



## STEP SIX

*“Were entirely ready to have God remove these defects of character.”*

**WHILE** the idea of the Fifth Step is fairly traumatic for an alcoholic, for me the Sixth Step was what drove a lot of that fear and apprehension. The thought, “what will I be like if these defects of character are in fact removed?” was the thought that ran through my head. Who would I become, what would I be like and could I really enjoy life that way, were questions that plagued me as I approached the Fifth Step – knowing that Six was next on the list.

On top of that, as I listened to the discussions in my home group around Step Six I became confused in addition to afraid. What’s the difference between ‘character defects’ and ‘shortcomings’ was an often heard in the discussion. Today I understand that all that was is an excellent example of how we drunks use obfuscation (darkening or clouding something to cause confusion about it). It’s an old tool we have used to great affect anytime someone challenged our drinking. I once told my first wife, when she complained about how fast I was drinking my drinks at the bar, that if I didn’t drink them fast the alcohol would evaporate and we would lose the value of the drink—she believed it. What wouldn’t she, I did! That was ‘obfuscation’ at work. So, too, was the discussion of the difference between ‘character defects’ and ‘shortcomings.’ It allows someone to appear to be doing something they are not.

A ‘defect’ is something which keeps a person or thing from operating as intended by the manufacturer—that description certainly fits me and my behavior! On page 27 of our Big Book, Dr Carl Jung tells Rowland H that the “ideas, emotions and attitudes’ must be replaced by a completely different set of ideas, emotions and attitudes. It took me some time in A.A. to come to understand that these were the defects in my character—my ideas, emotions and attitudes. In Chapter Five - How It Works, that approach is validated when it says “Some of us tried to hold unto our old ideas and the result was nil until we let go absolutely.”

The other thing that took me some time to learn was that my character defects are not separate, individual things. They stem out of my God-given attributes. The difference is that I have taken those attributes to an extreme due to my ‘ideas’ about what should or shouldn’t be in life. That, in turn, drove my wildly erratic emotions, which when experienced on a regular basis results in an ‘attitude.’ So, while I thought of having my character defects surgically removed from me, and I was confused when I was unable to accomplish that with even the smallest of them—I didn’t realize that they were actually an integral part of something necessary to my survival, which was my God-given attributes. To remove those aspects of me would have left me incomplete and entirely defective.

Later I was to discover that what drives those defects is the ego. It’s what adds the ‘excess’ of ideas, emotions and attitudes that are actually the defect. It’s why I do not operate as intended. Therefore, when Bill W wrote about “emotional

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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

