clear pattern in the attitude that lay beneath those actions.

Yes, I had harmed her emotionally and spiritually, And on rare occasions physically. As unacceptable as those harms were, there was one more harm that superseded them all.

I had literally robbed her of her dignity as a woman and human being. Regardless of the positive self-image a person may hold about themselves, a relatively constant barrage of negative accusations and descriptions will cause anyone to question their own sense of themselves. The feelings and fears connected to that can drive a person to suffer mental health issues - which she had.

Somehow, instinctively (with HP involvement) I realized that the amend for this needed a different approach. It couldn't be seen as an 'amend'—but rather needed to be understood as a change of attitude and opinion. Therefore, the actions had to be taken anonymously. I could not seek absolution—I needed to provide a resolution.

This meant that whenever her name came up in conversations, either with our children, friends or relatives, I had to find positive things to say about her. I had to point out her talents and skills as a mother, woman and professional in her field.

At first this felt extremely weird and took some real effort on my part. The goal was to provide her with the opportunity to redevelop a positive sense of herself; not because someone was making amends to her, but because it was a strength of hers.

The amends had been well received by her, and the effort on my part provided her with the opportunity I sought to provide. Only she knows if that worked—but then she is the one to whom it is most important.

*Anonymous*

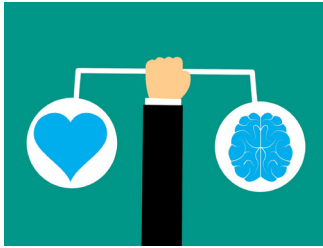
## St. Paul Area Intergroup Representatives' Meeting Minutes, July 20th, 2021 7:30 pm

1. **Opened** with the Serenity Prayer, Introductions, and read the Primary Purpose of Intergroup.
2. **Approved** prior month's minutes (motion: Lisa L, 2nd: Gary).
3. **Treasurer's Report, Lisa L** – Total Contributions: \$8,589 Expenses: \$10,528 Total Revenue: \$12,142 Net Income: -\$312. Revenue is up just over 3K from last month due to an increase in group and individual contributions. We have increased our Prudent Reserve Goal to 60K from 55K and we hope to reach that by this Fall. Thank you to all who have contributed! It's so convenient to practice the 7th tradition and purchase literature/medallions online to support our Intergroup at [aastpaul.org](http://aastpaul.org)! *See Treasurer's Report for complete financial details.*
4. **Office Report, Dennis B** – St. Paul Intergroup will host both a Suite and the Literature Booth at Gopher State this year. The Board will staff the Literature Booth, but groups are welcome to sign up to host the Suite. We can always use more volunteers! Frank is available to train new volunteers at 3 p.m. at the office on Tuesdays and Fridays. *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 3 open shifts: 1st Wed. overnight (10 pm - 6 am), 1st Thurs. early morning (6 am - 9:30 am), and 3rd Wed. evening (5:30 pm - 10 pm). You can train either in the office on the third Saturday at 10 am or on Zoom from the convenience of your home! *Please email [NightOwl@aastpaul.org](mailto:NightOwl@aastpaul.org) to sign up!*
6. **Website Report, Sergey K** – There are 786 regular weekly meetings and 295 groups served by Intergroup; all meetings listed are assumed to meet in person unless otherwise noted. Anyone interested in PHP development or data maintenance, please reach out! You may forward any group special AA events or announcements 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 Saint Paul AA 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** – We will raise Ken's wage to \$15/hour, and set that as the rate for any incoming staff. The Board has authorized spending up to \$3000 on new computers for the office by the end of the year.
9. **Liaison Reports:**
  - a. **District 8** (Ramsey County): **Lindsey D** – Would you like free admission to the State Fair? Just return the favor by staffing the AA booth in a fun two-hour shift! *Please contact Lindsey at [outreach@aastpaul.org](mailto:outreach@aastpaul.org) for more info!*
  - b. **District 15** (Washington County): **Melana M** – A great service opportunity to staff the Washington County Fair AA Booth, August 4th-8th, use Sign-Up Genius to take shifts.
  - c. **District 19** (Dakota County): **Brian M** – District is putting up a billboard in the County. Feel free to join the District meeting on August 11th at 7 pm. *Please contact Brian M at [madhouse0143@gmail.com](mailto:madhouse0143@gmail.com) if interested in attending or handing out literature at correctional, medical, or institutional facilities within the county!*
10. **Intergroup Events:**
  - a. **Recap:** The Open House was a huge success and we even had to run out to grab more hot dogs and cookies!
  - b. **Upcoming:** Gopher State Roundup, Sept. 3rd - 5th: [www.gopherstateroundup.org](http://www.gopherstateroundup.org) Intergroup is hosting both the Literature Booth (Board members will staff) and a Suite (AA Groups will take shifts). Call the office to sign up!
11. **Old Business:** The Reps Meeting will be hybrid this month! Feel free to stop by or zoom in! ☺
12. **New Business:** No new business
13. **Group AA Announcements:** **Lydia S** – About 75% of the meetings at Uptown House have opened back up in person; there are Trusted Servant Opportunities available!
14. **Suggestions for next month's agenda:** *Please contact Jodie at [secretary@aastpaul.org](mailto:secretary@aastpaul.org)*
15. **Grapevine Report, Rachel P;** **Volunteer for August:** Melana M
16. **Concept VII review, Lindsey D;** **Volunteer for Concept VIII:** Heidi B
17. **Mock Rep Report, Jennifer G;** **Volunteer for August:** Lucia D
18. **Closed** with the Responsibility Statement

