

# The Lifeline



September 2013

24 Hour Phone: 651-227-5502

Volume 49, Issue 9

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

I was just out of rehab and getting involved in AA in my community. I got a sponsor, and I told him about the mess I'd left behind on my last drunken spree. I work as a freelance graphic designer and was in the middle of several projects for an ad agency. It was St. Patrick's Day and I'd decided to tie one on because, after all, I'm Irish-American.

My drinking spree went beyond the holiday and continued for another four or five days. I avoided my wife, daughter, home and work. I went from bar to bar until my ATM card wouldn't work anymore. After I came home I lay in bed, very sick. I kept hearing calls on the answering machine from my client, pleading with me to get a hold of him. I didn't. I did have enough sense to throw myself into rehab with the help and support of my wonderful wife.

I told my sponsor about the jam I'd left my client in by avoiding his calls and the pending projects that I was working on. He suggested that I make amends to the client. I said, "what, walk into his office and apologize? I don't know if I can do that."

My sponsor said, "No, you'll do more than that. You'll walk into his office, apologize, then you'll offer your services at no charge until you make up for the damage you created." I said, "Uhhh . . . I'll have to think about that."

A couple of weeks or so later, the thought of that amends popped into my head as I was driving home at about 10 in the morning. It became increasingly obvious to me that this was the right time to walk into that office and do what I needed to do. Yikes!

I was scared to death. What if he gets angry with me? what if he throws me out of his office? what if . . . Then I thought of something that might help: praying. I live in a mountain community, and as I was driving up the highway I saw beautiful views below the cliffs. I pulled off the road into a turnout, got out of the car and got down on my knees. I asked my Higher Power to help me and to remove my fear. I asked him for his will, not mine, and to speak his words through my mouth as I made this amends. I finished praying, stood up and turned around. There was a vast, beautiful view as I gazed down the mountainside. I felt very much at peace. I really don't know if I had a spiritual awakening that morning, but it certainly felt like something of that nature.

I got back in the car and drove to my client's office, a little more comfortable now. I walked up to the front desk and the receptionist said, "Hi, Rick," as if she had just seen me the day before. I took a seat and had to wait before I entered the bigwig's office. He came out and said, "Hi, Rick. Come on in." I sat down in his office, quickly asked my Higher Power to be with me once again, took a deep breath and began.

I told him that I have a problem with alcohol, that I'd just come out of rehab and that I'm in recovery. I told him that I was fully aware of abandoning my responsibilities to him and the projects, and that I had jeopardized the relationship and reputation between his company and the clients. I told him that I was sorry. He responded with, "I'm so glad that you're taking care of your life. How is your family?" Wow, I thought to myself. He's not as angry as I thought. I then told him that I needed to make up for the mess that I created, and I offered my services at no charge for a couple of work days. He seemed to be caught off guard for a few seconds, then said, "Okay, if you feel that you need to do that." So that's exactly what I did.

I had no ulterior motive when making this amends, nor did I ever expect to work for that agency again. But I have to end this story now, because I need to get back to work on a fairly big project for that very client. — Rick M.

*(One on One, AA Sponsorship in Action, pgs. 20-22, Reprinted with permission of the A.A. Grapevine, Inc.)*

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

"Directly responsible to those they serve". Just what does that mean, and who are these service boards? Of course, we all know about the General Service Office in New York, but did you know there are three boards active there? There are two Boards that oversee the publishing arms of AA, AA World Services and AA Grapevine, and these two Boards are in turn overseen by the overall General Service Board, made up of both alcoholic and non-alcoholic trustees, and the delegates of the annual General Service Conference.

Here in the St. Paul area, we have the Southern Minnesota Area Assembly (Area 36), and several District committees like Districts 8 and 26 serving groups in Ramsey county, District 19 in Dakota county and District 15 in Washington county. Through committees like Public Information, Corrections, Remote Communities and others, the Area and Districts "carry the message" in ways that reach beyond the scope of our individual groups. This Intergroup office, and the Intergroups for the Minneapolis area provide additional services outside the general service structure. There are also service committees who bring us roundups like Gopher State and Founders Day Weekend, and the very active Minnesota Young People in AA (MNYPA) who also hold an annual state conference and other events.