## St. Paul & Suburban Area Intergroup Representatives' Meeting Minutes, April 19, 2022 7:30 pm

1. **Opened** with the Serenity Prayer, Introductions, and read the primary purpose of Intergroup
2. **Approved** prior month's minutes (motion: Nancy , 2nd: Steve). Passed with a majority vote.
3. **March Financial Report, Lindsey D - See the Treasurer's Report for complete financial details.**  
Contributions are steady over last month but YTD contributions are down a bit - partly due to being at the top of the contribution drive last year at this time. We need about \$14K to align with our current financial policy that includes an increased prudent reserve. Please ask your groups to continue to contribute to Intergroup. Questions? Email [treasurer@aastpaul.org](mailto:treasurer@aastpaul.org)
4. **Revised Year-End 2021 Report - Bill C. - See the Treasurer's Report for complete financial details.**  
The finance team (Bill C., Lindsey D., & Dennis B.) worked on getting some things cleaned up in QuickBooks - this is over 90% toward being cleaned up. As a result, there's a net additional expense of \$14,781. There are inaccuracies but no money was missing, all of the inaccuracies are due to coding errors in QuickBooks. All adjustments were recorded in December 2021 so they affect the prior fiscal year. If more adjustments are required, these will be recorded and reported as they are made.
5. **Office Report, Dennis B - Please see the Office Report for more info or contact the office at [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org)**  
Online sales have been on an upswing. Sales from outside the Intergroup coverage area are getting more common (e.g. orders from northern MN). Due to price increases, fancy medallions increased by \$1 ( no price change for the regular medallions). Volunteers are still needed at the Intergroup office to staff the phones. There's 1 steady volunteer each day, but there are gaps we would like to fill. Come in on Tuesday & Friday between 3-4:30 for training. Call ahead! GSO is looking for personal stories for the 5th edition of the Big Book, for the 4th edition of the Spanish Big Book, and for the new pamphlet for Black and African-American alcoholics. See the Lifeline for more information.
6. **Night Owl Report, Rachel P. - for more information contact Rachel at [nightowl@aastpaul.org](mailto:nightowl@aastpaul.org)** There are 4 open shifts currently: 1st Saturday (2-7PM), 3rd Tuesday (10PM-6AM), 3rd Saturday (2-7PM) & 4th Monday (10PM-6AM). Orientation training is offered on the third Saturday of the month at 10 am via Zoom, or individually as requested.
7. **Website Report, Jonathan L - Please see the Web Servant Report for more info or contact Jonathan at [webservant@aastpaul.org](mailto:webservant@aastpaul.org)**
8. 775 regular weekly meetings, 293 groups in the area (down 4 groups & up one meeting). 47 changes to the meeting directory in the past month. Web traffic was up in February. Lots of MIA meetings were cleaned up. If you have web development skills, are interested in serving, or have any special group AA announcements, **please email [webservant@aastpaul.org](mailto:webservant@aastpaul.org)**.
9. **Outreach Program, Brian M - 6 MIA groups checked off the list this past month. 6 other groups visited to check the accuracy of meeting info for the directory. 4 active members & 4 adjunct members. Committee members visit one group per month. If you are interested in participating, please contact Brian M. at [outreach@aastpaul.org](mailto:outreach@aastpaul.org) or 651-303-7349.**
10. **Update from the Board, Brian M - Be sure to tell your group about GSO's call for stories. Intergroup is looking for volunteers for Gopher State. If you would like to volunteer as an individual or group, contact Rachel P. at [advisor@aastpaul.org](mailto:advisor@aastpaul.org).**
11. **Liaison Reports:**  
**District 8 (Ramsey County): Lindsey D -** You can see all of the districts at Area36.org. This last month, general service conference items were discussed. More updates on this next month. *If you have questions, reach out to Lindsey D at 952-215-4471.*  
**District 19 (Dakota County): Brian M -** If you know anyone in District 19, encourage them to send a GSR to the meeting. Only 5 attended last time. New DCM & \$4K budget. Next meeting is May 11th via zoom. For contact information or **if you have questions, reach out to Brian M. at 651-303-7349.**
12. **Intergroup Events - Robyn W.**  
**Spring Fling** will be held on April 30th in St. Paul with carnival games and food from 4-6:30PM and an open speaker meeting at 7PM. For more info, check out the flyer in the April version of the Lifeline and **on the Intergroup website, Gopher State Roundup** is 5/27-5/29. Intergroup will host a hospitality suite - looking for groups to help host the hospitality suite for 2-hour shifts. Intergroup will be providing coffee and water. Groups can bring treats/snacks/food and have people to answer questions on behalf of Intergroup. If interested, contact Rachel at [advisor@aastpaul.org](mailto:advisor@aastpaul.org) or at 651-410-0556.
13. **Old Business:** No old business
14. **New Business -** No new business
15. **Group AA Announcements:**  
Maplewood Alano (1955 Prosperity Road) hosts a "Saturday Night Live" meeting on the 3rd Saturday of the month with a potluck, speaker meeting & medallions. Potluck starts at 6PM and the meeting begins at 7PM.
16. **Suggestions for next month's agenda: Please contact Kelly K at [secretary@aastpaul.org](mailto:secretary@aastpaul.org).**
17. **Grapevine Report:** Jennifer G. ; **Volunteer for May:** Tom S.
18. **Concept Review:** Both IV & V will be covered next month. **Volunteer for IV:** Lindsey D. ; **Volunteer for V:** Robyn W.
19. **Mock Rep Report:** Rachel P.; **Volunteer for May:** Lisa
20. **Closed** with the Responsibility Statement

