



## Volunteer's View

Where is that noise coming from? It's still dark so it's not the alarm. As I open one eye I see that it's only 3:43AM. The phone rings a second time and I suddenly remember why I am getting a call in the middle of the night, so I answer, "Alcoholics Anonymous St. Paul, how can I help you?" It was a man who just needed to talk to someone for a few minutes. He was having a hard time and had only three days of sobriety. We talked for a couple of minutes, and I went back to sleep, feeling good. Service for me is like that – if I didn't get a good feeling from it, I probably wouldn't do it. The pay-off for me is in the doing. And maybe it is more than a little ironic that I don't get that kind of feeling until after the action, regardless of where I am at beforehand.

I love being a Night Owl. As a newcomer, I remember going to a fellow A.A. member's house for a "Night Owl party." I had no idea what that was, but I went anyway, despite my hermit tendencies. There was a little fire going in the backyard and there was a table in the kitchen with chili and an assortment of food items. Of course, there was a coffee pot too. I mostly listened to the conversation and learned a bit about a few people, including the fact that a couple of members of my home group lived really close to me. In between answering periodic phone calls, we just hung out. Even though I didn't answer the phone on that particular day, I felt like I could be a "part of" too.

I later went through orientation to become a Night Owl myself. People asking for information accounts for most of the calls and you don't need to have all the answers. Twelve Step volunteers and a Night Owl Committee member are a phone call away. You can take a shift with your A.A. group or you can take a shift as an individual. I have been on the Night Owl Committee for about a year now – and the Committee members take turns carrying the "Bat Phone." I am a visually impaired person, and don't drive. But this is work that I can do too. The longer I am sober, the farther away I am from the raggedy mess I was when I first walked through the doors. But I am still a self-centered alcoholic who needs to show up to be of service for other people. It is the best remedy I know. It works on good days and on not-so-good days. Night Owl really is an easy gig. All you need is a little willingness, an hour of orientation, and a year of sobriety. Best part of all, you can do it in your pajamas!

Cheryl B., Night Owl Committee Member and St. Paul Intergroup Representative – Como Park Big Book, St. Paul, MN

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

To amend a law, it's changed to make improvements. To amend my behavior, I change my behavior - to make an improvement and to align my behavior, actions, and intention with my higher purpose. My higher purpose is to be compassionate and helpful and to live in gratitude for being alive on this beautiful planet. When I was drinking, every waking action and thought was about me – how I could get what I need, in order to get through each day with minimal discomfort. Alcohol seemed to work. My thoughts were never of others. I had no interest in being helpful or selfless... NEVER would I go out of my way, unless for personal gain.

It would be easier to just look at past behavior and show up differently for those I meet in the future. This Step includes directly amending behavior that was harmful to others, so I don't have the luxury of moving forward with this intention without taking a look at the past. With my Fourth Step, I made an inventory. My character defects came to light. With the Fifth Step, I shared this with my sponsor. With Steps Six and Seven, I became willing to do something different, and I asked for help in removing these character defects from my life. With Step Eight, I made a list of people I had harmed. Step Nine involves making an amendment to the way I've shown up. There are a few instances in which contacting another person would be harmful. Don't think I haven't tried! I've fallen short at respecting space that others have requested from me and, consequently, I have caused more harm in the process. There have been a few direct amends that took some time to reach a point of willingness, and I have been fortunate to have a sponsor and friends that have given suggestions to aid the process.

*(continued page two)*

**Step Nine (continued from page one)**

The Ninth Step affords me the ability to go anywhere in the world without fear of who I may run into, a constant cloud of anxiety hovering over me in my addiction. It has given me the opportunity to walk through my past with a solution for change, which in turn makes me more useful to other women in A.A.

