



STEP NINE

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

WHEN we first approach this Step, many of us focus on the timing of it. There are all kinds of approaches offered such as breaking them down into several different categories such as ‘now, ‘next, and never.’ We spend great deals of time trying to determine just the right time to make the approach, how the approach should be made and even the location of the activity.

The Step itself doesn’t suggest any kind of timing, or setting for the practice of it—it just, in essence, says “do it!” This is yet another little unconsciously applied manipulation through which we managed to keep people from challenging us about our drinking. Here is the definition of it: *Obfuscation is the obscuring of the intended meaning of communication by making the message difficult to understand, usually with confusing and ambiguous language. The obfuscation might be either unintentional or intentional, and is accomplished with circumlocution, the use of jargon.* Simply put, the Step is a ‘binary’ decision—

like whether there is a God or not. We are either going to do it or we are not!

Having reached this point in the process, the debate about whether and when to do it is much like Dr. Carl Jung’s description of a person attempting to hide their unlovely personal traits from themselves. To attempt to avoid or bury the new knowledge of self is equivalent to a person chopping off their head to avoid a headache. The longer we avoid this action—the sicker we remain or sicker we become due to our avoidance of it. The avoidance creates a wonderful environment for the growth of fear, resentment, and anger. The opposite of what we are trying to rid ourselves of.



The other aspect of this Step never enters our thoughts about this action. What it is we are making amends for is rarely even mentioned or given a thought. Are we just going to review a list of our past bad actions, say we are sorry, and

hope they never return? Experience has taught us that this approach is a poor one. While it may appear for a short term that we no longer do the things we did badly in the past—sooner or later they return. And then we are baffled. “Why do I keep doing this?” is the question that finds a home in our mind. It takes up residence, and space, and refuses

Continued on page 9

The Lifeline: Purpose Statement

The Lifeline is the monthly newsletter of the St. Paul and Suburban Area Intergroup, Inc. It is about, by, and for groups and members of the A.A. Fellowship. Opinions expressed herein are not to be attributed to A.A. as a whole, nor does publication of any article imply endorsement by either A.A. or St. Paul Intergroup. We welcome articles on a Step, Tradition or Concept, in addition to descriptions of personal experience. We also welcome original cartoons and drawings expressing the wry side of A.A. experience.

Please email your article to Lifeline@aastpaul.org or send it by regular mail to Lifeline Editor, St. Paul Intergroup, 33 Wentworth Ave E, Suite 355. W. St. Paul, MN 55118-3431. Materials or articles mailed to us cannot be returned unless accompanied by a self-addressed stamped envelope. Intergroup reserves the right to edit submissions for clarity, language, length, and content that might violate A.A.’s Traditions, etc.

St. Paul & Suburban Area Intergroup, Inc.