<b>Robyn W</b> - Chair	<b>Lindsey D</b> - Treasurer, Dist 8	<b>Sharon M</b> - Basic Text Sat 10AM	<b>Brian M</b> - Alt Chair, Mtg of the Waters, Mendota
<b>Rachel P</b> - Advisor	<b>Steve _</b> - Hole in the Donut	<b>Bob H</b> - 3rd Edition	<b>Roger E</b> - Basic Text, Member-at-Large
<b>Kelly K</b> - Secretary	<b>Dave P</b> - Happy Joyous & Free	<b>Eliot W</b> - OMD	<b>Jennifer G</b> - Member at Large
<b>Rick S.</b> - Gopher State	<b>Nancy R</b> - 112 Read this Book	<b>Evan _</b> -	<b>Lisa L</b> - WBL Women's AA
<b>Bill C</b> - Alt Treasurer	<b>Camille K</b> - A New Light	<b>Ryan B</b> - One More Was Added..	<b>Dolores D</b> - Practicing these Principles
<b>Dennis B</b> - Manager	<b>Renee</b> - Member at Large	<b>Elly C</b> - Member-at-Large	<b>Mark R</b> - Summit Hill AA Group
<b>Jonathan L</b> - Webservant	<b>Nick</b> - Maplewood Alano	<b>Mary S.</b> - Uptown	<b>Laurel M.</b> - Day by Dei Online Group
<b>Jodie W</b> - SPOSM	<b>Paul _</b> - 156 Club	<b>Paul C.</b> - Night Owl Committee	<b>Mike C.</b> - NBAS/BB Squad
<b>Steve C</b> - HITO	<b>Mary D.</b> - Uptown	<b>Mark R.</b> - Summit	<b>Nick T</b> - Maplewood Alano

Next Meeting: May 17th, 2022 at 7:30 PM

# 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 55402-0812

## 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

### **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

# 2022 INTERGROUP BOARD OF DIRECTORS

WELCOME NEW BOARD MEMBERS!

Advisor to the Board (non voting)	Rachel P.
Chairperson	Robyn W.
Alternate Chairperson	Brian M.
Secretary	Kelly K.
Treasurer	Lindsey D.
Alternate Treasurer	Bill C.
2022 Member-At-Large	Jennifer G.
2022 Member-At-Large	Elly C.
2021 Member-At-Large	Renee B.
2021 Member-At-Large	Roger E.
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 D, Lynn E., Nancy T,  
Roger E., Debbie L.,  
Frank D, Bernie, Kat A., Joy

PLEASE POST ON BULLETIN BOARD

# “Rocketed Into a 4th Dimension!”



## GOPHER STATE ROUNDUP XLIV

May 27<sup>th</sup>, 28<sup>th</sup>, and 29<sup>th</sup>, 2022



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

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

REGISTRATION – \$30.00 Contribution (ages 13 & over)

Scholarships available onsite

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 a 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, MAY 27<sup>th</sup>

7:30 PM Clif G., A.A., Oklahoma City, OK  
10:00 PM Jack W., A.A., Carbondale, CO

#### SATURDAY, MAY 28<sup>th</sup>

9:30 AM Rick J., Al-Anon, Ontario, CA  
11:30 AM Deborah K., A.A., Durham, NC  
2:00 PM Lynda B., Al-Anon, St. Paul,  
4:00 PM Bill D., A.A. Detroit, MI  
7:30 PM Bob B., A.A., St. Paul, MN  
10:00 PM Micki B., A.A., Austin, TX