How can all these be "directly responsible"? Like so much else in AA, that responsibility comes from groups like yours. Your group's General Service Representative and Intergroup Reps bring your voices to these boards and committees. Through this, the collective conscious of your group is expressed, enlightening these bodies with the needs, desires, ideas and hopes of our Fellowship as a whole. If your group does not have members who serve you in these roles, please consider doing so at your next business meeting.

**St. Paul Intergroup of Alcoholics Anonymous®**

Web Site: [www.aastpaul.org](http://www.aastpaul.org)

E-mail: [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org)

Fax: 651-290-0209

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

1600 University Avenue, W. Suite 214, St. Paul MN 55104

### Notes From your Intergroup Board...

Happy September! Thank you for allowing me the chance to vocalize my gratitude for the opportunity to be of service with the St Paul Intergroup. I am reminded on a regular basis how in this life that I have been gifted that God does not choose the qualified he qualifies the chosen. I heard that somewhere when I started getting involved in service to Alcoholics Anonymous and boy has it been true for me. So often in my past I have been hesitant based on fear, maybe some of you can relate. Fear of not being good enough, fear of not being liked, fear of so many things, but the steps have given me a chance to let go of the fear and turn those lessons into assets. My willingness to be of service with St Paul Intergroup has given me so many opportunities to learn and grow spiritually and emotionally. What we get to be a part of amazes me every single day. I had some preconceived idea that I had to have some sort of skill set in order to be of service; I was wrong. St Paul Intergroup is made of up of average people like me. We can always learn and teach. As a member of the Board I know we are always looking for new people that want to learn to be a part of. There are so many ways to be involved from things like volunteering in the office, Night Owl Phones, or being on the Speakers List. Please stop in or give us a call; we'd love to have you. This program saved my life and being a part of the Board for St Paul Intergroup I get to show my gratitude and maybe help save the life of another struggling alcoholic.

Again, thank you for allowing me to be of service.

Christa, Alternate Chairperson

### Notes From your Central Office...

This month, the back cover of this newsletter has been changed so that our Faithful Fivers may make sign up to make their contributions with a debit or credit card. So, I'd better say a bit about our Faithful Fivers (and Double Nickels) to let you understand why we've done this.

Your Intergroup office has always relied on the generous contributions it receives from groups and individuals to fulfill its purpose. For over 30 years (since 1980), the primary way individual AA members have made their contributions to Intergroup has been as Faithful Fivers. The "Fivers" program was set up for AA members who are able to contribute five dollars each month. Some of these preferred to send ten dollars or more a month, and these were known as Double Nickles. A few of these preferred to make their donations quarterly, twice a year, or annually.

At one time, there were dozens of our members who helped support the office as Faithful Fivers, but that number has fallen in the past few years, as has the amount of support we have received through this program.

If you are not one of our current Faithful Fivers, we hope you will consider becoming one, and we hope that our new "e-cash" option will make it easier and more convenient for you to do so.

Thanks, St. Paul Area A.A.!

#### **2013 Steering Board**


<b><u>Chair:</u></b>	<b>Jean O.</b>
<b><u>Alt. Chair:</u></b>	<b>Christa W.</b>
<b><u>Secretary:</u></b>	<b>Cedar H.</b>
<b><u>Treasurer:</u></b>	<b>Jim G.</b>
<b><u>Alt. Treasurer</u></b>	<b>CJ M.</b>
<b><u>Members at Large 2013:</u></b>	<b>Tim B. &amp; Eva P.</b>
<b><u>Members at Large 2014:</u></b>	<b>Tiffany B. &amp; Jan T.</b>
<b><u>Advisor to the Board:</u></b>	<b>Denise A.</b>

#### **Office Calls in July 2013**

Meeting information	104
Inventory/hours	24
12th Step calls	13
Temporary sponsor	28
Speaker request	13
Special events	5
Outside issues	9
Info for professionals	3
Administrative	70
Other	74
<b>Total Calls</b>	<b>343</b>
<b>Daily average</b>	<b>15.6</b>
Visitors	304