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

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

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

St. Paul & Suburban Area Intergroup Representatives' Meeting Minutes, July 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 R., 2nd: Steve). Motion passed to approve amended minutes with majority vote.
3. **Financial Report, Bill C.** – **See the Treasurer's Report for complete financial details.** If you have questions, please email treasurer@aastpaul.org. Total sales are down after the spike from Gopher State but are still strong for the year. Sales will struggle until we can build up inventory more. Individual contributions are on track but group contributions are not. Please encourage your groups and other AA members to contribute to Intergroup (only 10% of groups in the Intergroup area are making contributions. The process for next year's budget will start in September.
4. **Office Report, Dennis B** – **Please see the Office Report for more info or contact the office at lifeline@aastpaul.org.** Groups are buying less frequently in larger quantities - meaning Intergroup needs to carry a larger inventory. There have been some issues with the Grapevine and AAWS with payments and shipping. Quickbooks migration failed again - Finance Committee will discuss this on September 30th and come back with a recommendation on how to proceed. Storage room can now store
5. **Night Owl Report, Rachel P.** – **for more information contact Rachel at nightowl@aastpaul.org.** Night Owl monthly orientation is still on zoom. The 12th step list has been updated. There are currently 7 open shifts that can be found on the Intergroup website.
6. **Website Report, none present** – **Please see the Web Servant Report for more info or contact Jonathan at webservant@aastpaul.org**
Outreach Program, Brian M – The committee is planning to make appointments to attend Alano club meetings. Challenge is finding the business meeting time(s) for Alano club. Only 3 more MIA meetings in the directory. If you know anyone who's interested in helping out, have them contact Brian at chair@aastpaul.org.
7. **Update from the Board, Eliot W** – **If you have questions or would like more information, please email chair@aastpaul.org.** The Financial committee will be meeting on Sept 30th to a 9-month financial review and discuss quickbooks. Personnel committee will be working through an emergency succession plan and performance review for Dennis. Lindsey will send out her spreadsheet on policies to be created.
8. **Liaison Reports:**
District 8 (Ramsey County): Rachel P. on behalf of Lindsey D. The District 8 Archives Chair position is open, volunteers needed for the State Fair. Interest or questions please reach out to Lindsey D. at 952-215-4474
District 15 (Washington County) - Heather B. Sponsorship forum Sept 14th. Sponsor & sponsee speakers, raffle, Q&A, etc. The flyer can be found in this month's Lifeline. In October, there will be a Fall Workshop on the "ABC's of the Service Manual". Washington County Fair is Aug 3-7. Volunteers are needed to help "man the booth" - search for it on sign up genius.
District 19 (Dakota County): They meet via Zoom. The information can be found in The Lifeline.
9. **Intergroup Events - Open House - Bill C** – The Intergroup Open House was an outdoor event held at the office location (33 Wentworth Ave) on July 9th from 1-4PM. Est. 120 people. Spent about \$800 & brought in about \$380 in contribution and raffles. It was a good sales day in the office - more than \$500.
10. **Ice Cream Social (and long-timers recognition) - Jennifer.** – **Saturday August 13th 1-4PM - Lutheran Church of the Redeemer.** There will be two 15-min speakers and a main speaker. Combo ice cream social and speaker meeting. This will be an indoor event. Long-timers are considered those with 25+ years of sobriety.
11. **Old Business** - no old business
12. **New Business** - no new business
13. **Group AA Announcements:**
Ken S. – Many packets of information directed toward the clergy at the Intergroup office, ready to be sold & distributed. Thought was that those of us who meet in churches could deliver a packet to the spiritual leader at the place where we hold our meetings. Pick one up at the Intergroup office (33 Wentworth Ave). **Eliot W** – OMD will be having their annual picnic on July 20th at Hidden Falls Regional park. Meeting from 7-9PM. August 5-7th camping at Cascade River State Park on the north shore. Brian M - Midway club annual picnic in about a week and a half at Newell Park. Brian will get more information posted on the website.
14. **Suggestions for next month's agenda:** Please contact Kelly K at secretary@aastpaul.org.
15. **Grapevine Report:** Nancy R. ; **Volunteer for August:** Roger E.
16. **Concept Review: Concept VII:** Ken S. ; **Volunteer for VIII:** Mike C.
17. **Mock Rep Report:** Mike C. ; **Volunteer for August:** Eliot W.
18. **Closed** with the Responsibility Statement

Brian M - Chair, Outreach
 Eliot W - Alt Chair
 Kelly K - Secretary
 Mike C - New Brighton AA
 Christian C - SPOSM
 Ken S - Como Big Book
 Sharon M - Basic Text
 Bob H - Third Edition
 Melana M - freelancing

Bill C - Alt Treasurer
 Elly C - Member-at-large
 Roger E - Member-at-large
 Craig F - 11 West Bernard
 Guy T - Fairmont AA
 Jim - Oasis AA
 Glenn P. - Second Sandwich
 Patrice V - Day by Dei online
 Alex L - Rule 62

Roger E - Member-at-large
 Dennis B - Office Manager
 Steven C - Hole in the Donut
 Mary D - Uptown House
 Mark - Summit Hill
 Emily H - (Alt) Rule 62
 Camille K - A New Light
 Nancy - 112 Read this Book

Rachel P - Advisor, Night Owl
 Jennifer G - Member-at-large
 Ryan B- One More Was Added...
 Delores D - Practicing these Principles
 Joe - (Alt) Practicing These Principles
 Paul C - Night Owl Committee
 Mandy - Pocketing Our Pride
 Heather B - Safe Haven, Dist 15
 Lisa - Canvas Health Sun. Night

Next Meeting: August 16, 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 4592407 (*contributions only*)
James A Farley Station
New York, NY 10116-2407

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	Brian M..
Alternate Chairperson	Eliot W.
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)	Rachel P.