#### SUNDAY, MAY 29<sup>th</sup>

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

# TRADITION SIX

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

**WITH** Tradition Six we have reached the spiritual center, or hub, of our Twelve Traditions. In Tradition One we acknowledged and embraced our individual responsibility to maintain and provide spiritual strength for our three legacies—each and every one of us. Tradition Two informs us of the need to practice humility by following the guidance of a Higher Power – rather than an organizational power so often the basis for many societies, religions or governments. We are shown that both divisiveness and inclusion are unnecessary concerns in Tradition Three, as it sets the bar at spiritual self-honesty about ones own personal drinking. It allows us to avoid the practice of bestowing or conferring membership as some form of validation or superiority. Our Fourth Tradition has given us both free reign to fail or succeed and the opportunity to self-destruct or survive. This presents us with the condition that if we are unable or unwilling to learn from our mistakes, failure and perhaps a return to drinking will be our experience. We have been guided to adhere to a central focus in Tradition Five—carrying our message to the alcoholic who still suffers from their active drinking. This has pointed us directly at the reason a Higher Power gave us the opportunity for sobriety.

Without the practice of these first five—we will be unable to carry on through to the culmination of the Twelve Traditions. That culmination is the release from the bondage of excess.

Now the three things that can destroy it all are presented to us. It is not a surprise they are what they are. In our Big Book, we are told about the Four Horsemen of Terror, Frustration, Bewilderment and Despair. Some meditation and research offers us some ideas of where these four came from. The Triad of Destruction—Money, Property and Prestige—are the parents of the Four Horsemen. The joining of Money and Property provides for the offspring of Frustration and Despair. Terror and Bewilderment are the children of a joining between Property and

Prestige. Property is the birth mother of them all as the central and leading force. Tradition Six warns us to avoid any excess of these things.

As noted in Step Six, excess is the favorite and most effective tool for these destructive forces. The first five Traditions have helped us avoid, or shielded us, in our group life, from the exercise of that corrosive tool. The Traditions that follow Tradition Six will help guide us away from another set of excess—what might be called organizational excess. So for Tradition Six we need a method to help us focus on how to determine when we are headed toward an excess of some kind.

A dear friend, named Carl, has what may be the very best solution—and it’s simple (as noted in the Big Book most good ideas are). When we rely on our ‘opinions’ we begin to wander into the area of excess. Also noted in the Big Book—most of us are extremists by nature. We might think of an opinion as a ‘bridge to excess’ that allows us to cross into the realm dominated by the Triad of Destruction.

The way to avoid crossing that bridge, according to Carl, is to focus on how a Tradition(s) might be applied. Which is really an adaptation of the phrase, “What would the Master do?” In order to answer that question, we must separate ourselves from the Triad. They cannot do their work in the spiritual realm. This is a realm in which we do as suggested in item (c) in How It Works (i.e. God could and would if He were sought). When we turn our attention to ‘seeking’—the first focus must be on attempting to describe the alleged problem. For those of us who have experienced a real group conscience, our experience has shown that once we fully understand the problem—our High Power provides that answer. We have learned that once we set aside our own ‘solution’—the divinely guided one easily appears. But it cannot appear when it is covered over by layers of ‘solutions’ that have been quietly and invisibly crafted by an excess of desire for money, property and prestige.

Another way to understand how easily excess can take hold is actually presented in an old axiom. It is said that, when a person is walking in the desert, a grain of sand in one shoe can change the person’s course. If the grain of sand is in the right shoe-the person will walk a circle toward the left. Returning to the point of origin, or possibly not surviving the journey. An opinion can be considered ‘a grain of sand in our shoe’ when considering taking an action in A.A.