Kate G., St. Paul Intergroup Representative – Outright Mental Defectives; St. Paul, MN

**Tradition Nine: A.A., as such, ought never be organized; but we may create service boards and committees directly responsible to those they serve.**

Several years ago, our Club had issues with the behavior of a couple of its members; an "ad hoc" committee was formed to ban the "bad guys" for a period of time. As the Big Book says, sometimes it takes a while for us to outgrow some of these serious handicaps. It was Tradition Nine that saved the day, as was pointed out by some of the newer members of the club that had taken the time and effort to read and understand the Traditions. God bless them! One of the principles of Tradition Nine is that the humblest group committee cannot issue a single directive to an A.A. member and make it stick, let alone mete out any punishment. Isn't it amazing that, when our core group gained more unity on this matter, everyone settled down; then the behavior discontinued when there was more spiritual understanding and caring all around? The "bad guys" sensed that, while their behavior was not acceptable and it could not continue, they knew they would not be banned from the club, punished, or attacked by other members. These same persons that were to be discarded are now some of the most respected members of the Club. This does not mean that an A.A. won't take advice or suggestions from more experienced members, but they surely won't take orders. Who is more unpopular than the old time A.A., full of wisdom, who moves to another area and tries to tell the group there how to run its business? He may be met with the most stubborn resistance, or most likely laughter!

How about A.A.'s headquarters in New York – would they be an exception? Long ago, the Trustees and Staff members found they could do no more than make suggestions, and very mild ones at that. They may say, "Of course, you are at perfect liberty to handle this matter in any way you please; but A.A. experience does seem to suggest..." We recognize that alcoholics can't be dictated to – individually or collectively.

Unless each A.A. member follows to the best of his ability our suggested Twelve Steps for recovery, he or she almost certainly signs their own death warrant. Our drunkenness and dissolution are not penalties inflicted by people in authority – they result from our personal disregard to spiritual principles. This applies to the group itself. Unless there is approximate conformity to A.A.'s Twelve Traditions, the group, too, can deteriorate and die. Great suffering and great love are the disciplines of A.A. – we need no others!

It is clear that we shall always need to authorize workers to serve us. It is in the spirit of service that we elect members at all levels, from the A.A. group's informal rotating committee, to our Area Delegates, who represent us at the annual General Services Conferences of Alcoholics Anonymous. Even our Foundation, once an independent board, is today directly accountable to our Fellowship. Our Trustees are the caretakers and expeditors of our World Services.

Just as the aim of each A.A. member is personal sobriety, the aim of our services is to bring sobriety within reach of all who want it. If nobody does the group's chores, if A.A.'s telephone rings unanswered, if we do not reply to our mail, then A.A. as we know it would stop. Our communication lines with those who need our help would be broken.

A.A. has to function, but at the same time, it must avoid the dangers of great wealth, prestige, and entrenched power which necessarily tempt other societies.

Tradition Nine at first sight seems to deal with a purely practical matter; in its actual operation, it discloses a society without organization, animated only by the spirit of service – a true Fellowship.

Camille G., St. Paul Intergroup Representative – Midway Club; St. Paul, MN

**The Lifeline: Purpose Statement**

*The Lifeline* is the monthly newsletter of the St. Paul and Suburban Area Intergroup, Incorporated. 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 Intergroup. We welcome articles on a Step, Tradition, or Concept, in addition to descriptions of personal experience. We also welcome cartoons and drawings expressing the wry side of our 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, 608 Seventh Street West, St. Paul MN 55102. 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.

**Concept Nine: Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.**

I think most A.A. members don't need to think about the Twelve Concepts for World Service at all. The A.A. Preamble says, "Our primary purpose is to stay sober and to help other alcoholics to achieve sobriety." To this end, our highest priority must be to work the Twelve Steps and, through the Twelfth Step, help others find their own sobriety. The A.A. groups are enormously helpful and, for many of us, essential for maintaining our sobriety. As we begin to participate in an A.A. group, undertaking service commitments and perhaps becoming a trusted servant, then we need to start paying attention to the Twelve Traditions, which are principles to guide the conduct and operation of A.A. groups.

