



October 2018

24-Hour Phone: 651-227-5502

Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it.

I had been sober for just over two weeks. It was the Thursday Step meeting at my home group, and the topic was Step Ten. Patrice, a woman who had been sober for many years, shared that Step Ten was one of her favorite Steps because the principle of the Step—personal responsibility for one's actions—was one that could be put into practice at any time in a person's journey of sobriety. We don't need to be sober for a certain number of years, or even to have completed the first nine Steps, in order to be accountable for our thoughts, choices, words and behavior. That can start on the very first day of our sobriety. Hearing that in my 16th continuous day without a drink, I decided to give it a try. When I asked my sponsor about it, he said, "It couldn't hurt."

At first, I wasn't very good at this new idea of personal responsibility. I had honed my skills for blaming, shaming, avoiding, evading, denying, rationalizing and justifying into an all-consuming way of life. After all, self-delusion was the centerpiece of my entire lifestyle as an active alcoholic. Even though accountability seemed like a very tedious, unlikely attribute to attain, I gave it a try.

I started by looking myself in the eyes in the mirror as I brushed my teeth at night. (Both of those things looking into my eyes and brushing my teeth—were new behaviors after years of poor dental hygiene exacerbated by drinking, blacking out and passing out on a regular basis.) As I looked in the mirror, I tried to think of three things that had happened that day that I could thank God for, and three instances in which I could have done better.

It was hard to stop blaming others for making me into a victim, but my extraordinarily patient sponsor helped me, over time, to learn to keep the focus on myself, on my motives, my defects and my harms done to others. It has taken a lot of prayer, a lot of forgiveness of myself and other people, and a lot of surrender to overcome my natural defensiveness, defiance, stubbornness and predisposition toward emotional excesses and extreme behavior.

While growth has often been painful, the process has forced me to learn to admit when I've been wrong. "Promptly" no longer means "whenever I get around to it," but now inspires a sense of urgency, of immediacy, of "as soon as possible." That's because my daily inventory, just like my entire sense of the fatality of alcoholism and my whole experience of AA, has continued to evolve over time.

Today, I simply follow the instructions provided on pages 84 through 88 of the Big Book. I consider the questions on page 86 when I retire at night, and write out a daily gratitude list, which I share with my sponsor on the phone after my morning prayers, along with periodic inquiries to my Higher Power about how I might better do his will. This process helps me identify areas in my life that require correction, improvement, and/or an apology in order to maintain a fit spiritual condition. This daily self-evaluation and accountability is the essence of my spiritual progress. It brings me into ever-increasing reliance on God for knowledge of his will and the power to carry that out. And it requires that I pay daily attention to all 12 of the Steps.

The primary benefit of Step Ten is not personal accountability, or improved relations with others, or contented sobriety, or even greater usefulness; those are just wonderful byproducts of right living. The real payoff of continuing to take a personal inventory is God-consciousness, intuition and that vital sixth sense that guides me through all my daily affairs. As the Big Book promises on page 87, "What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind." The few minutes it takes to continue to monitor the exact nature of my thinking is a miniscule expenditure of effort in exchange for the limitless opportunity to connect with the Spirit of the Universe.

- Don B., Berlin, Maryland

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Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

The way I see it, Tradition Ten follows logically from Tradition Five. Since our primary purpose as a group is to carry the message of AA to the alcoholic who still suffers, that doesn't leave much room for outside issues. No mention is made of "secondary purposes." Since no one can give what he or she doesn't have, then Tradition Five implies that my sobriety is involved here. So I, as a member of a group, have as my primary purpose to get and stay sober and to carry the message of AA to other alcoholics who still suffer.

"What an order; I can't go through with it!" All by itself it could be a full-time job, but most of us have to spend time with family obligations, and with a way to make a living. That leaves little room for outside issues.

Another reason to avoid outside issues is that if we get involved in them they could break us apart. Look at the way we can get into heated discussions in our group business meetings. I know one group that argued vehemently for two hours over which brand they should choose for their soda machine. Imagine what it would be like if we decide to give official AA endorsements to political parties, churches, temperance movements, charismatic movements or philosophical movements known only to a special few! Then those who belonged to each group could come to claim a certain superiority over AA members who did not belong to that certain group. If that superiority were not recognized by the others, we could wind up having: "Gnostics Anonymous AA," "Charismatics Anonymous AA," "Born-agains Anonymous AA," "Rational AA," "Scientific AA," "Atheists AA" or "Protestants, Catholics, Jews or Muslims Anonymous AA." Then possible subdivisions of those groups might follow.