Office Volunteers:

Mary D, Lynn E., Nancy T, Sam,
Roger E., Debbie L., Suzanne,
Frank D, Bernie, Joy

ANONYMITY

by the Numbers

11 Tradition that addresses practical Anonymity.

Tradition that addresses spiritual Anonymity.

12

0 Number of Traditions practiced when posting or implying AA membership on social media.

1,348,072

Number of A.A. members affected when one person breaks their anonymity online.

100 Percent of A.A. members who should be carefully guarding their anonymity

TRADITION NINE

“A.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.”

NEW to A.A. and hearing this read the first time provided me the opportunity to breath. All my life it seemed I had to play by someone else’s rules. Now, as I understood it, there would be no rules and I would be free to do as I saw fit. I couldn’t wait to put into action all of those plans that had bounced around my head for years. When someone read or quoted the phrase “happy, joyous and free” – I realize now that I thought I was hearing “euphoric, ecstatic and not responsible!”

How many of us make that same kind of mistake in perception? Of course, it can also be fueled by those among us who enjoy the chaos it creates. Look around at any meeting, pot luck or AA event and you will see that there just needs to be some organization to be able to have it happen. But, there is often the person who failed to do something who uses “there’s no organization in AA” as their defense.

We drunks need not make any effort to be disorganized—we seem to do so automatically. Possibly it could be tied to the description in our literature about how psychiatrists have found us to be defiant by nature. We often refuse to take any guidance or direction from anyone except ourselves. Bill Wilson noted that we didn’t adopt the Oxford Groups Four Absolutes because we drunks refuse to try to do anything in an absolute manner. We were absolutely sure about that! What a great example of the kind of confused thinking and operating that we seem to prefer to live in. Somewhere in the Big Book it notes that, “...parallel with our sound thinking there inevitably ran some insane trivial excuse ...” Of course, this refers to our drinking – but I would suggest it can apply at other times as well. The above noted mention of the Four Absolutes provides ample evidence of that.

As so many phrases and sayings in AA, the reference to ‘organized’ is not connected with

refusing to be coordinated in our efforts, or well-planned in our activities. It refers, in all likelihood, to something quite different. It refers to not being governmental in our structure, actions or attitudes. To some degree, this is also a long-forgotten inheritance from the Oxford Groups. They had a saying (quoted in Anne Smith’s diary), “We are not an organization—we are an organism.” The difference between those two terms is what is at the heart of this Tradition. Essentially, the difference is that ‘organization’ grows through acquisition and expansion, and ‘organisms’ grow through extension and nurturing between the original cell and the new cell. Certainly, a much better description of how AA is hopes to function.

For the historians among us, this makes perfect sense. Bill Wilson was in World War I – a war fought in the mud caked trenches of Europe. A war created due to the attempt by governments to ‘acquire and expand’ their territory. It is reasonable to believe that based on the misery and degradation he witnessed, he would be inherently opposed to anything that might produce a similar result of chaos and death. To believe he would include some manner of avoiding that outcome, as he witnessed some early groups fighting and in-fighting, makes perfect sense. Even on an incredibly smaller scale—it would still be repugnant to him.

Again, referring to our history loving members, Alcoholics Anonymous—at it’s General Service Conference—once considered attempting to get a ‘Congressional Incorporation.’ Here is the report of the committee entrusted to consider that effort. It provides an excellent description of why we resist any effort at becoming an “organization” in the usual sense.



We have reviewed all of the arguments pro and con on this subject, have discussed it with many members of A.A. within the Conference and outside of it and have come to these conclusions:

1. The evils which caused the question to arise have largely abated.
2. It would create by law a power to govern which would be contrary to, and violative of, our Traditions
3. It would implement the spiritual force of A.A. with a legal power, which we believe would tend to weaken its spiritual strength

continued on page 8

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)

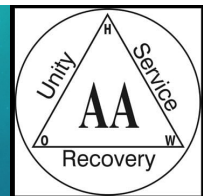
JUST AS WE
HAVE BECOME
DRUNKARDS BY
THE TAKING OF
ONE DRINK AT
A TIME — SO,
TOO, WE BECOME
SPIRITUALIZED
BEINGS BY THE
TAKING OF ONE
SPIRITUAL ACTION
AT A TIME.

*Quote by William Jame
author - Varieties of Religious Experience*

Looking for Serenity?

Need to develop a deep inner strength?