It is when we begin to take responsibility for A.A. as a whole, as members of the District Committee, the Area Assembly, or the General Service Conference that we need to pay attention to the Twelve Concepts for World Service. These Concepts are principles to guide the conduct and operation of the General Service Conference, the General Service Board, and its subsidiary corporations, The A.A. Grapevine and A.A. World Services, Inc., These Concepts are not legally binding like the Board's Charter; they are only guiding principles.

Concept Nine says we must carefully choose our trusted servants at all levels. Well, of course! An irresponsible meeting leader might let the meeting run wild, ruining the meeting for those who want to stay sober, and then members and newcomers stop coming back. An irresponsible Treasurer can ruin the group by not paying bills, or by taking the money and running. Consider then how much damage our Representatives and Delegates could do at the District, Area, and Conference levels, if not well chosen.

Frank D. -Temple Wednesday Night; St. Paul, MN

**Thoughts from the Board**

As I sit to write my "Thoughts from the Board," many things come to mind. I now realize my time as a Board member is coming to an end. I have been blessed in that I have been able to be of service in a Board position with your Intergroup for almost five years. For this, I am grateful to all of you for allowing me this opportunity.

In the spirit of rotation, it is time for me to step down. I first started as a "Member at Large," then became Alternate Chair, then Chair, and now I am completing my term as Advisor to the Board. I bring this up to share with you my experiences with this humble service opportunity.

As your Intergroup Board, we have a responsibility to the groups and to individual members of our Fellowship. We have committees that I have taken pride in being a member, including Human Resources, Finance, and Building Committees. In my time as a Board member, each of these Committees has had an active agenda. As Committee members, we work together to achieve a goal that is not only good for the Intergroup office, but also benefits our members. I want to thank all the current and past Board members that I have been able to learn from and share with over the past five years.

With our Intergroup Board elections coming up this fall, my request to all members of our Fellowship is to get involved! Please consider running for a position, or encouraging others you know to stand for election. This is a service opportunity that is the business-side of A.A. - please come be a part of it! The Intergroup Board elections will be held at the November 15<sup>th</sup> Intergroup Representatives meeting. If you have questions about the elections, please call the Intergroup office and ask to speak with any Staff member.

To all past, current Board members, Intergroup office Volunteers and Staff, and to every member of our Fellowship I say: "Thank you for letting me of service!"

Forever grateful,

Tim B. St. Paul Intergroup Advisor to the Board - Como Park Big Book, St. Paul, MN

***Feeling Called to Serve?***

The 2016 Board Elections for the St. Paul Intergroup Board will be held at the November 17<sup>th</sup> Representatives Meeting. Nominations will be accepted at the Intergroup office, or at the October and November Representative Meetings. Please submit to the office a service resume with relevant AA and non-AA experience by October 15<sup>th</sup>.



**New Location!!!**

One Year Speaker - TBA

Main A.A. Speaker - TBA

**St. Paul Intergroup's  
Annual  
Gratitude Night**

**Saturday**

**November 12, 2016**

**7:00 pm**

**New Location!!!**

**Mount Zion Temple**

**1300 Summit Avenue**

**St. Paul, MN 55105**



ASL Interpreted.

# UPCOMING A.A. EVENTS!!

## 58th Annual Southern Minnesota Roundup

"God Either Is, or He Isn't."  
Best Western Hotel, Hwy 169  
North Mankato, MN

**Friday, Sept. 9th - Sunday, Sept. 11th**

## Area 36

### Area Inventory

Bethel Lutheran Church  
1321 North Ave, Northfield, MN 55057

**Saturday, Sep 10, 2016**

For more info: [www.area36.org](http://www.area36.org)

26th Annual

## Heartland Round-Up

Northern Pines Assembly Grounds  
20033 County Road 1  
Park Rapids, MN

**Friday, Sept. 9th - Sunday, Sept. 11th**

For more info: [www.heartlandroundup.com](http://www.heartlandroundup.com)

## St. Paul and Suburban Area Intergroup 2016 Board Elections

**for Board Members & Officers  
Tuesday, November 17th, 7:30PM**

at the Representatives Meeting  
St. Stanislaus Church  
398 Superior Street West, St. Paul, MN 55102