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# DISTRICT SERVICE MEETINGS

**District 8 (Ramsey Co.)**

Currently meeting on Zoom  
3rd Wed., 7:00 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)

## THE 59<sup>TH</sup> INTERNATIONAL WOMEN'S CONFERENCE February 16 – 19, 2023



**Minnnetonka Big Book Study Group**  
of  
**Alcoholics Anonymous**  
presents its

**28<sup>th</sup> Annual Serenity Breakfast**  
**Sunday May 22, 2022**  
at the Minnetonka Community Center  
14600 Minnetonka Blvd ~ Minnetonka, MN 55345



**Guest AA Speaker**  
**Beth H. from Destin, FL**



*Speaker will be ASL interpreted*

Breakfast: 8:00 am to 10:25 am  
Speaker Meeting: 10:30 am to Noon

Only \$10.00 in advance ~ \$15.00 at the door  
(Speaker only = Seventh Tradition)

## The Language of the **Heart** Will Be Spoken Here

Being held at  
The Renaissance Dallas Addison  
15201 Dallas Pkwy, Addison, TX 75001  
(972-386-6000)

For more information,  
contact Lindsey D. at  
treasurer@aastpaul.org

# LIVING IN THE WORLD AT LARGE

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“**YOU** may be the only copy of a Big Book that someone ever reads.”

I was only 19 years old and standing outside of a meeting when I first heard those words. I was listening to a sweet older woman give this cryptic advice (cryptic to someone with only a month of sobriety, anyway) to another woman in the group.

What does that mean?! I had a copy of the Big Book – it was currently keeping my bedroom window open. I didn’t have to actually read it, right? I mean, it was so outdated and couldn’t possibly apply to me, a 19-year-old college student who just happened to hit a rough spot with drinking...for the last five years. I’m too young to be a true alcoholic, I didn’t have to read that book and I didn’t have to do what it suggested.



## *...the message we don’t speak is essential.*

Thankfully, I found a sponsor, and she took me through the Steps as they are laid out in the Big Book. Finally, we got to the 12th Step, the Step that states: “Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and practice these principles in all of our affairs.” It was then that my sponsor lovingly pointed out that there is so much more to Step 12 than I had originally thought. It is only when I, as an alcoholic, have had a spiritual awakening and embraced the principles of the Steps (i.e. honesty, humility, spirituality, willingness, etc.), that I can truly be of service.

“Carrying the message” is so much more than talking in meetings or sponsoring newcomers. These two things are important, but there are so many ways to carry the message of A.A. to everyone we encounter. A few years ago, I was traveling through rural India. I found an A.A. meeting at a small church near where I was staying. The meeting was completely in Hindi, but the message of A.A. was loud and clear. To me, the message wasn’t in

the words that were spoken, but in the twinkle in their eyes, the smile on their faces, and the absolute gratitude for a chance at a new life. It was the warm handshake, the loving way the group’s members poured me tea and asked in broken English if I wanted to share in the spirit of inclusiveness and love.

It was then I realized that while the message we speak is important, *the message we don’t speak is essential.*

It’s easier said than done. Life happens. There are plenty of situations that are less than ideal: gossiping co-workers, difficult relationships, money issues, illness, etc. At times it seems so much easier to be cold, callous, and rude while in the world. These people don’t know I’m supposed to be living by spiritual principles – wouldn’t it be easier to act like a walking character defect to get what I want? And if I’ve truly been wronged, then I want you and the rest of the world to know it.

Recently, my partner’s ex-spouse heard through “the grapevine” that I was in recovery. Her reaction was negative and she said some really hurtful things about me, even questioning whether or not I was safe to be around their children.

It was really hard not to get defensive, fearful and angry. In my mind, these feelings are justifiable: what was said was untrue, so I’m hurt. I have every right to be defensive. Anyone in my position would be angry. It’s justifiable. I have every right to tell her where to go while putting my war paint on. Two can play at this game and the game is on!

In my experience, blurring that line can be a dangerous place. I’ve found to truly be of service to anyone, anywhere, I need to walk the walk if I’m going to talk the talk, in the rooms of A.A. and out. I truly believe that having time in A.A. doesn’t mean much if I’m not willing to bring the program into every aspect in my life. Because I might be the only copy of a Big Book someone ever reads.

So, after allowing myself to have the initial anger and fear, I moved into action mode. I prayed. I went to meetings. I got honest. I talked to my sponsor. I checked my ego at the door and really looked at my defects of character. I prayed some more. I meditated. I tried to understand her point of view rather than imposing mine on the situation. None of it easy, and none of it could I do alone without the support of some amazing people in this program.