- Learn about the capability of embracing your feelings
- Get help dealing with challenging situations and emotions



DISTRICT 8 WORKSHOP: EMOTIONAL SOBRIETY

SATURDAY, SEPTEMBER 17, 2022 9 AM – 10:30 AM

VIA ZOOM: MEETING ID: 854 0907 3880, PASSCODE: 324114

LINK: <https://us02web.zoom.us/j/85409073880?pwd=DDJTSVNLdJN4AMPTDwDDWxRRChKRZz09>

Speakers:

Erica

Ruth

Peter





MANY of us come into A.A. with many questions. Some we ask, but others we keep to ourselves out of fear of seeming ignorant or unintelligent. This may only be in early sobriety— but more often it lasts long into sobriety.

By not asking the question(s) we have, we are inviting in, or harboring, a fear within the AA rooms. A very insidious thief. This thief robs the questioner of the practice of humility in asking the question and the possible insight or inspiration that may come from gaining new information about the A. A. program and the principles on which it rests.

The thief also robs the person potentially hearing the question of an 'on the spot' inventory of their own understanding, as well as the opportunity to express the love of both the A. A. program they have discovered as well as the love they have for their fellow alcoholics.

We ought always be vigilant that this thief does not live in our own minds or in our A.A. rooms.

The other day someone posed the question (which barred the thief from the room that day) about the slogan we have seen hanging in the A.A. rooms. "Why do we have the 'Think, Think, Think' slogan hanging in some AA rooms?" was the question. "It seems at odds with what we often hear in the rooms about our poor ability to think clearly? Where did it come from?" was the follow-up comment.

The responder had a marvelous opportunity to share some of the historical influences on Alcoholics Anonymous as well as how comments and phrases can begin as well-intentioned efforts, only to morph into poorly understood 'directions.' And so, both people in the discussion participated in keeping the spiritual thief outside the AA door that day.

Firstly, the responder shared that AA got much of its influences from the Oxford Groups. That

society was very much committed to the practice of "discernment." They went to great lengths to teach their membership how to engage in this spiritual practice. This went to the extent of "checking" – which was a way to gain assistance from other members to ensure they were seeing or understanding something clearly. It also included prayer and meditation to attempt to improve one's ability to practice 'discernment' on a daily basis. This, they felt, would help them greatly to stay "on the spiritual path" they hoped to live in accordance with.

Therefore, "Think, Think, Think" might be translated into "(Think) check your own sense of right & wrong, (Think) check with your sponsor on their sense of right & wrong, and (Think) check with your Higher Power on whether something was right or wrong." Since that is a long sentence to repeat often – as we may have to with a new person – it could easily have been shortened to the "Think, Think" Think" phrase. A phrase which was allegedly borrowed from a poster hanging in many of the offices of IBM Corporation at the time.

That particular AA generation was then, through that translation or shorthand version, able to communicate a larger statement through a seemingly simple comment. And it worked so long as that was a common understanding, known to anyone in AA and therefore easily explained to the new person. But as we well know, due to the effort to translate the Big Book in 'plain language', the use of language changes with time. And with that change – shorthand phrases, such the one in this article, begin to lose their intended meaning as the members who know the meaning pass on.

Furthermore, they often become the subject of ridicule by those who disagree, or don't understand. There have been some prominent AA speakers, who in order to entertain their audiences, have resorted to doing things like referring to "Think, Think, Think" with the phrase, "With What, What, What". Certainly entertaining – but completely undermining the intent of the original message.

Our sobriety, and the sobriety of those we carry the AA message to, depends heavily on the way we share our experience, strength and hope. Using the 'shorthand' approach in order to save time, or appear profound, damages the spiritual opportunity of both the person using it and the person receiving it. The strength of the fellowship of AA rests heavily on how we share our experience. A poster hangs in the Intergroup office which has a picture of Bill

Wilson at his desk in Wits End – his home office. The caption under Bill's picture carries his comment that "Our chief responsibility to the newcomer is an adequate presentation of the program." Using shorthand and slogans to communicate the various aspects and inherent values of the AA program complete fails to meet Bill's suggested standard!

We lose a great deal when we fail to fully explain our slogans, illustrations and analogies to our newcomers. Perhaps the most critical aspect of that failure is the loss of the spiritual connection that explaining our experience in depth offers both the newcomer and us. We could use the analogy that each word of the explanation is like a thread placed in a carpet on which we can walk together toward our happy destiny. That destiny being the place our Higher Power would have us arrive at so that we can experience the comfort and completeness that we so desperately seek.