### Open Positions:

#### **Alternate Chair**

(3-year commitment—become Board Chair)  
(Sobriety Requirement—3 years)

#### **Alternate Treasurer**

(2-year commitment—become Treasurer)  
(Sobriety Requirement - 3 years)

#### **Secretary**

(1-year commitment)  
(Sobriety Requirement - 3 years)

#### **Two Member-at-Large**

(2 year commitment)  
(Sobriety Requirement - 2 years)

Nominations will be accepted at the Intergroup office,  
or at the October and November Representative Meet-  
ings. Please submit to the office a service resume with  
relevant AA and non-AA experience by October 15th.

### **For more information**

please visit the Intergroup website:  
<http://www.aastpaul.org/?topic=14&article=28>  
or call us between 9:00AM – 5:30PM, Mon -Fri  
Please ask to speak with staff.

**651-227-5502**

## Your News?

We invite you to share your AA news here!  
Please send your items to [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org).  
We look forward to hearing from you.

## Group and Area News

**New Location:** The North Branch Community Groups moved their Monday & Thursday 7PM meetings to the North Branch Trinity Lutheran, 38460 Lincoln Trail, North Branch, MN 55056. The Monday meeting is a Closed, Big Book & Step study, except the last Monday of the month when the group host an Open Speaker meeting. The Thursday meeting is a Closed, Step study.

**New Location:** The Monday 8PM Farmington AA group is now meeting at the Farmington Lutheran Church, 20600 Akin Road, Farmington 55024. The groups host a Closed, Step/Discussion, Mixed, All-Ages meeting.

**New Meeting:** The Unity Group is meeting Tuesdays 7PM at the St. Mary's Immaculate Conception Catholic Church, 1265 Ridgeway Street, Hammond, WI 54015. The group is hosting a Closed Big Book/12 & 12, Mixed, All-Ages, which is Handicap Accessible.



## Looking for a Service Opportunity? Become a St. Paul Intergroup Night Owl!



Upcoming Night Owl Orientations:

**Saturday, September 17th, October 18th, November 19th**

**Every Third Saturday from 10:00 - 11:00 AM**

St. Paul Intergroup Office

608 Seventh Street West - St. Paul, MN 55102

**To RSVP please call: 651-227-5502**

## St. Paul Area Intergroup Representatives' Meeting Minutes July 19st, 2016

**Meetings Represented:** Como Park BB; Defogged Men's Group; District 8; District 15; District 19; Fireside Women's BB; The Firing Line; Happy, Joyous & Free; Hole in the Doughnut; Maplewood Alano Groups; MNYPA St. Paul Bid Committee; New Brighton BB; Outright Mental Defectives; Pocketing Our Pride; Problems & Solutions; Rule 62 Step & Tradition; Sober Goats; St. Paul Speaker Meeting; Students of Life; Summit Hill; Uptown Groups; West End Groups; Women's Basic Text

Opened with the Serenity Prayer, introductions, and Cathy read the Primary Purpose of Intergroup.

Minutes from last month were reviewed, John motioned and Erin seconded, and were approved.

Treasurer's Report, Joe W presented the report. Procedures that resulted in discrepancies the last few months have been corrected and accounts have been reconciled. Reports for the last three months were reviewed. Bank account total is \$30,434 and prudent reserve is \$45,013. Liabilities increased and receivables decreased from last month. Total contributions are up, group contributions are up and office sales are down since last month. Expenses are down. Overall there was a net decrease of \$696. Contact Joe W at treasurer@aastpaul.org

The Office Report, Johni B gave the report. Open House & 50th Anniversary was a huge success with over 100 people attending. Building signs have been delivered and will be installed soon. Awaiting permits. All five volunteer lists have been updated. Thanks to all volunteers on the lists. Night Owl oversight has been transferred back to the office. Thanks to Night Owl Chairs of the past several years for streamlining the program. Revised Night Owl revised packets distributed with revised lists along with a current meeting directory. Contact Johni B at manager@aastpaul.org