What would happen to our personal individual sobriety, and our reaching out to others? We could wind up like so many other movements, locked in internal and perpetual conflict. And, having lost our singleness of purpose, we would tear ourselves apart.

I have strong convictions about many matters. But they don't belong in AA. I do not bring my own outside issues into AA, nor do I encourage or even tolerate it when other, however innocently, bring their outside issues in. Outside issues will destroy AA if we let them. I got sober in AA, stay sober in AA and want to continue to stay sober in AA. I will do whatever I can to keep AA from being destroyed from either within or without.

One member of our cybergroup was using us and other online groups to recruit for his "Twelve-Step church." Someone else wanted us to join his campaign and lend our support to one side or another in a controversy regarding sexual orientation. We refused to cooperate in either.

We can't afford to get involved in outside issues. I am here to get sober and stay sober. Part of the way to do that is in passing it on. I find AA to be a safe place of tolerance, mutual respect and even good humor. I want to contribute to that, strengthen that. Why? Because it helps me stay sober, and be able to carry our peaceful message to others who are willing to hear it.

When someone comes around, I don't care what his "pros" and "cons" are. We are a patient, tolerant and understanding lot. But we are not interested in anything else. We had better not be. Otherwise we won't be around long.

- Jim, Adelphia, Maryland

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Thoughts From Your Board

When I think about my recovery today, the word 'service' comes to mind. Everyday I have the opportunity to be of service. The opportunity brings me closer to my fellows, while increasing my spiritual connection. However, my ego and self centeredness often gets in the way. It has been recommended to me now, and in the past, to not only say yes when someone asks you to be of service, but also to pray for the awareness of the moment, so that I see and act on service opportunities as they arise. The easier, softer way for me is inaction, but only through action in service will I find my next steps on my spiritual journey. As I meditate on my short journey thus far in service to the Saint Paul Intergroup, I find that if I keep my mind open, this opportunity is critical to my spiritual growth. It allows me to focus on something other than myself, shedding the ego, at least for today.

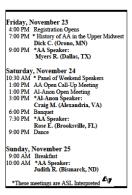
Service work provides me an opportunity to be reminded that I am not in the 'center of the universe' as well as a reminder that I am not alone. Service work is essential to my continued path of recovery, and when I leave ego aside - is generally a good time!

Justin D., Alternative Treasurer, Saint Paul Intergroup.

Founder's Day Weekend 2018

November 23, 24 & 25, 2018 Celebrating 78 Years of AA in the Upper Midwest and Honoring AA Members With One Year of Sobriety!

Register Online at: www.FoundersDayMN.org



 Pre-Registration
 \$15.00*

 At the Door
 \$18.00*

 Registration required and must be paid to attend Founder's Day Weekend events.
 \$100 × 100 ×

Banquet (Limited Seating) \$39.00⁴ The Banquet begins at 6:00 pm Saturday evening.

Breakfast

The Breakfast begins at 9:00 am Sunday morning. Theatre seating will be provided at 9:45am for the Speaker Meeting.

\$20.00*

Founder's Day Weekend Dance Saturday 9:00 pm

*Prices subject to change prior to event

Activities and Accommodations at DoubleTree Bloomington - Minneapolis South - Bloomington, MN 7800 Normandale Blvd, Bloomington, MN 55439 • 952.835.7800 or 800.222.8733

Special Room Rates are available with early reservations. Please make reservations directly with the DoubleTree Bloomington Hotel. Indicate they are for Founder's Day Weekend.



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, 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.

Save the Date!

One Year Speaker:

IBA

<u>Main A.A. Speaker</u>: TBA

St Paul Intergroup's Annual Gratitude Night

Saturday November 17, 2018 7:00 pm



Lutheran Church of the Redeemer 285 North Dale St. St. Paul, MN 55103



ASL Interpreted upon request.

Please contact Intergroup Staff by October 17th: 651-227-5502 or Lifeline@aastpaul.org

Announcements & Updates

HOOTS!

Another Month, another phone system change. Yet again, we've made some changes in our phone transfer process, and yet again our Night Owls are acing it. Thanks to all for that, and we will try to keep things stable for a while.

A reminder here for you all: when your group assigns a new Night Owl coordinator, please let us know who that new person is so that we can contact them with reminders when your group's shift is coming up.

