



Step Eleven: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

It was through the fellowship of AA meetings and listening that I got over my initial fear of this step. The step scared me because of my childhood conception of a "God." Others had told me what God was, and to be fearful. I had thrown out their conception at age 4 or 5; I couldn't believe the fantastical, miraculous stories I heard in church. I rejected the notion that I had to perform certain rituals, pray a certain way and at certain times.

So when I got to AA, and read the steps, I stopped at this one and felt woefully not up to the task. I wouldn't be able to pray "correctly" and I certainly wasn't going to meditate on the "correct" topics, much less achieve nirvana. So why try? Might as well give up, this stuff may work for others, but it won't for me. "God's will for me?"- what the hell could that be? Mostly what I had understood God's will for me as being was unremitting misery and a sense of inadequacy around people and relationships with them. Throw in a large dose of childhood exposure to hypocrisy about all things "religious" at home, and I felt I had a recipe for certain failure. More doom.

Luckily, the fellowship of AA had a draw for me. Nowhere else in my 32 years on this planet had I found non-judgmental acceptance. In AA, I found the people weren't power-hungry or political, the sole agenda was really sobriety. That meant I had a chance at success; if I had had to measure up somehow, my ingrained sense of inadequacy would have caused me to check out before I got hurt.

Also luckily, there were 10 other steps to focus on before Step 11. The fellowship and meeting discussion taught me that I could leave my childhood conception of God at the door, and develop my own. I could stop making decisions based on a 5 year old's understanding of spirituality. Then, I could admit I didn't know much, adopt some of your sanity as mine, set down my will for a moment and look around at what it was getting me. Taking inventory of what my will achieved for me, I decided I needed another's counsel (as advised) to cast out the negative understandings of self I had accumulated. After this much work, I was really willing to adopt a new lifestyle and ready to ask a god to help me (I still wasn't sure what that was all about, but I found it unnecessary to know). Making a list of my next tasks, and having that checked over, I set about turning things around, and I learned some things about keeping relationships together. I kept looking for ways I was falling short. Lo and behold, I had by this time spent a lot of time praying, and meditating on what "conscious contact" meant. I had a pretty good *understanding of, and with, my God*, and I could sometimes get a glimpse of what his will for me was. The "with" part comes from my dialogue with my God.

Then, and only then, as I continued to practice what I had learned, did the ultimate truth come to me; someone pointed out that page 133 of *Alcoholics Anonymous* states for us exactly what God's will for us is: "to be happy, joyous and free."

- Anonymous Intergroup Volunteer

(reprinted from *The Lifeline*, November 2010)

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.

**St. Paul & Suburban Area Intergroup, Inc.
608 Seventh Street West - St. Paul, MN 55102**

Web Site: www.aastpaul.org

E-mail: lifeline@aastpaul.org

Fax: 651-290-0209

Office Hours: Monday through Friday — 9 AM to 6 PM; Saturday 9 AM to 1 PM

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

As valuable as privacy is to the new members, it is noteworthy that most of them are eager to share their good news of their A.A. affiliation with their families. Such disclosure, however, is always their own choice: A.A. as a whole seeks to ensure that individual members stay as private and protected as they wish, about belonging to the Fellowship; but always with the understanding that anonymity at the level of press, radio, TV, films, and other media technologies such as the Internet is crucial to our continuing sobriety and growth—at both the personal and group levels."

- Understanding Anonymity, pg. 6

(reprinted from *Understanding Anonymity*, with permission of A.A. World Services, Inc).

Thoughts from your Board

What I have learned from being on the board of St. Paul Intergroup has been indispensable in my everyday life. None of this has been as graceful as those around me would have liked. (or me most of the time) I have learned how to disagree and not hate those who disagree with me.

I have learned how to follow the traditions and to be a guardian of St. Paul Intergroup's policy's and procedures.

I have learned how to participate in a group conscious decision.

I have learned how good meetings are run with good leaders and bad.

I have learned how to follow thru with a commitment. Even when I don't want to or disagree with the decisions that were made.

I have learned to practice principles before personalities. Including mine at times.