### Attendance:

Eli F - West End	Elly C - Member at Large	Katherine A - Pocketing Our Pride
Lucia D - OMD	John K - Member at Large	Brian M - Meeting of the Waters, Mendota
Robyn W - Alt Chair	Dennis B - Manager	Dave P - Happy, Joyous & Free
Dayna K - Day by Dei	Mary S - Uptown House	Camille K - A New Light Women's
Mary S - Uptown House	Ken S - Como Big Book	Gary - No Time Like the Present
Rachel P - Board Chair	Lisa L - WBL Women's AA	Melana M - 12X12 By the Book, Mahtomedi
Jodie W - Secretary	Amy - Pocketing Our Pride	Ryan B - One More was Added to the Fellowship
Laurel M - Day by Dei	Mike C - NBAS Rep	Heidi B - A New Light Women's
Sergey K - Webservant	Nancy R - 112 Read This Book	Jeremiah W - Member at Large
Lisa L - Board Treasurer	Lindsey D - Board Advisor	
Duane M - OMD	Jennifer G - Member at Large	

Next Meeting: August 17th, 2021 7:30pm



## BALANCE & PEACE

“HAVING been to many an AA groups picnic or anniversary celebration I can state, without reservation, that there will need to be concern about AA being too organized”. That is the general thinking of many AA members today. However, that is not the intent or focus of this tradition. Many of us when we first glance at the tradition mistakenly confuse this with the word ‘orderly.’ In the previously described examples, it is the dis-orderliness of the event that strikes us. And, as we alkie tend to do, the rationalization often used as a defense to the poorly planned event is Tradition Nine. Quite a misuse and abuse of this tradition.

In getting to learn more about our traditions, I discovered that there is often a thread that runs through most, or all, of them. For example, the attitudes of responsibility, respectability and accountability are threads that link our Twelve Steps, Twelve Traditions and Twelve Concepts in a framework that is large enough and broad enough to cover all of AA. How fortunate we are to have that kind of an umbrella covering our beloved Fellowship!

With Tradition Nine, my learning and discovery has led me to understand that it is squarely focused on not becoming a government or hierarchical organization. One that has rules, policies, and requirements. We have only one requirement—you have to be sick enough with alcoholism to get in here. And this tradition tasks into account one other very important factor of a personality like this that an alcoholic has—the factor of defiance noted in the 12x12 in Step Two.