<u>TWO</u> Open shifts at this time:

Third Wednesday 5:30pm to 10pm Fourth Tuesday 10pm - 6am

WANTED: One New Night Owl Committee volunteer

The Night Owl Committee members take turns carrying the back-up Phone for one week at a time. We help out if a volunteer has a problem and we also make the reminder calls. Requirements:

>1 year sobriety
>Answer the back-up phone during your rotation
>Experience with Night Owl
>2 yr commitment

Thank you!

Frank N. Night Owl Committee Coordinator

Night Owl Tidbit: Do you have an interesting Night Owl story you want to share? Send an e-mail to <u>nightowl@aastpaul.org</u>.



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

Upcoming Night Owl Orientations: Saturday, Oct 20th, Nov 17th, Dec 15th 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

Meeting No More: The Students of Life group ceased meeting in August. They met at Imperial Vape, 227 Snelling Ave N. St. Paul, MN 55104.

Meeting Moved: The Up in Smoke group moved in August to Imperial Vape 227 Snelling Ave N. St. Paul, MN 55104. The group host a Close, Mixed, Big Book meeting, which caters to Young People.

New Meeting: The Recovery In Progress "RIP" group started hosting Friday 8:00PM meetings in August at St. Frances Cabrini Church, 1500 Franklin Ave SE, Minneapolis, MN 55414. The meeting is a Closed, Mixed, 12 & 12 catering to Young People.

Please Let us know about any meeting changes, new meetings, or any meetings that are no longer. Please email: lifeline@aastpaul.org

Your News?

We invite you to share your AA news here! Please send your items to: *lifeline@aastpaul.org.*

We look forward to hearing from you.



St. Paul Area Intergroup Representatives' Meeting Minutes, August 21st 7:30pm

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

2. Last month minutes reviewed, motioned by Mark J and seconded by Paul C, motion approved.

3. Treasurer's Report, C.J. M – Intergroup's Quickbooks are NOT in order –Intergroup is hiring a 3rd party consultant to assist with the issue. Please plan on staying later for a thorough Treasure's Report presented by CJ at next month's Rep meeting. The Finance Committee will be meeting next month to discuss our budget.

4. Office Report, Dennis B – New Grapevine: Military Edition is available at the Office. Sobriety Birthday cards are successful and the Office is planning on creating more designs. The Office will be selling "Meeting-In-A-Pocket" – a pocket sized book that holds the 12 Steps, Serenity Prayer, and more. *Please email lifeline@aastpaul.org for further information.*

5. Night Owl Report, Frank N – One New Night Owl Committee Volunteer Position open (duties/requirements are listed on the report). Two Open Night Owl Phone Shifts available: 1st Monday 10pm-6am and 2nd Sunday 2pm-7pm. Starting August 31st, Comcast will be deactivating the call forwarding services we use for Night Owl. Frank, Dennis, and the Night Owl Committee are researching alternative and will keep volunteers updated. *Please contact Frank N at NightOwl@aastpaul.org or leave a message at the Intergroup Office.*

6. Website Report, Sergey – Website committee encourages groups who have speakers to email webservant@aastpaul.org with the speaker's name and what meeting they will be speaking at in advance and the Webservants can post that info to the website. *Contact Jonathan & Sergey at webservant@aastpaul.org*.

7. Outreach Program, Carolyn M – 1 MIA meeting: Downtown AA on Saturday @ 12PM Please contact Carolyn M at outreach@aastpaul.org.

8. Update from the Board - Night Owl Committee member needed! Frank and Dennis are urgently finding an alternative for Night Owl's call forwarding service. Within the next month the following committees will be meeting -- Finance Committee to discuss the budget and Quickbooks, Building Committee will discuss our rental office options because our building lease is up in May, and Personal Committee will do reviews for Intergroup's employees.

9. Liaison Reports: District 8: Mike C – Committee Chairs are open and the district needs volunteers for DUI, Accessibility, and Grapevine. District 15: Washington County Jail Orientation on Monday, Sept 10 – please contact Joe 651-429-1440. District 19: Dan R – N/A

10. Intergroup Events:

a. Upcoming: St. Paul Intergroup - Ice Cream Social and Long Timers Recognition on Saturday, September 22nd from 1PM - 3:30 PM

11. Old Business: N/A

12. New Business: N/A

13. Group AA Announcements:

a. Founders Day: Looking for Home Groups to host suites. \$350 for the entire weekend.

b. Recovery Fest is on Sept 22nd (after Ice Cream Social) from 4pm-8pm. Event is FREE! Krista will be the speaker, live bands, tacos, and a bounce house. All are welcome.

c. 12th Step Opportunity: Women's Treatment Center: 1394 Jackson St. St Paul MN 55117 Available times MWFSS 6:30-7:30PM

d. OMD Potluck, Sobriety Recognition, & Speaker meeting - 1st Friday @7:00 pm at 550 W 7th St., Saint Paul. Speaker: TBD

e. Maplewood Alano Potluck, Sobriety Recognition, & Speaker meeting - 3rd Saturday @6:30 pm at 1955 Prosperity Road.

f. Main Idea Sobriety Recognition: 2nd Friday: 7:30:9:00 pm located @ 499 Wacouta Street, St Paul.