Many more lessons have been a part of my service here at intergroup. Most have directly impacted my life in positive ways. Some of which I'm not even aware of yet. I am grateful for all the time I have been involved in intergroup. I have made dear friends! My hope is that when you read this you too will want to participate in this service opportunity. We are looking for new board members. Please consider giving back & becoming a new board member.

Yours in service,

CJ M., 2019 Member-at-Large

District Eight Report

As I write, we are in the planning stages of our Fall Workshop. The topic is Step 6 & 7. We are planning lunch, with three speakers afterwards followed by an open discussion. It will be held at Calvary Evangelical Lutheran Church, 341 Hamline Ave, St. Paul on November 9th, starting at 11:30 am.

We are also working with St. Paul Intergroup on a movie night on January 18th. More information will be coming later.

Our committees have several projects they are working on. The Grapevine chair is reaching out to various locations to see if Grapevine subscriptions are needed, our Literature chair continues to work with libraries and schools to see if they could use some AA literature, our Accessibilities chair is working on starting a meeting geared to the alcoholic with mental illness among other projects with seniors and veterans.

District 8 has a new Finance chair, but I am still looking for an alternate DCM. If you are interested in this position or would like to help our committees carry the message, please contact me at: dist8@area36.org, 763-516-2165 or come to the district meeting.

The district meeting is the third Wednesday of the month at 7:30 pm, held in Room 108 of the Fairview Community Center on County Road B between Cleveland and Fairview Avenues. Everyone is welcome; you do not need to be a GSR (General Service Representative) to attend.

Thank you for letting me be of service,

Sue M., DCM, District 8



NOTICE

St. Paul and Suburban Area Intergroup 2019 Board Elections

for Board Members & Officers

Tuesday, November 19th, 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)

Three Members-at-Large

(Two—2 year commitment; One— 1 year)
(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!