# UPCOMING A.A. EVENTS!!

<p><b>2013 West Central Regional Alcoholics Anonymous Service Conference</b>                  With our US/Canada General Service Board                  Doubletree by Hilton                  7800 Normandale Blvd, Blommington, MN  <b>Friday, September 6th - Sunday, the 8th</b>                  &gt;&gt;Open to all A.A. Members&lt;&lt;  <a href="http://www.area36.org/regional.php">www.area36.org/regional.php</a></p>	<p><b>23rd Annual Heartland Roundup</b>                  Northern Pines Assembly Grounds                  Park Rapids, MN  <b>Friday, September 6th - Sunday September 8th</b>  <a href="http://www.heartlandroundup.com">www.heartlandroundup.com</a></p>
<p><b>55th Annual Southern Minnesota Roundup</b>                  "We are Going to Know a New Freedom"                  Best Western Hotel - North Mankato, MN  <b>Friday, September 6th - Sunday, September 8th</b>  <a href="http://www.mankatoaa.com">www.mankatoaa.com</a></p>	<p><b>17th Annual National AA Archives Workshop</b>                  "Our Past &amp; Beyond"                  Hilton Hotel—700 E. Adams, Springfield, IL  <b>Thursday, September 12th—Sunday, September 15th</b>                  Contacts: Johnnie H (309) 712-2190 or Connie S. (618) 304-7557</p>
<p><b>68th Annual Duluth Roundup</b>                  "A New Outlook"                  Marshall School , 1715 Rice Lake Road, Duluth, MN  <b>Friday, September 20th - Sunday, September 22nd</b>  <a href="http://www.duluthroundup.org">www.duluthroundup.org</a></p>	<p><b>Sioux City Tri-State Roundup</b>                  "We Are Not A Glum Lot"                  Scottish Rite Temple                  801 Douglas St., Sioux City, IA  <b>Friday, September 27th—Sunday, September 29th</b>  <a href="http://www.siouxcitytristateroundup.com">www.siouxcitytristateroundup.com</a></p>
<p><b><u>Group and Area News</u></b></p> <p><b>New Group:</b> The 11th Step Prayer and Meditation Group at The Garden recently started meeting at 11AM Sundays at The Garden at River Ridge - Suite 202, 190 River Ridge Circle South , Burnsville, MN. They are an Open Women's meeting.</p> <p><b>New Meeting:</b> The Main Idea Groups are starting a new 11th Step/Mediation meeting on Sundays at 10:30AM beginning Sunday, September 1st.</p> <p><b>New Meeting:</b> The Forest Lake Alano has a new Women's Step Study on Wednesday's at 6 PM.</p> <p><b><u>Your News?</u></b></p> <p>We invite you to share your AA news here! Please send your items to <a href="mailto:lifeline@aastpaul.org">lifeline@aastpaul.org</a>. We look forward to hearing from you.</p>	<p><b><u>Fourth Step &amp; Big Book Workshops</u></b></p> <p><b>By The Book 4th Step Workshop</b>                  Wednesdays,                  ~6:30PM - 7:45PM ~                  2218 1st Ave, Minneapolis, MN 55404                  For more info: <a href="http://www.aabythebook.org">www.aabythebook.org</a></p> <p><b>Study &amp; Action Group</b></p> <p><b>Fall Session #1:</b> Starts, Wednesday, Sept. 4th at the St. Lawrence Catholic Church &amp; Newnan Center, Dinkeytown, Minneapolis, MN from 7PM - 8:30PM.</p> <p><b>Fall Session #2:</b> Starts, Sunday, Sept. 8th, at the Wooddale church, 6630 Shady Oaks Road, Eden Prairie, MN from 7PM - 8:30PM.</p> <p>For more info: <a href="http://www.into-action.com">www.into-action.com</a></p>



**St. Paul Intergroup**


**Annual Gratitude Night**



**~Saturday, November 16th~**


The Recovery Church

253 State Street, Saint Paul, MN 55107

(corner of Plato & State)