*continued on page 8*

*Come join us!*



**Volunteer to be a host, bring goodies to share,  
or just come by to visit us in room 255 at the  
Gopher State Roundup.  
Volunteers contact Lindsey @ 952.215.4471**

*Living in the World at large - continued from page 7*

In the end, we met for coffee. I was hurt and scared, but A.A. has taught me how to be loving and open in the face of adversity. I was able to put my sword down and walk into a situation where the outcome could have been bad. In this situation, it wasn't. She kept her sword on the floor as well. We ended up walking away with a better understanding of one another, which is best for everyone involved.

Some situations don't change immediately, if they ever change at all. It's my attitude and living by the principles that change how I act, regardless of what is going on around me.

*Anonymous  
The Point Newsletter  
San Francisco, CA*




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*Step Six. . . - continued from page 1*

sobriety”—that is what he was addressing. We could define sobriety as a ‘lack of excess’ and it would fit perfectly. And, surprisingly, that is exactly what I discovered as the key to Step Six. The coffee cup that is overly full makes a mess. So I discovered that keeping my ideas, emotions and attitudes at reasonable levels was the key. I have examined the my past inability or unwillingness to do that. Now, going forward from here, I am provided with the steps necessary to be able to do so. I would suggest that serenity is possible when we change our actions, but true tranquility only comes with a change in attitude—which Step Six both suggests and offers us.

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*Tradition Six - continued from page 5*

We say a prayer in most of our meetings that actually points us in the right direction—the Serenity Prayer. Serenity is based on *knowledge*, Courage is based on *understanding*, but Wisdom is based on *humility*. If there is an antidote to excess—it is humility.



# 50<sup>th</sup> Annual Iron Range Get-Together

May 6th, 7th, 8th  
*The Courage to Change*

**Location: Grand Rapids Eagles**  
1776 S Pokegama Ave. • Grand Rapids, MN 55744  
(218) 326-4845

## Friday, May 6th

Join In  
*"Tropical Shirt Night"*

6:30 pm - Registration Opens  
8:00 pm - Speaker: Steve L., Biwabic, MN

## Saturday, May 7th

10:00 am - Outstate Panel  
1:00 pm - AFG Speaker: Sharon B., Grand Forks, ND  
3:00 pm - Call-up Meeting  
7:00 pm - AFG Speaker: Eloy M., Fort Collins, CO  
8:00 pm - AA Speaker: Ole B., Grand Forks, ND  
??? till 11:00 pm - 7th Tradition Ice Cream Social

## Sunday, May 8th

8:00 am - (Open) BB Meeting  
10:00 am - AA Speaker: Steve S., Saint Joseph, MN

**IRGT Pre-Registration Form**

A.A. \$18.00     A.F.G. \$18.00  
 Alateen \$6.00     Other \$18.00

Name \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Group Name \_\_\_\_\_

**IRGT Pre-Registration Form**

A.A. \$18.00     A.F.G. \$18.00  
 Alateen \$6.00     Other \$18.00

Name \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Group Name \_\_\_\_\_

# THOUGHTS FROM THE BOARD

A NEW PAIR OF GLASSES - RENEE B.

It is spring here in Minnesota, kind of—we are getting a slow start. Yet, today it is overcast with rain as I peck away here at my computer. The proper soaking to get all the plants and regrowth going.

It is no different from us as we work in this program to grow, heal, and renew our lives again. It is a slow process. Sometimes with too much rain. Growth and renewal doesn't just happen. It takes time, persistence, and joining with other Forces that help our process.

The grass outside my window is not greening up as of its willpower or doing it alone. This grass surely needs the rain, but it also requires the sun to warm it. The sun also provides energy, allowing the grass to break down the carbon dioxide and water to make sugar and oxygen. What a process, right? And please, do not think I am scientific enough to know all of that—I had to Google PHOTOSYNTHESIS.