14. Suggestions for next month's agenda: Finance Report by C.J. M.

15. Grapevine Report, Rachael P.; Volunteer for September, Vance O.

16. Concept review, Dennis B.; Volunteer for Concept for Concept VI, Carl O.

17. Mock Rep Report, Julie K.; Volunteer for September, Tom S.

18. Closed with the Responsibility Statement

Meetings Represented: District 8; District 15; Basic Text, St. Paul; Defogged Men's Group, St. Paul; Fireside Women's Big Book, St. Paul; Hole In The Doughnut, Roseville; Lakeview AA, Maplewood; Main Idea, St. Paul; Maplewood Alano Groups, Maplewood, One More Was Added to The Fellowship, St. Paul; Outright Mental Defectives, St. Paul; Pocketing Our Pride, St. Paul; Roll of Nickels, Hudson, WI: Rule 62 Step & Tradition, St. Paul; Third Edition, St. Paul: Uptown, St. Paul; West End, St. Paul; Women's Basic Text, St. Paul.

2018 Steering Board:		Office Calls/Visitors—August 2018	
Chair:	Lesli D.	Meeting information	99
Alternate Chair:	Rob C.	Inventory/hours/location	36
Secretary:	Carolyn M.	12th Step calls	1
Treasurer:	C.J. M.	Temporary sponsor	24
Alternate Treasurer:	Justin D.	Speaker request	34
Members-at-Large 2018:	Tom S. & Erik M.	Staff & Other Calls	140
Members-at-Large 2019	Brian L. & Vance O.	Total Calls	334
Advisor to the Board:	Jenni S.	Average Calls/Day	14.5
Manager:	Dennis B.	Total Visitors	256

October 2018 REPS' MEETING: Tuesday, October 16th @ 7:30 PM SAINT STANISLAUS CHURCH (Church Basement) 398 West Superior Street; St. Paul, MN 55102

October 2018

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% <u>St. Paul Intergroup</u> 608 Seventh Street West St. Paul, MN 55102

30% <u>General Service Office</u> P.O. Box 459 Grand Contral Station

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

The Lifeline



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



Thanks to all of the FANTASTIC Office Volunteers who helped in August

Adam P., Anne B., Barb M., Blia V., Chris H., Chuck L., Cody D., Desiree C., Elizabeth B. Frank D., George M., Harry J., Jamie E., Jimmy D., Jodie T., Marc B. Marc S., Maxwell B., Michael C., Patrick C., Steve R., Steven W-W., Suzanne B.,



Ao no onice voluncers who helped in August

Thanks to all the Groups that contributed in August

11 W. Bernard Group Anoka Day By Day Basic Text Burnsville - Primary Purpose Dakota Alano SAT 9AM ABSI Dakota Alano THUR 1145AM Dakota Alano WED 8PM Dakota Alano WED AM Roosters Day by Day Women's Group Eagan Burnsville Savage - Sat Speaker Fairview Riverside Group Forest Lake Alano Gloria Dei AA Gratitude in Action Happy Joyous and Free -Mahtomedi Highland Park Groups Highland Park Groups Maria Drunk Squad Meeting of the Waters New Brighton BB North Dale Group Pocketing Our Pride - Mpls Ridge Runners III Sun 830AM Rosemount Groups Safe Haven for Women Group Saturday Morning Treats Ship Of Fools Group Shivering Denizens Shoreview 12 x 12 St. Peters Fellowship AA Group Steps to Freedom There's a Better Way Third Edition Group Third Tradition Northfield Uptown Club White Bear SAT AM Women's Group White Bear Wed AM Women's Woodbury Serenity Sisters



Thanks to our AWESOME Night Owls too!