- 4. When we ask for legal rights, enforceable in Courts of Law, we by the same act subject ourselves to possible legal regulation
- 5. We might well become endlessly entangled in litigation which, together with the incident expense and publicity, could seriously threaten our very existence
- 6. Incorporation could conceivably become the opening wedge that might engender politics and a struggle for power within our own ranks
- 7. Continuously since its beginning and today, A.A. has been a fellowship and not an organization. Incorporation necessarily makes it an organization
- 8. We believe that "spiritual faith" and a "way of life" cannot be incorporated
- 9. A.A. can and will survive so long as it remains a spiritual faith and a way of life to all men and women who suffer from alcoholism

Therefore, keeping in mind the high purpose of the General Service Conference as expressed by the Chairman last year when he said "We seek not compromise but certainty", your Committee unanimously recommends that Alcoholics Anonymous does not incorporate.

Perhaps before we leave this subject, it would be valuable to review the talk that our non-alcoholic General Service Board Chairman, Bernard Smith, gave, which is quoted in AA Comes of Age:



I have frequently attempted to define the fellowship of AA., with little success, until one day while in England I listened to a broadcast delivered by Canon C. E. Raven, a noted British religious leader. In the course of this broadcast, Canon Raven set forth the conditions of a true fellowship in these words:

Three conditions are necessary for true fellowship:

- 1. The possession of a common ideal involving a complete release from selfishness and division.
- 2. The discharge of a common task big enough to capture the imagination and give expression to loyalty.
- 3. And the comradeship, the "togetherness," thus involved as we find out the joy and power of belonging to an organic society and engaging in a whole-time service.

We can find it at its fullest extent where the ideal is highest and most exacting, where the task extends and integrates every ounce of our strength and every element of our being, where the comradeship is so solid and deep that we respond one to another without conscious effort, realize the unspoken need, and react to it spontaneously and at once.

Under such conditions, all the vitality that we usually waste upon our jealousies and our vanities— upon keeping up appearances and putting other people in their proper place— becomes available for creative use.

The second portion of the Tradition also provides us with a vital, if not critical, aspect of this Tradition. The portion of the line which says, "directly responsible to those they serve." Again, my early thinking was flawed. I thought that gave me a blank check to have an opinion on any action taken in A.A. and the right to try an impose my opinion on you. It seems I have or had a pattern of 'missing the point.'

Certainly, I am free to have an opinion on anything. My experience is that finding an alcoholic without an opinion is like finding an ocean without water.

to be evicted.

The reason we can't answer the question is that we don't understand where the action originates from. Our actions are based on attitudes. Actions are merely the outwards expression of an inward idea (attitude). So, when we make a great effort to change our actions—we aren't changing the cause, only the result. It's the cause that must change. This is why our book can offer the promise that "our fears fall from us." When we recognize, admit and change an attitude – the result automatically changes. So, the feeling is of having something fall from you. It is no longer attached.

While most of us focus the action(s) we want to make amends for, it's really the attitudes that are intended to be put to rest. Perhaps in the writing of the Steps this inherent understanding was in place—but as time has progressed, we have begun to 'miss the point' more than likely because of our well entrenched and long-standing practice of being dishonest with ourselves as a class of people. By the time we reach AA, that practice has gotten so embedded in us that we do it without any conscious thought process.

It is only when we truly focus on, and attend to, our attitudes that the promises—so often quoted from our book—can really come true. At this point, the promises become by-products of the spiritual work of resolving our attitude misalignments. Unlike our fears, which fall from us—the promises automatically become a part of us.

When something is misaligned, it doesn't function as intended. It creates difficulty and unintended actions in the place where the misalignment occurs. A good realignment sets it to operating as intended—smoothly, without unnecessary friction. **At that point—the defect has been removed.**

They can be found—but are extremely rare. I can have any opinion I like—it's what I do with it that makes the difference. This is what differentiates peace from serenity and serenity from tranquility. If I have an opinion and simply keep it to myself, attempting to impose it on no other person—I am at peace. On the other hand, if I have an opinion, express it and accept how others respond to it with grace—I have serenity. However, if I resist the

forming of an opinion but rather seek to understand the issue/problem—I have tranquility. This Tradition deals with the first two of those, the Group Conscience process deals with the third.