The Website Report, Sergey K gave the report. 669 meetings and 283 groups total. Up 9 meetings from last month. Sergey is managing site changes and Jonathan is coding to make the site mobile friendly. Service opportunities are available on the website. 5 current Night Owl shift openings. Pages served, visitors, meetings served and page views are up. Content and event suggestions encouraged. Contact Sergey at webservant@aastpaul.org

Outreach Program, service opportunities available for updating meeting data, only 1 MIA meeting. Contact Jistine M at outreach@aastpaul.org

Update from the Board, new Office is not handicap accessible and is being looked into, Jenni S

Night Owl Report, Johni B gave the report. 5 open shifts, groups should make sure their volunteers have updated Night Owl instructions.

Night Owl Orientation is every 3rd Sa at 10 a.m. in the Office. Contact Office at nightowl@aastpaul.org

Liaison Reports, District 8, Matt D, no meeting since last Reps meeting so no report; District 15, Julie H, booth at Washington Co. fair; District 19, Dan R, replaced 250 pamphlets at medical offices, etc., financing Grapevine Workshop 8/13 1-8 in Savage and Sponsoring Your Professional Seminar 10/29 11:30-3 in Lake Elmo.

Upcoming Intergroup Events

Ice Cream Social and Long-Timers' Recognition, Sa 8/20, 4-6:30pm, 3M/3F speakers 25+ years sobriety, location St. Mark's Lutheran Church 550 7th St W, Tim B and Joe W

Gratitude Night, Sa 11/12, Mount Zion Temple, 1300 Summit Ave, St. Paul, MN 55105, Jenni S and Mike C

Founder's Day, 11/25-27, guest speaker Eric B, Alternate Board Chair for Founder's Day Weekend, presented and distributed packets for groups wanting to host a hospitality suite. Intergroup Literature Sales (Johni B) and Hospitality Suite (Scott L and Joe W), Double Tree Bloomington

Old Business, None

New Business, None

Group AA Announcements, OMD Potluck 1st Fr 8/5 7pm potluck, speaker and medallion ceremony, 1221 Marshall Av; Uptown House Pin Night 1st Sa 8/6 7pm, AA and AI-Anon speakers and food, Recovery Church; New Brighton Big Book Anniversary Breakfast Meeting Su 8/7 9am, New Brighton Family Services Center

Suggestions for next months's agenda, None

Grapevine Report, Stephanie gave report; volunteer for August, Chris H

Concept VII, Carolyn gave report; volunteer for Concept VIII for August, Cheryl

Mock Rep Report, Greg; volunteer for August, Erica

Closed with the Responsibility Statement

<b><u>2016 Steering Board:</u></b>		<b><u>Office Calls/Visitors—July 2016</u></b>	
Chair:	Sandy K.	Meeting information	92
Alternate Chair:	Jenni S.	Inventory/hours	28
Secretary:	Scott L.	12th Step calls	9
Treasurer:	Joe W.	Temporary sponsor	14
Alternate Treasurer:	Matt R.	Speaker request	30
Members-at-Large 2016:	Jistine M. & Mike C.	Special events	1
Members-at- Large 2017:	J.D. & Lesli D.	Outside issues	7
Advisor to the Board:	Tim B.	Info for professionals	3
		Administrative	61
		Other	26
		Total Calls	271
		<b>Average Calls/Day</b>	<b>12.9</b>
		Total Visitors	306
		<b>Average Visitors/Day</b>	<b>12.2</b>

**September 2016 REPS' MEETING: Tuesday, September 20th @ 7:30 PM**

SAINT STANISLAUS CHURCH

398 West Superior Street; St. Paul, MN 55102

## 7th Tradition 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

608 Seventh Street West  
St. Paul, MN 55102

### 30% General Service Office

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

### 10% Southern MN Area 36

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

## JULY CONTRIBUTIONS

Number of Group Contributors:	51
Total Group Contributions:	\$6410
Number of Faithful Fivers:	10
Total from Faithful Fivers:	\$278