St. Paul and Suburban Area Intergroup <u>2018 Board Elections</u>

for Board Members & Officers

Tuesday, November 20th, 7:30pm

at the Group Representatives Meeting

St. Stanislaus Church 398 West Superior Street 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 Members-at-Large

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

Nominations will be accepted at the Intergroup office, or at the October and November Representative Meetings. Please submit to your office a service resume with relevant AA and non-AA experience.

For more information

please visit the Intergroup website: http://aastpaul.org/?topic=14&article=28 or call us between 9:00AM – 5:30PM, M - F

651-227-5502

We will be happy to answer any questions!

What is a Non-Trustee Director? A Director?

There are a total of six Non-Trustee Directors (NTD) in Alcoholics Anonymous. Ask most AA members, and they likely are unfamiliar with the position. About the one conclusion that can be drawn is that this person is not one of the twenty-one Trustees, but beyond that, most would be perplexed. However, these six people could come from virtually any AA Group. The requirements are not extensive and many AA members with at least seven years of sobriety could turn in a resume to be a NTD trusted servant.

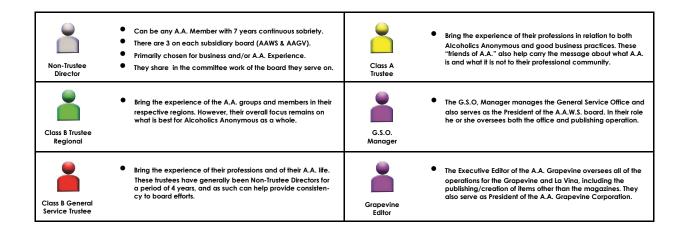
The revealing word is "Director". Directors are people who are members of a corporate Board that manage the affairs of a corporation. Seldom are they mentioned, but in fact, they perform the primary work in managing AAWS and the AA Grapevine. Below are the descriptions of the two corporations' composition, and the Directors are the people who are on the firing line of service for each corporation:

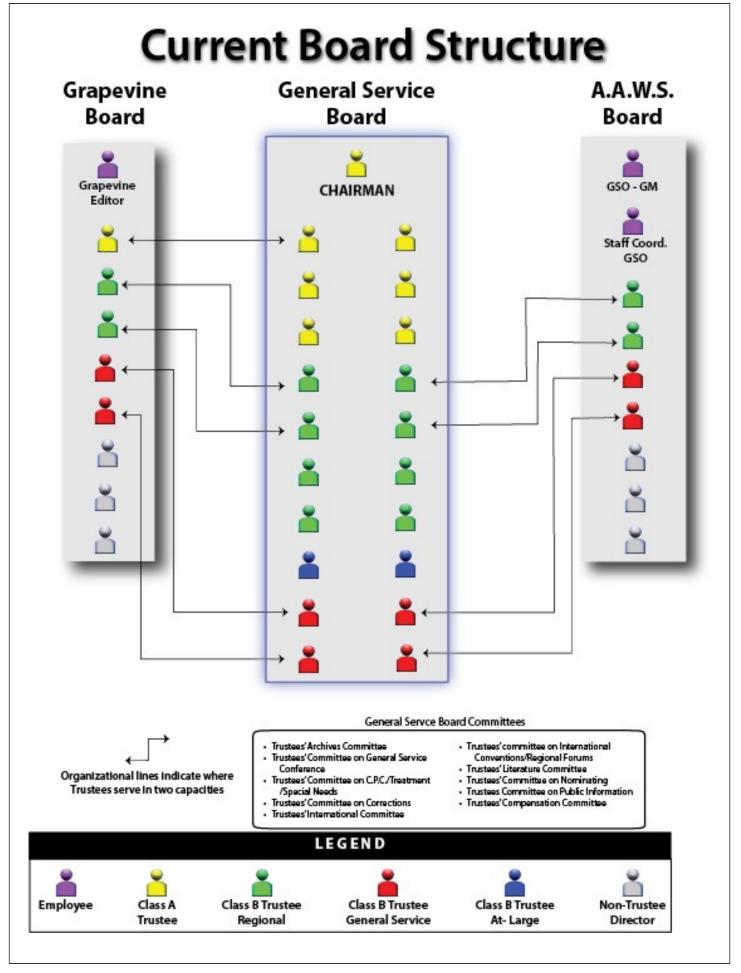
AAWS CORPORATE BOARD: Currently, A.A. World Services, Inc. has nine Directors: two General Service Trustees, two Regional or At-Large Trustees, three Non-Trustee Directors, one paid staff member, and the general manager of G.S.O., who is President of the corporation. The Board meets ten times a year and considers agenda items such as budget preparation for the service and publishing operations, pricing of new and revised publications, G.S.O. service activities, implementation of Conference and General Service Board recommendations, copyright concerns, and reprint permissions.