ST. PAUL INTERGROUP
ANNUAL
GRATITUDE NIGHT

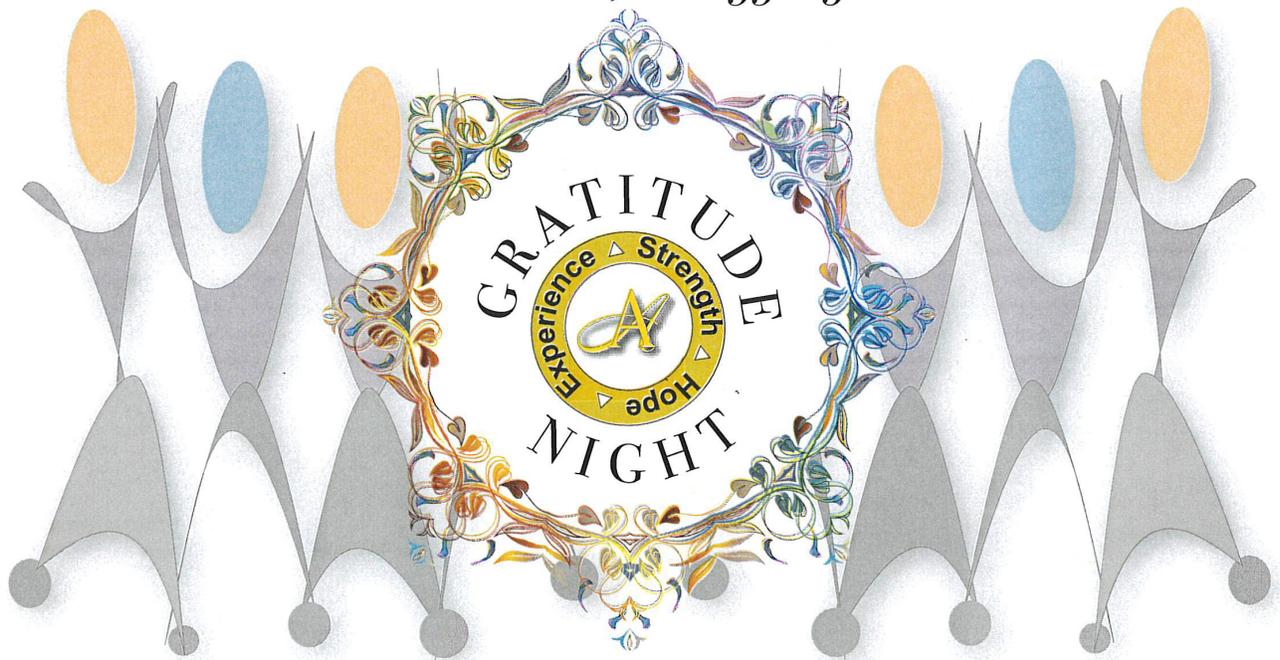
7:00 PM

NOVEMBER 23, 2019

LUTHERAN CHURCH OF THE REDEEMER

285 N. DALE STREET

ST. PAUL, MN 55103



GRATITUDE CALL-UP

Followed by

SPEAKER

JODI K.

NEW RICHMAND, WI



ASL Interpreted upon request

Please contact the Intergroup Office staff by October 18th:
651-227-5502 or email Lifeline@aastpaul.org

Announcements & Updates

HOOTS!

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 year 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 nightowl@aastpaul.org.

Founder's Day Weekend

Celebrating 78 years of AA in the upper Midwest and honoring AA members with one year of sobriety!

Where: Doubletree Bloomington - Bloomington, MN

When: Friday, 29 November 2019 – Sunday, 1 December 2019

Info: <http://www.foundersdaymn.org/>

ASL: ASL interpreter will be provided.

Group and Area News

New Meeting: The New Beginnings Group is now hosting a Saturday 8:00AM meeting at Newport Lutheran Church, 900 15th Street, Newport, MN 55055. Please use Main Door. The meeting is Closed. Mixed, and All-Ages. The Format is 12&12 and Topic/Discussion.

New Meeting: The Happy Destiny group started a Thursday 7:00PM meeting at Trinity Lutheran Church, 1154th Street N., Stillwater, MN 55082. This meeting is Open. Mixed, and All-Ages. Format is 12&12.

Meeting Change: We Are Not Saint group is now meeting at 6:00PM at their currently location: Church of Saint Agnes, 35 Thomas Avenue W., Saint Paul, MN 55103. The group hosts a Closed, All-Ages, Men's meeting, with a Big Book format.

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.