**St. Paul Area Intergroup Representatives' Meeting Minutes July 16th, 2013**

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Last month's Minutes were unanimously approved.
- III. Treasurer's Report – Jim G. reports expenses remain well below budget and Intergroup's financial health remains strong. A correction to the Treasurer's Report: \$72,000 in assets instead \$70,900 as shown in the distributed materials. Contributions continue to erode. Net sales for the year are up, but sales for this month are down compared to last month (which included Gopher State sales). Operational expenses continue to decline. Jim encourages the Representatives to bring "Faithful Fiver" information to groups as this tradition is down about 60% from the past. Questions/concerns can be sent to Jim G. at [treasurer@aastpaul.org](mailto:treasurer@aastpaul.org).
- IV. The Office Report – Frank N. reports that the Office continues to seek submissions of writing, cartoons, and/or jokes from individuals for inclusion in the *Lifeline*. Office staff is available to help you create a flyer for your AA-related event, just call! The Office has been busy with visitors and they have many volunteers. A new World Services book, *One on One About Sponsorship*, came in and was so popular that it sold out already! Frank is on vacation next week but the Office is open and part time staff will fill in.
- V. The Website Report – The full usage report and server statistics are available on the website. Groups are encouraged to contact Jonathan ([webservant@aastpaul.org](mailto:webservant@aastpaul.org)) or the Office for AA-related events which may be added. Guidelines are available on the site. Remember to submit your flyers (with AA-related content) for inclusion on the website. Our area has netted 6 new meetings since last month. Traffic on the website was down in June, possibly due to a short month.  
Jonathan reports research on QR codes as suggested last month: they present a problem that includes purchasing an app that looks at barcodes, and then paying for a mobile app for Intergroup. Jonathan suggests that we continue to use our smart phones to access the website directly rather than through a QR code. For now the Board has determined to table this idea unless groups specifically request a mobile app, at which time we can revisit it.
- VI. Outreach Program – Contact the Office if you can help with this important service opportunity. Mickey has stepped down from the Board, so a new Chair will be appointed in the near term. Jonathan explained that Outreach serves as Intergroup's "quality check." We ask volunteers to reach out to meetings in our directory to make sure they are there, and also to make an announcement at the meetings to tell them what Intergroup is and how it can help. If any Rep or other AA member is interested in being the Outreach Chair please contact a Board member or the Office!
- VII. Update from the Board – Tim highlighted the "Faithful Fiver" program, and the Board's concern that there is little understanding of this important program in our community. He asks the Reps to explain the program to their groups.
- VIII. Night Owl Report – Chrissy reports there are **seven** recurring shifts available. Please visit the website or call the Office for more information on open shifts and to volunteer. Night Owl Orientation is held every third Saturday at 10 a.m. in the Office. Frank is available to do informal training as needed for people who can't make it for a Saturday training. Even temporary coverage would be very helpful. Small groups are encouraged to pick up one shift; larger groups are encouraged to pick up more than one.
- IX. Liaison Reports: Scott (District 8) reports the Green Can fund for the ASL program is still underfunded. They are spending more per month than they are taking in. Contributions were up last month. Volunteers are needed for the DUI program and a women's halfway house in the Midway area and these are posted on the Intergroup website.  
Nancy (District 15) reports that Terry L, Area 36 Delegate, was at the meeting last month. He provided an overview of what occurred at the recent 63<sup>rd</sup> General Service Conference. Hot points included the following:  
  - Next year's International Conference will be on recovery, unity, service, and inventory.
  - The AA Archives will publish a 75<sup>th</sup> Anniversary commemorative edition of the Big Book, available in 2014.
  - Wordings changes on a number of pamphlets.
  - Mpls/St Paul was in the top 5 finalists for the next International Conference, but because we have hosted one in the past we did not make the next cut. Montreal, St. Louis, or Vancouver are the three venues and this will be decided at next year's GS Conference.
  - No word changes to the Big Book.
  - They decided not to change the 11<sup>th</sup> tradition (press, media and films includes Facebook).
  - New trustees elected.
  - Service manual is being updated with more text on the principle of rotation.
 If you would like to suggest agenda items for next year's conference see Nancy.
- X. Upcoming Intergroup Events:  
Ice Cream Social/Old Timers' Recognition, August 24<sup>th</sup> (Jim & Jan, Co-Chairs)  
The time has been changed to 4-7pm. The flyer and the website time are incorrect. Jim asks that if the meetings have suggestions for speakers with 25 years or more to contact him. There are four slots open.
- XI. Old Business  
Open House, July 13, 11:00 – 3:00 (Eva, Chair). Thank you to everyone who came and especially to those who helped out! We had over 50 visitors to the office (on a normal Saturday it's between 4-5). Good turnout for the barbeque as well.
- XII. New Business: Mickey, Board Member at Large, stepped down. Christa nominated Tiffany B. to take the open position. Unanimous approval by the Representatives in attendance.
- XIII. Group AA Announcements:  
New Brighton Big Book Study Group is having a potluck breakfast Sunday August 4<sup>th</sup> 9:15-11:30am.  
Wednesday, 31 July 2013 10:00 AM – Sunday, 4 August 2013 10:00 PM District 15 is hosting a booth at the Washington County Fair. See Paul if you would like to be of service.  
Empty Chair Men's Retreat Friday, 23 August 2013 – Sunday, 25 August 2013 Cross Lake, MN; Contact Jamie M (612) 227-9747 for more information.
- XIV. Suggestions for next month's agenda: None
- XV. Hillary delivered the Grapevine Report. Mary volunteered to do the Grapevine Report for August.
- XVI. Krissy delivered the Concept Review for Concept VI. Paul volunteered for August.
- XVII. Joe delivered the Mock Rep Report. Michelle volunteered for August.