This Tradition, in dealing with instance one and two, makes a critical point. I have to be involved in an activity or action I have an opinion on before those who are given the responsibility for it can be held accountable by me. To use a sports illustration, I have to be on the field of play before my opinion needs to be considered. You could say that Tradition Nine is A.A.'s "Anti Armchair Quarterbacking/ Bleacher Referee" tradition. If I am in the bleachers, I have three choices: enjoy the activity, buy the food and scream a lot to no avail, or leave the game! If I just stay there, buying the food and screaming a lot—I will eventually leave the game out of frustration. Been there, done that, have the t-shirt to prove it with so many things in life. Here, the choice is really a life or death one. I need to get into the game and stay there!

NOTEABLE QUOTES

William James
Varieties of Religious Experience author - Big Book

Acceptance of what has happened is the first step to overcoming the consequences of any misfortune.

How often misused words generate misleading thoughts.

Herbert Spencer
Reference on investigating something - Big Book

Henry Drummond
Author of one of Dr. Bob's favorite books.

Strength of character may be learned at work, but beauty of character is learned at home.

When a person's knowledge is not in order, the more they have - the greater their confusion.

Herbert Spencer
Reference on investigating something - Big Book

THOUGHTS FROM THE BOARD

WHY do you hang around with me?," I asked my late sponsor Jack.

"Because you remind me of me when I was you," he replied. "Besides, you won't understand sponsorship until you're sitting in my chair."

Years later, as a sponsor myself, I understood what Jack meant. It's like handing someone a \$5 bill and getting a \$10 in return. I receive far more than I invest.

Recently, I helped table for AA at the recent American Psychological Convention in Minneapolis. The rewards were incalculable. Friendly convention attendees affirming AA's value to their clients and, in some cases, themselves. Later, I watched with satisfaction as my Board colleagues and other volunteers helped put on Intergroup's annual Long Timers Cognition and Ice Cream Social. The greetings from old timers and new comers alike were met with positive, welcoming responses. And the "long timers" messages were inspiring, too!

Last month, I visited an Alano club in the northern St. Paul suburb as part of Intergroup's outreach efforts. It was a beehive of activity — from the AA meetings themselves to the monthly business get-

together to discuss budgets and planning.

An outreach committee colleague recently sent me a handout titled "Service Work Is For Everyone No Matter How Much Sobriety You Have" with a list of suggestions for fellowship members who have from zero days to one-year of sobriety. Simple, yet impressive.

Looking ahead into fall, there are equally rewarding service opportunities for you to consider — from taking a Night Owl shift, answering the phones once a month, to serving as a General Service Rep to your monthly District meetings to volunteering at AA State Fair table or helping plan for our annual Founders Day event in November. Take your pick. And reward.

We often hear this phrase, "stay in the middle of the herd" in relation to our fellowship. I can't stress the rewards of this staying in the middle of the herd enough. Discover and enjoy.