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

Upcoming Night Owl Orientations:
Saturday, Nov 16th, Dec 21st, Jan 18th

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, September 17th 7:30pm

1. Opened with the Serenity Prayer, introductions, and read the Primary Purpose of Intergroup.
2. Minutes from last month were reviewed, CJ M motioned, Paul C seconded, motion approved.
3. Treasurer's Report, Mark—Group & individual contributions down this month, as well as operational expenses. Started this year strong w/ contributions & sales. Doing well financially, breaking even. Contact Justin or Mark at treasurer@aastpaul.org
4. Office Report, Dennis B – Volunteer situation really need folks who are able to be temporary sponsors & can answer their phones between 9am-5pm, when office is open. Need volunteers to come in to answer phones, 2-3 hour shifts. May be some bumps & changes to meeting guide app & GSO. *Please email lifeline@aa Some changes to stpaul.org for further information.*
5. Night Owl Report, Lesli D – Hoots report in Lifeline, new Night Owl instructions. Looking for one more committee member. *Please contact Frank N at NightOwl@aastpaul.org or leave a message at the Intergroup Office.*
6. Website Report, Jonathan – 730 regular meetings, supported by 290 groups. Service opportunities & open night owl shifts on site. Working on using most current technology for our site. Update attempted on labor day, but ran into issues. It was sorted out. Sorted out issue for if you select a city from the meeting search, and no meetings come up (b/c you had to search by zip code). Moved mtg guide feed to AAWS. Their level of technical skills not as good as the person who wrote it. Took them a few days to sort them out. Still working on bot solution, with is throwing off our stats. If you have an AA-related event & you want the flyer posted, *Contact Jonathan & Sergey at webservant@aastpaul.org.*
7. Outreach Program, Lindsey D –Lots of outreach material on website. There are missing in action mtgs on website. You go to mtg that is on the list and verify that all info is correct. Scripts on website as well for what to say when spreading the word to other groups about Intergroup. *Please contact outreach@aastpaul.org.*
8. Update from the Board, Lindsey D – No updates on new intergroup space. Gratitude Night is Sat. Nov 23rd, Jodi K from New Richmond, WI will be our main speaker. Event will be at Lutheran Church of the Redeemer in St. Paul
9. Liaison Reports: District 8: Mike C—Accessibilities chair, AA to be directed towards those with TBI (Traumatic brain injury). Workshop on Steps 6&7 may be in November. Passed proposal to give 14 big books to Regions Hospital. District 15: Jennifer—Fall fellowship workshop on Oct 26th at 11:30am @Christ Lutheran Church in Lake Elmo (No Chili this year, but TACOS), topic is Service. New AA mtg Thursdays 7pm @ Trinity Lutheran Church in Stillwater --N/A District 19: – N/A
10. Intergroup Events: a. Recap—Ice Cream Social (Justin D & Lesli D)—Successful, attendance good. Recognition of long timers & ice cream. About 70 ppl came
b. Upcoming—Founder's Day—Robert brought info re: hospitality suite sign up, schedule, volunteer sign up, etc. Banquet table sign up. St. Paul Intergroup selling literature & will have a suite there as well
c. Upcoming—Board Elections (November)—lots of positions to fill. 3 @Large positions, 2 yr sobriety requirement. 2-2 yr commitments, 1-1 year commitment. Alternate Chair, 3 yr sobriety requirement. 3 yr commitment. Secretary, 3 yr sobriety requirement. 1 yr commitment. Alt Treasurer, 3 yr sobriety requirement. 2 yr commitment.
11. New Business, Lesli D. Intergroup & District 8 hosting movie night on Sat Jan 18th @ Roseville Lutheran Church. Voted on what move we would like to see.
12. Group AA Announcements: a. OMD Potluck & Sobriety Recognition 1st Friday 7pm @ St. Marks
b. Maplewood Alano Potluck & Sobriety Recognition 3rd Saturday 6:30pm
13. Suggestions for next month's agenda, please email secretary@aastpaul.org
14. Grapevine Report, Patty; Volunteer for October, Jennifer.
16. Concept IV, Dan; Volunteer for Concept V, Derek
17. Mock Rep Report, Kelsey; Volunteer for August, Dan
18. Closed with the Responsibility Statement

Meetings Represented: District 8; District 15; Basic Text, St. Paul; Como Park Big Book, Roseville; Fireside Women's Big Book, St. Paul; Happy, Joyous & Free, Mahtomedi; Hole In The Doughnut, Roseville; Lakeview AA, Maplewood; Main Idea, St. Paul; Maplewood Alano Groups, Maplewood, On Awakening, St. Paul; One More Was Added to The Fellowship, St. Paul; Roll of Nickels, Hudson, WI; Rule 62 Step & Tradition, St. Paul; Summit Hill, St. Paul; Uptown, St. Paul; We Can, St. Paul; West End, St. Paul; Women's Basic Text, St. Paul.

<u>2019 Steering Board:</u>		<u>Office Calls/Visitors—September 2019</u>	
Chair:	Rob C.	Meeting information	72
Alternate Chair:	Linsey D.	Inventory/hours/location	28
Secretary:	Rachel P.	12th Step calls	4
Treasurer:	Justin D.	Temporary sponsor	28
Alternate Treasurer:	Mark J.	Speaker request	29
Members-at-Large 2019:	C.J. M. & Vance O.	Staff & Other Calls	78
Members-at-Large 2020:	Mike C.	Total Calls	239
Advisor to the Board:	Lesli D.	Average Calls/Day	12.0
Manager	Dennis B.	Total Visitors	203

November 2019 REPS' MEETING: Tuesday, November 19th @ 7:30 PM
 SAINT STANISLAUS CHURCH (Church Basement)
 398 West Superior Street; St. Paul, MN 55102

Join St. Paul AA Intergroup

In a Sober Celebration!!