This energy from the sun is very much like God in my life. I have to tap in for the energy and direction I need. I don't know how it works. I only know that it does work, and that blade of grass keeps growing

toward the sun, as must I continue to grow toward God.

The grass also needs two other things to grow and develop as the Creator intended:

1. A robust root system, and
2. The blanket of protection the snow provided from the harsh elements.

These two reasons are why the Fellowship of AA is also so darn important. Through this Fellowship, we can interweave with other people like ourselves, ever-growing deeper into the rich soil so we might have a firm bedrock on which to grow. And when we need it, that same Fellowship can offer us protection and safe harbor when the outside world gets too cold and bitter.

Yes, we in AA have been blessed with a beautiful renewal. It's not always easy, but so very worthwhile.

If you'd like to grow stronger in the Fellowship of AA, St. Paul Intergroup can always use extra volunteers and help. Call them today (651-227-5502) and learn how you might help ensure the hand of AA will always be there.



12th Step Calls

0



Website Visits

7,837



Office Calls

234



Night Owl Calls

195



Meeting Info Calls

55



Speakers Calls

1



Literature Purchased

222 Books

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

- A Baffled Lot
- Apple Valley Daily Reflections
- Came to Believe
- Cannon Falls Group
- Dakota Alano Tues 730PM
- Day by Dei Saturday
- Farmington Monday Night
- Firing Line
- Forest Lake 12x12
- Fourth Dimension
- Friday Nite 12x12 by the Book
- Gratitude in Action
- Happy, Joyous & Free - Mahtomedi
- Hole in the Donut Group
- Hudson Alano Society
- Maplewood Groups
- Midway Club
- New Beginnings - Newport
- No Time Like Present
- North Dale Group
- North Hamline
- Pages of Wisdom
- Rally Point AA
- Rosemount Groups
- Roseville Wednesday Night
- Safe Haven for Women Group
- Stepsisters of Northfield
- Summit Hill
- Thurd Tradition - Nfld
- Uptown Group
- Valley Creek Monday
- Valley Creek Thursday
- White Bear SAT AM Womens Grp
- White Bear Lake Wed AM Womens

- 35 A.A. Groups contributed \$ 4,639
- 10 Gratitude Contributions totaled \$ 896
- 23 Faithful Fivers contributed \$ 560
- 8 Digital Contributions \$ 1,263
- Online Sales \$ 457

*Thank You So Very Much!*

# SHARE YOUR STORY IN THE FIFTH EDITION OF THE BIG BOOK

The A.A. General Service Office in New York is requesting submissions of personal stories to be used in the Fifth edition of the Big Book. The criteria are:

- 1) 3500 words, double spaced, in 12 point type. Handwritten manuscripts should be approximately 5-6 pages. Stories will be accepted in English, Spanish and French.

If you have any questions, please email:  
5BBStory@aa.org

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The A.A. General Service Office is calling for sharing from the Hispanic community for inclusion in the Fourth Edition of the Spanish Big Book. The same criteria as was mentioned above for the Fifth Edition. In addition, they will accept manuscripts related to ethnic, cultural gender and LGBTQ diversity; etc. Email: 4LGHistorias@aa.org Put "Fourth Spanish Edition on the envelope. Send to: Box 459 Grand Central Station, New York, NY 10163

**A.A.  
FOR  
THE  
BLACK &  
AFRICAN -  
AMERICAN  
ALCOHOLIC**

The A.A. General Service Office in New York is requesting submissions of personal stories to be used in the pamphlet noted above. The criteria are:

- 1) 3500 words, double spaced, in 12 point type. Stories will be accepted in English, Spanish & French. email: pamphletstories@aa.org with your submissions or questions



**THIS IS YOUR  
OPPORTUNITY TO  
SHARE YOUR  
EXPERIENCE, STRENGTH  
AND HOPE WITH MANY  
OTHER ALCOHOLICS IN THE U.S.  
AND CANADA.**

St. Paul & Suburban Area Intergroup  
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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:

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