## District Meetings

### District 8 (Ramsey Co.)

Fairview Community Center  
1910 Co. Rd B, Rm 108  
Roseville  
3rd Wed., 7:30 PM

### District 15 (Wash. Co.)

Christ Lutheran Church  
11194 N. 36th St.  
Lake Elmo  
4th Mon., 7:00 PM

### District 19 (Dakota Co.)

Rosemount Community Center  
13885 South Robert Trail  
Rosemount  
2nd Wed., 7:00 PM

### District 26 (SE Ramsey Co.)

Grace Lutheran Church  
1730 Old Hudson Rd.  
St. Paul  
2nd Sun., 7:00PM  
[www.district26-area36.org](http://www.district26-area36.org)



## Thanks to all the Group that contributed in July 2016

A Baffled Lot  
A Way Out  
Amazing Grace Group  
Anoka Day By Day  
Apple Valley Daily Reflections  
Apple Valley Monday AM Women's Mtg.  
Apple Valley Monday Big Book  
Cliffhangers III  
Como Ave Step & Topic  
Como Park Big Book  
Dakota Alano  
Dakota Alano FRI 6PM  
Dakota Alano SAT 6PM There is a Solution  
Dakota Alano WED 8PM  
Defogged Men's Group  
Easy Does It  
Forest Lake Alano  
Friday Night Fellowship Group  
Happy, Joyous and Free - Mahtomedi  
Happy, Joyous and Free II  
Highland Park Groups  
Highway 96er's Group  
Hole in the Doughnut Group  
Hugo Group  
Inver Grove Heights Club 84  
Joy of Living Group  
Lake Elmo Thurs Night Group  
Lakeview Group  
Lindstrom Groups  
Look to This Day  
Mendota St. Peter's Sat 1030 Group  
New Brighton Big Book  
No Time Like the Present  
North Hamline  
Ringmaster's Group  
River Rats  
Rosemount Groups  
Roseville Wed Night  
S.O.S. Group  
Ship Of Fools Group  
South Suburban  
Spiritual Awareness Group  
St. Croix Alano  
Stepsisters of Northfield Group  
Stillwater Morning Groups  
Summit Hill  
Third Tradition Northfield  
Uptown Club  
White Bear Lake Redeemer  
White Bear SAT AM Women's Group  
Woodbury Primary Purpose

### Thanks to all of the FANTASTIC Office Volunteers who helped in July:

Alice V., Amanda P., Brent B., Brina B, Burt K.,  
Cathy S., Colin K., Dustin S., Emma H., Frank D.,  
Henry O., Jerry S., Jessie J., John L., Jon H., Kari A.,  
Kate A., Kirsten B., Marc S., Melissa G., Pat W., Scott K.,  
Suzanne B., Tom P., Ty K., Wilfred R., Woody W.

Thanks to our AWESOME Night Owls too!



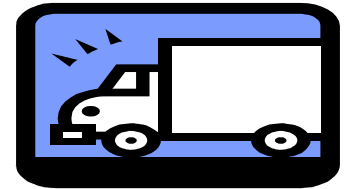


St. Paul Intergroup  
608 Seventh Street West  
St. Paul, MN 55102

Change Service Requested

Non-Profit  
Organization  
U.S. Postage  
**PAID**  
Twin Cities MN  
Permit No. 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 *Faithful Fiver* - Enrollment Form

*Faithful Fivers* graciously contribute \$5.00 or more to St. Paul Intergroup each month to enable us to 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.

**~Yes! Please enroll me as a *Faithful Fiver* !**

### 1. Contact information:

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

### 2. Amount & Frequency:

Amount: \$ \_\_\_\_\_  
Frequency: (check only one)  
 Monthly  Quarterly  Bi-Annually  Annually  
Start on \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Please send my receipt to my email address  
 Please send my receipt to my home/postal address  
 Please send my **Lifeline** to my **email** address instead

### 3. Choose a Payment Method:

Credit Card/Debit Card\*  
 Visa  MasterCard  
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**  
608 Seventh Street West  
Saint Paul, MN 55102