If Alcoholics Anonymous followed the same pattern as many other societies, with a membership composed of people whose most outstanding characteristic is defiance—imagine the chaos that would follow. I recall that after several decades of sobriety and AA service work I was finally put face-to-face with my own defiance. The inventory that followed that rude awakening took both time and determination to complete. I discovered that defiance is virtually always focused on another

person or institution. The wisdom that provided Alcoholics Anonymous with a way to exist without creating any more personalities or institutions can only be considered divine in its source.

In the following Tradition—Tradition Ten—we also see how fortunate we are that we have not been allowed or encourage to create the personalities or organizational institutions that could lead us astray. My inventory clearly showed where I might have championed the same course of action, defended the same principle, but without the defiance that lead to hurt feelings and burned bridges.

Balance and peace—two things virtually foreign to an alkie like me—are the results of the practice of this tradition. So the easy inventory is simply to review how much balance and peace my Home Group and I have.

*Anonymous*



## DISTRICT SERVICE MEETINGS

### ***District 8 (Ramsey Co.)***

Fairview Community Center  
1910 Cty. Rd B West, Rm 108  
Roseville  
3rd Wed., 7:00 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)

# 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	John K.
Manager	Dennis B.
Web Servant (non voting)	Jonathan L.
Web Servant (non voting)	Sergey K.
Night Owl Coordinator (non voting)	Robyn W.



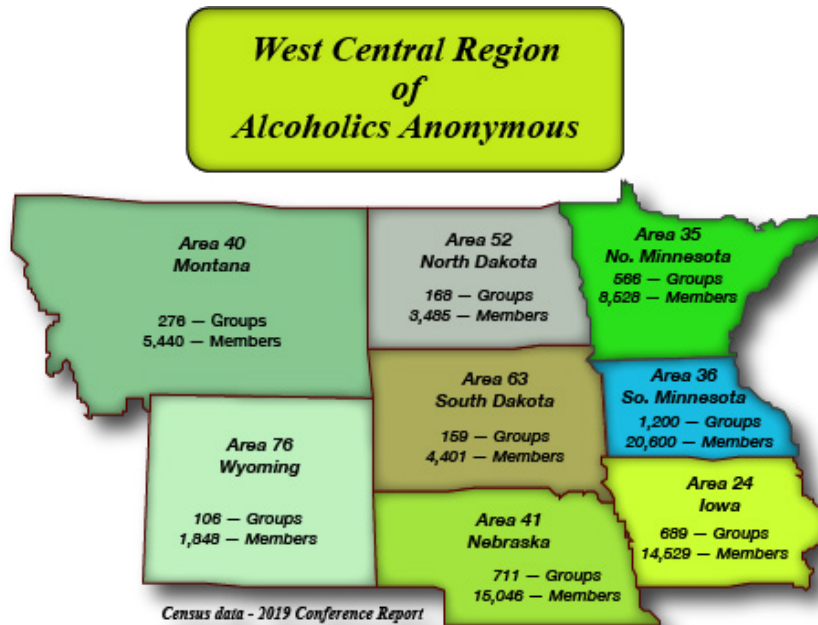
### **Office Volunteers:**

Mary, Lynn, Trey, Jay, Roger, Suzanne, David, Connie, Chris, Frank, Travis, Adi, and Camille & John the Lifeline volunteers.

# WEST CENTRAL REGIONAL FORUM — ONLINE —

September 10-11-12, 2021

*FREE—No Registration Fee*



“Regional Forums are hosted by the General Service Office (GSO) of Alcoholics Anonymous (A.A.). Each day will include Workshops, Presentations, Q & A, General Sharing, information about GSO, Grapevine & La Viña, our Class A (non-alcoholic) Trustees and much, much more!