New Year's Eve 2019

Tuesday, December 31st



~SAVE THE DATE & JOIN US!~

7:00 PM Open Speaker Meeting

Speaker: TBA



ASL Interpreted, upon request. Please contact Intergroup staff by Dec. 1st at 651-227-5502, or lifeline@aastpaul.org



9:00 PM—12:30 AM - Dance:

DJ - TBA

(\$5.00* Contribution Requested)



9:00 PM—Midnight:

**Marathon
Step Meetings**

Lutheran Church of the Redeemer

285 North Dale Street - St. Paul, MN 55103

For more Information call the Intergroup office: 651-227-5502

***No one turned away for lack of funds - plenty of service opportunities!!**

Word Search - October 2019



CONCEPT

GROUP

INABILITY

MEDDLE

NOVEL

PURPOSE

REVIEWED

SUFFERING

THOROUGHLY

TOGETHER

UNEXPECTED

VAINGLORY

WALLOW

WORSHIPED

YOURSELF

October 2019 Big Book Crossword Puzzle Answers

Across:

4). PARTICULAR 8). ESCAPED 12). COFFEE 13). HANGOVERS 16). OBVIOUSLY 18). GENUINE

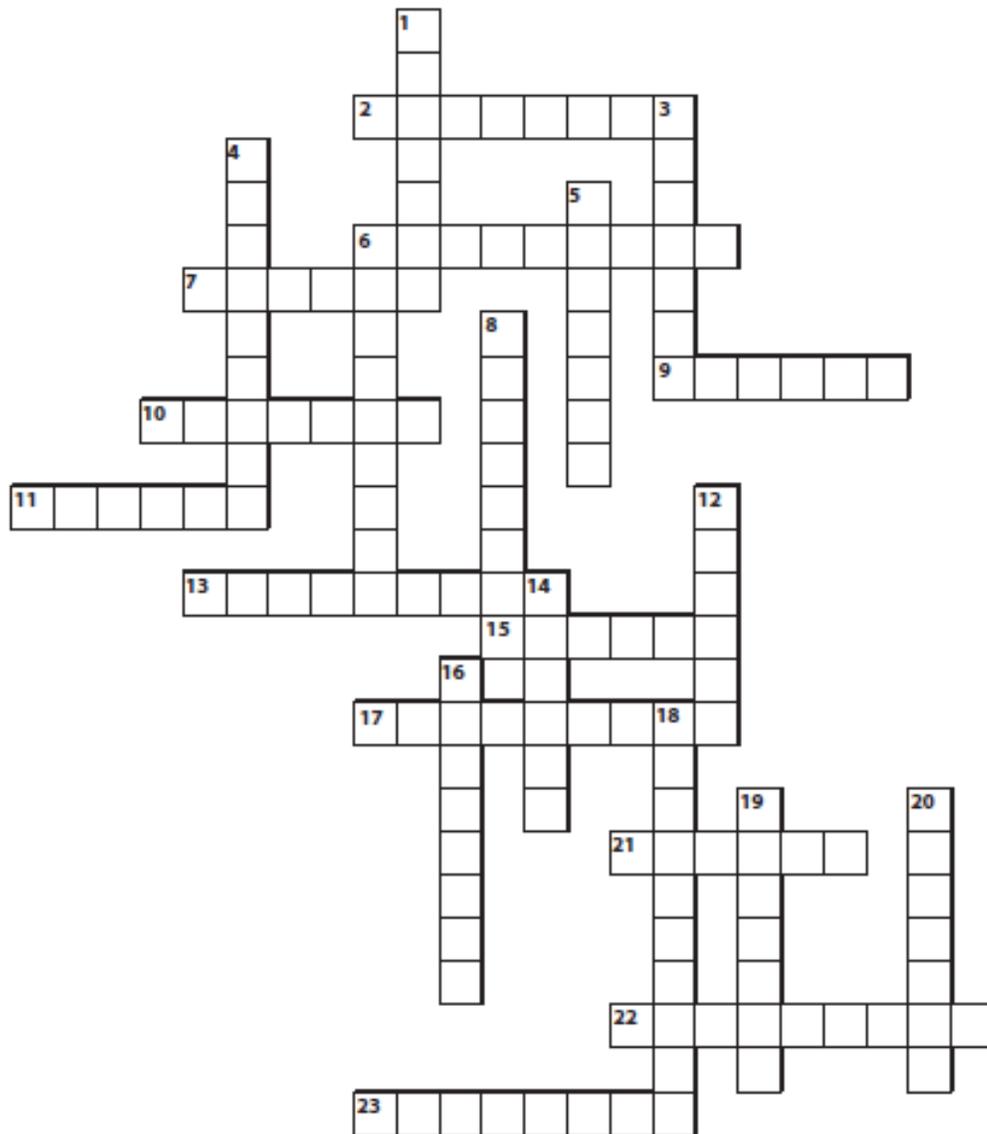
Down:

1). VENTURES 2). SILKWORTH 3). IMPATIENT 5.) CHANNEL 6). JUSTIFICATION 7). GEARED

9). FAMILIES 10). RUDIMENTS 11). MEASURE 14). NATURAL 15). LAUGHS 17). BETTER

19). QUALITY

Big Book Crossword Puzzle - November 2019



Across

- 2).as people like to call it _____.
- 6). Nearly all have _____.
- 7). Having a _____ time.
- 9). _____ in a few rare cases...
- 10). When _____ with an alcoholic,
- 11). _____ asked Him to remove.....
- 13). We have _____ to publish.....
- 15). We _____ allow an alcoholic to live in our homes....
- 17). Frothy _____ appeal seldom suffices.
- 21). Why does he _____ like this?
- 22). Another _____ we observe carefully is.....
- 23). After all, our _____ were of our own making.

Down

- 1). There is _____ thing you might wish to do.
- 3). And does not _____ demonstrate that.....
- 4). Patience and good temper are most _____.
- 5). We have had certain spiritual _____.....
- 6). But be careful not to be _____.....
- 8). Drinking _____ most homes from.....
- 12). For most _____ folks,
- 14). Our _____ for living is not a one-way street.
- 16). What is the _____?
- 18). _____, we found ourselves accepting.....
- 19). But he did no _____.
- 20). Our first _____ is a friend.....

Chair of the General Service Board of A.A.

This is the third of three articles on the servant-leader of the incorporated entities of A.A., the Chairperson of the General Service Board of Alcoholics Anonymous (GSB). The first two, Alcoholics Anonymous World Services (A.A.W.S.) and the AA Grapevine (AAGV) are the affiliate corporations of AA., and as described in earlier articles, have a president (described in the articles) and a Board of Directors who manage these active corporations that provide the majority of active services and publications for A.A., per Tradition Nine and Concept XI.

Based on New York not-for-profit law, the Chair of the GSB would be recognized in the customary role of president. However, nothing could be further from the traditional corporate model than the GSB. The current chair of the GSB is a Class A trustee, Michele Grinberg. While non-alcoholic, Michele knows well how to practice the Traditions in her leadership affairs as chair of the GSB. I could easily begin at Tradition One and share that A.A.'s common welfare is always paramount in her train of thought and action. What makes her more of a coach or, to me, an inspirational servant-leader, is found in the exercising of Tradition Two on the General Service Board. I find this important because Tradition Two is referenced in the Concepts more times than any other Tradition.

Serving as GSB Chair (GSB-C) does have some important responsibilities. First, the GSB-C is an ex officio member of every committee of the GSB. That's a lot of committees! With ten primary committees and six secondary committees on the GSB, even monitoring the sixteen committees is a daunting task, not to mention the always-present ad hoc committees. Add active consultation on a regular basis with the chairs of the two affiliate corporations, and few would envy the time required to be engaged in all these operational committees. But beginning with Tradition Two, where group consciences take place at all these Tradition Nine service boards and committees, I'm estimating our Chair can rest a bit easier, knowing that being part of a greater whole -- one of twenty-one trustees -- the GSB listens for a loving God's voice arising from the voice of the group conscience.

But spirit and grace still requires action on our part as trusted servants, and the GSB-C is no exception. With the GSB as the arm of the General Service Conference (GSC), oversight of the handoff of Conference Advisory Actions is the GSB-C's responsibility. Quickly of course, the information is dispersed to the fore-mentioned committees and affiliate corporations to accomplish the work of the fellowship between conferences.