AAGV CORPORATE BOARD: The A.A. Grapevine, Inc. currently has nine Directors: two General Service Trustees, two Regional Trustees, one Class A Trustee, three Non-Trustee Directors, and the Executive Editor, who serves as President of the corporation. The Board meets quarterly to consider such matters as circulation, enhancement, finance, and development of new related items. It also holds four meetings a year as a planning committee of the whole.

To learn more—please refer to the chart on the next page.

Thank you for having the opportunity to be your servant. Tom A. West Central Region Trustee & AAWS Director





What's a Legacy of Service?

I've been saying over and over these past two years how fortunate I am to be Delegate. And believe it or not, one of the great perks is that I have had to read and re-read *The A.A. Service Manual* for all kinds of reasons. Recently I was drawn again to the very beginning of the Service Manual, where Bill W. describes A.A.'s Legacy of Service. Amidst the barrage of Area events – Area Committee Meetings and officer meetings and Assemblies and inventories and the General Service Conference and Delegate's Reports – I can sometimes lose sight of what all this activity is really about. According to Bill, it's simple – "carrying the message." In his words, "this is our principal aim and the main reason for our existence."

There are some catch phrases and clichés that get thrown around A.A. a lot. One of them shows up repeatedly when we're discussing items at group consciences, District meetings, and Area Assemblies: "How does this proposal benefit the still suffering alcoholic?" I trust that the person asking genuinely hopes that all of our collective efforts will be focused primarily on carrying the message. But sometimes I think this question is misused as a critique of some of the service structures themselves – our committee work and Area meetings and intergroup offices and regional service events and even the General Service Conference itself. It's as if these service structures are seen as distractions from our primary purpose, rather than as a variety of methods we use to carry the message.

Instead of asking whether a particular service would benefit the still suffering alcoholic, Bill asked a different question: "Is this service really needed?" And if the answer is yes, "then maintain it we must, or fail in our mission to those who need and seek A.A."

Bill was clear and inclusive when he wrote that "an A.A. service is anything whatever that helps us to reach a fellow sufferer." He goes on to make a long list of what service includes:

Services include meeting places, hospital cooperation, and intergroup offices; they mean pamphlets, books, and good publicity of almost every description. They call for committees, delegates, trustees, and conferences. And, not to be forgotten, they need voluntary money contributions from with the Fellowship.

Carrying the message is a big undertaking and needs to be done at all levels of our Fellowship. It does us no good to hold up one type of A.A. activity as being superior or more important than another. All are necessary to successfully reach as many alcoholics as possible. One-on-one contact with a suffering alcoholic is indeed at the core of A.A.'s principles, but we would fail thousands upon thousands of other alcoholics if we did not organize ourselves as best we could to reach suffering alcoholics on a large scale. Thus, we need all the various service structures and service entities that we have created. They all work together to amplify the A.A. message of hope and broadcast it out to the largest audience possible.

As I travel around the Area, I am surprised to realize how many A.A. members and A.A. groups go about their recovery without taking up their part in our larger-scale efforts to carry the message. While recovery is indeed a one-on-one process, our Fellowship exists to carry the message to as many alcoholics as possible. This requires that we work together across our many groups and Districts and Areas. Rather than critique the various structures without getting involved, I hope more A.A. members and A.A. groups will join in the collective effort to carry the message. There are elections taking place across the Fellowship this fall – at the group, District, Area, and Intergroup levels. It's a great time to look around for a way to do your part to support A.A.'s Legacy of Service.

Thanks for all your service, Curt K. Panel 67 Delegate, Area 36 – Southern Minnesota delegate@area36.org St. Paul & Suburban Area Intergroup 608 7th Street W. Saint Paul, MN 55102-3010

Change Service Requested



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 Tenners (\$10.00/month), or Fantastic Fifteeners (\$15.00/month).

1. Contact information:	3. Choose a Payment Method:	
Name	_ Credit Card/Debit Card*	
Address	Visa MasterCard AMEX Discover	
City State ZIP		
Phone Number	Card #////	
Email	Expiration Date:/	
2. Amount & Frequency:	Name on Card	
Amount: \$ Frequency: (check only one) Monthly Quarterly Bi-Annually Annually Start on/ Faithful Fiver (\$5.00/month)		
☐ Ferrífic Tenner (\$10.00/month) ☐ Fantastic Fifteener (\$15.00/month)		