Regional Forums provide A.A. members a chance to share with representatives of the General Service Board and GSO and to learn more about A.A.\*”

➔ **Register at [www.aa.org](http://www.aa.org)**

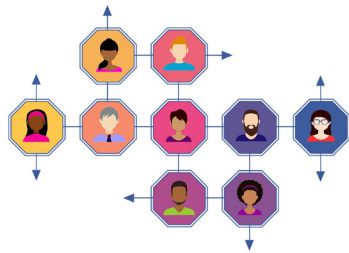
➔ Click on “Regional Forums Information,” then proceed towards the Canada/US Maps. Listed there you will find “Registration Planning.” Click there to register. A link will be sent to you. This process works best on a laptop or desktop.

*Get online and join in the Fun! Encourage someone to attend their first Forum!*



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# THOUGHTS FROM THE BOARD



## SERVICE IN SEPTEMBER, 2021

Hello, to our wonderful, recovering St. Paul Intergroup supporters and readers!!

My name is Elly (with a “y”) and I am a grateful alcoholic.

SERVICE enhances LIVES — ours and others’

I am thankful I volunteered to serve as my home group’s Intergroup Representative.

Our 6:00 pm Monday closed 12 Step group is a welcoming place for people wanting help to stop drinking and recover from alcoholism. We have a HYBRID meeting with a zoom ID and password plus we are back in-person at:

House of Hope Presbyterian Church’s back door, 790 Portland Av, St Paul, 55105.

The church’s back door is open from 5:30pm until 6:10pm. The meeting duration is 6pm ‘til 7:15pm. The first Monday of each month our group’s business and service opportunity (group conscience) meeting may last until 8:15pm.

My A.A. Life begins:

Two AA gentlemen, (Don B and Don B) volunteers from Bloomington, MN, brought a meeting EVERY Friday evening to my intensive, out-patient treatment experience at Fairview Southdale Hospital’s “Family Renewal” Program. I was in treatment mid-January through April, 1978....about 13 weeks. The experience and empathy of these two A.A. Volunteers was a key to my being able to make a deep, authentic connection with a woman (Marge R.) to whom they referred me one Friday night when my grief and sobbing was so severe I had no voice to speak.

After a few hours of my soaking in Marge’s experience and wisdom that night, I was convinced I belonged in A.A. Thank you, HP, for our 3rd Tradition. Thank you, Don B and Don B, for your guidance that evening.....I had other “plans.”

Soon and very soon, there are going to be enjoyable service opportunities available on behalf of St.Paul Intergroup and many A.A. Groups supporting our 2021 Autumn Gopher State Roundup, Sept 3rd through 5th, 2021, at the Bloomington DoubleTree by Hilton Hotel, 7800 Normandale Blvd at Interstate 494 and Highway 100 South.

Please know you’re needed and welcome to assist and serve our Fellowship.

Thank you for allowing me to be of service.

*Elly C., A.A. St. Paul, MN.*



12th Step Calls

4



Website Visits

8,791



Night Owl Calls

247



Meeting Info Calls

64



Speakers Calls

10



Literature Purchased

292 Books

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

- A Baffled Lot
- Children of Chaos Plus
- Clay City AA
- Cottage Grove AA
- Day by Dei - Sat
- Forest Lake Alano
- Fourth Dimension
- Fri Nite 12x12 by the Book
- Gloria Dei AA
- Hampden Park Grp
- Happy Hour Men's Mtg
- Highland Park Groups
- Hillside AA
- Joy of Living Group
- Lake City Group
- Lake elmo Thurs Night Grp
- Last Call Grp
- Meetig of the Waters Grp
- Midway Club
- On Awakening
- Ringmaster's Group
- River Rats
- Rosemount
- Sat Morning PS Mtg
- Sat Morning Serenity Grp
- SOS - SHaring Our Sobriety
- St. Joes Monday Night
- Summitt Hill
- Valley Creek Monday
- Valley Creek Thursday
- Uptown Groups
- White Bear SAT Women's Grp

- 33 A.A. Groups contributed \$ 5,345
- 6 Gratitude Contributions totaled \$ 1,056
- 26 Faithful Fivers contributed \$ 1,633
- 10 Digital Contributions \$ 972

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

Change Service Requested

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Twin Cities MN  
Permit 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 *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 Tennes* (\$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