The GSB-C chairs the Annual GSB Members Meeting in April, the July, October and January Quarterly Board Meetings of the GSB, and also co-chairs the GSC. In between Board meetings, the GSB-C may act for the GSB in various matters of business. With four regional forums each year, invitations to areas and regions, the GSB-C is a frequent participant in many A.A. events. To-date, the GSB-C has been a Class A/non-alcoholic trustee, and hence, has served as a representative for A.A. in matters of public relations. For example, at a recent convention Michele delivered the first copy of the Big Book that was compiled into an audiobook spoken and recorded in Navajo.

The epitome of servant-leadership is illustrated in how the GSB-C chairs the GSB Trustee Sharing Session. This Sunday afternoon meeting of GSB trustees meets to cover a wide range of long-term planning issues and topics of special interest. The GSB-C publishes an agenda based on her Concept-Eight-directed thoughts on what the GSB must focus on to plan, manage and execute in the areas of group relations, public relations, finance, leadership and policy. In true democratic fashion, the first order of business is to obtain a group conscience on how to prioritize the agenda. The closing item in true A.A. fashion is an opportunity for informal trustee sharing.

There are many ancillary tasks and responsibilities too numerous to mention in this article, but a few other notable tasks include calling additional GSB meetings in times of urgency, executive sessions for confidential business matters during normal business weekends and coordinating agendas with the Staff Coordinator.

In addition to all these practical operational items, the GSB Chair shall act using knowledge of A.A. principles and experience, use common sense and insight, have unbiased judgement virtues permeated with ethics and altruism to provide service-leadership in the most exemplary fashion. The time demand for this position has historically been very significant, and A.A. has been the fortunate recipient of many altruistic chairs of the General Service Board.

Yours in service,
Tom A.
WCR Trustee

**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

SEPTEMBER CONTRIBUTIONS

Number of Group Contributors	29
Total Group Contributions:	\$3020
Number of Faithful Fivers:	18
Total from Faithful Fivers:	\$489



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 the Groups
that contributed in September**

- 11th Step FINE Group
- Anoka Day By Day
- Came to Believe
- Dakota Alano
- Dakota Alano SAT 11 AM
- Dakota Alano WED 8PM
- Dakota Alano WED 8PM
- Day by Day Women's Group
- Eagan Burnsville Savage Groups
- Eagan Tuesday Nighters
- Fairview Riverside Group
- Forest Lake Alano
- Gloria Dei AA
- Grovers Thursday Night
- Highland Park Groups
- Jumpstart 12 & 12
- Macalester Group AA
- Mendota 1030 AA Group
- Peter Bock
- Ridge Runners II Sat 830 AM
- Rosemount Groups
- Roseville Centennial Group
- Rule 62 Step & Tradition Group
- Saturday Morning PS Meeting
- Shoreview 12 x 12
- Summit Hill
- Third Tradition Northfield
- Uptown Club
- Women with Wings

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

Andy H., Bob C., Caleb A., Chris H., David D.,
Frank D., Jeff K., Jimmy D., Jodie T-W.,
Joe O., John D., John K., Kathy K., Laura K.
Lewis, Marc S., Marcia H., Paul CM.,
Sandy H.,



Thanks to our AWESOME Night Owls too!

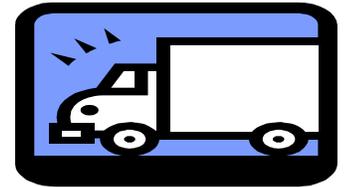


St. Paul & Suburban Area Intergroup
608 7th Street W.
Saint Paul, MN 55102-3010

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 *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:

Name _____
Address _____
City _____ State _____ ZIP _____
Phone Number _____
Email _____

2. Amount & Frequency:

Amount: \$ _____
Frequency: (check only 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 Card*
 Visa MasterCard AMEX Discover
Card # _____/_____/_____/_____
Expiration Date: ____/_____
Name on Card _____
Signature _____

*I authorize St. Paul Intergroup to automatically bill my account as specified (monthly, quarterly, etc.). I understand that I am free to cancel this authorization at any time by contacting Intergroup.

Check - Please make payable to:

Saint Paul Intergroup
608 7th Street W.
Saint Paul, MN 55102-3010