*Brian M.
Intergroup Board Chair*



12th Step Calls

3



Website Visits

8,791



Office Calls

181



Night Owl Calls

182



Meeting Info Calls

47



Speakers Calls

12



Literature Purchased

163 Books

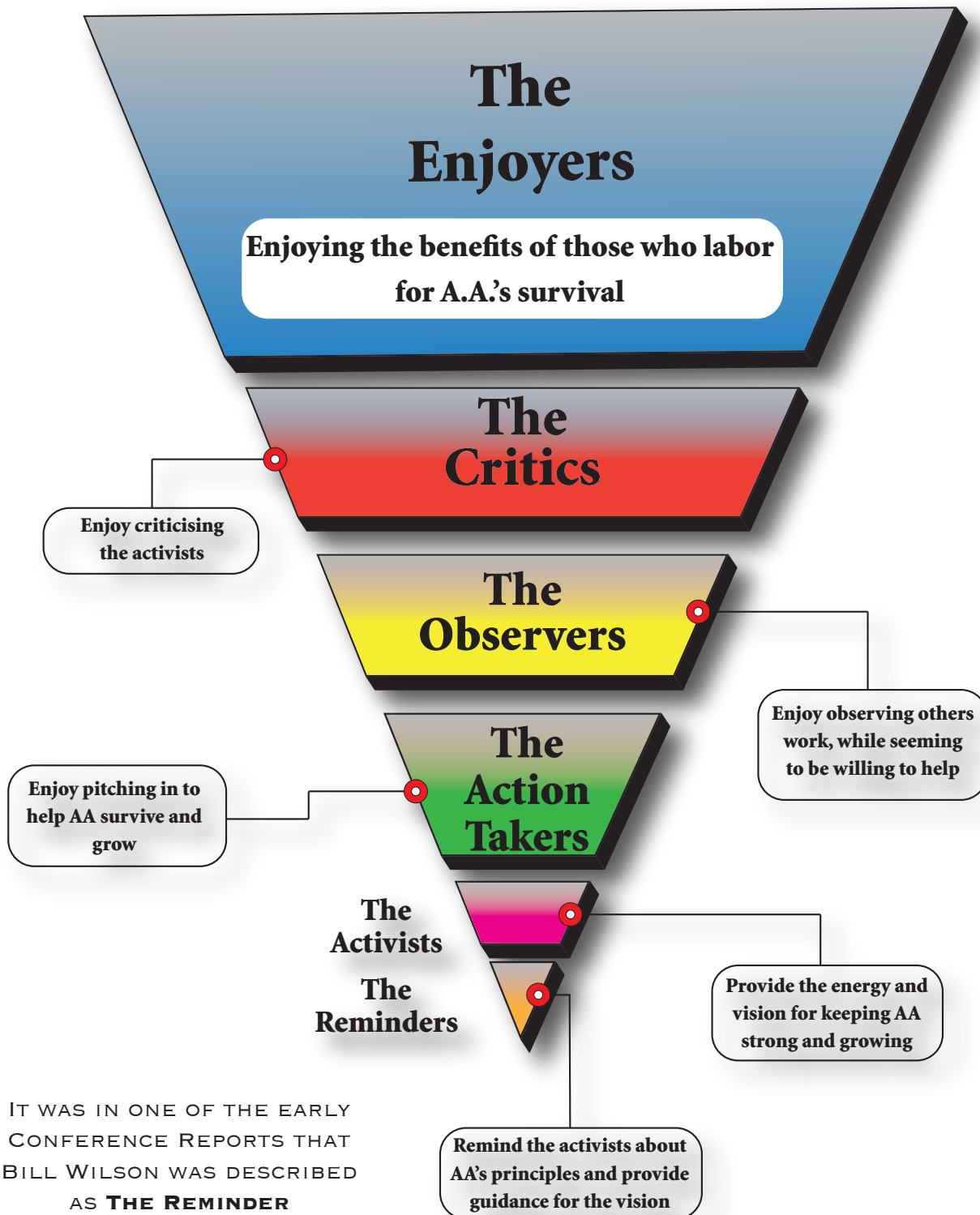
THE FOLLOWING GROUPS, MEMBERS AND FAITHFUL FIVER MEMBERS MADE THE ABOVE SERVICES POSSIBLE:

- A Baffled Lot
- Apple Valley Daily Reflections
- Birds of a Feather
- Como Park BB
- Defiant Brats - West End Club
- Fourth Dimension
- Friday Night 12x12 by The Book
- Highland Park Groups
- Hillside AA
- Hole in the Donut
- January 6th Grp - Roseville
- Lake Elmo Thursday Night Grp
- Midway Club
- Monday Morning Womens Grp
- Pages of Wisdom
- Pocketing Our Pride
- River Rats
- Rosemount Groups
- Roseville Wed Night
- Safe Haven for Women Grp
- Sat Morning Serenity Grp
- Shoreview 12 x 12
- Sisters of Serenity
- St. Joes Monday Night - Stillwater
- Steps by the Lake
- Stepsters of Northfield
- Stillwater Rivertown BB - Sunday
- Summit Hill
- Third Tradition - Nfld
- Thursday Nite BB - Nfld
- Uptown Group
- Valey Creek Monday
- Valley Creek Thursday Night
- Wednesday Night Men's 12 x 12

-
- **24 A.A. Groups contributed \$ 4,904**
 - **3 Gratitude Contributions totaled \$ 106**
 - **27 Faithful Fivers contributed \$ 485**
 - **7 Digital Contributions \$ 485**
 - **11 Online Sales \$ 633**
 - **Event Contributions \$ 324**
-

Thank You So Very Much!

The Fellowship Upside-Down Triangle



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

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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:

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