XVIII. Closed with the Responsibility Statement.

Jim G., Treasurer	Jean O, Chair	Christa, Alternate Chair	Eva P., Member @ Large	Frank N., Office Manager	Tim B., Member @ Large
Jonathan, Webservant	Cedar, Secretary	Karen B., Back to Basics	Brad R., Basic Text	Paul T., Dakota Alano Sat AM	Scott L., District 8
Nancy T., Dis- trict 15	Tali M., Fireside Women's Grp.	Craig O., Happy Hour 12x12	Julie H., Happy, Joyous & Free	John F., Highland Sun. Night BB	Hillary B., Hole in the Donut
Harry T., Main Idea	Adrienne B., Maplewood Alano	Bill S., Midway Club	Michelle M., New Brighton Sun. AM BB	Kristen M., No Time Like the Present	Bart K., Rosemount Alano
Gabriel S., Students of Life	Margaret S., Summit Women's Grp.	Don D., Third Edition	Joe S., 12x12 by the Book	Mary K., Uptown Club	

**SEPTEMBER MEETING: Tuesday the 17th 2013 (7:30 PM)**  
 BETHLEHEM LUTHERAN CHURCH  
 436 Roy Street North, St. Paul, MN 55104

**7th Tradition  
Suggestions for Groups**

“Every 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**

Spruce Tree Center  
1600 University Ave. #214  
St. Paul, MN 55104

**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: 44  
Total Group Contributions: \$4468  
Number of Faithful Fivers: 17  
Total from Faithful Fivers: \$413

***Thank You!***

**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  
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 super  
volunteers who helped in the  
Office during July**

Aaron B., Andrew P., Andy L.,  
Anita B., Anna W., Art D.,  
Barb M., Bob P., Bob V.,  
Brian H., Carol R., Casey G.,  
Chris H., Dravon D., Greg K.,  
Henry O., Hans H., Jack R.,  
Jerry O., Jim C., Jimmy P.,  
Joe K., Joe G., John K.,  
Katie C., Karl G., Kelly R.,  
Kyle H., Libby A., Marissa S.,  
Melissa M., Mike B., Nicole S.,  
Rick B., Suzanne B.,  
Tom E., Ty K.

*Thanks to all  
the NightOwl  
volunteers and*



**Thanks to the groups that  
contributed in July 2013**

- Anoka Day By Day
- Baffled Lot - Lake Elmo
- Bayport Saturday Serenity 8AM
- Broad Highway Group
- Cliffhangers I Thursday PM
- Como Park BB
- Dakota Alano As Bill Sees It Sat 9AM
- Dakota Alano Monday 6 PM BB
- Episcopal Home group
- Fellowship Friday Group
- Fireside Women's BB Group
- Forest Lake Alano
- Friday 12x12 By the Book
- Happy Hour 12 & 12
- Hastings Club
- Highland Park Groups
- Island Lake Group
- Joy Of Living AA
- Jumpstart 12 & 12
- Lakers Saturday Morning AA
- Lakeville Wed. Beginners Group
- Mahtomedi Tuesday Step
- Midway Club
- MNYCAA
- Pages of Wisdom BB
- Roseville Centennial Group
- Roseville Wed Night
- Senior AA
- Shoreview 12 x 12
- St. Croix Alano Tues AM
- St. Stephen's Tuesday Group
- Stepsisters of Northfield
- Stillwater Rivertown Group Sun PM
- Summit Hill
- Third Tradition Northfield
- Three R's group
- Tuesday AM Group-Burnsville
- Turning Point in Wayzata
- Uptown Club
- Valley Step Group
- White Bear Lake
- White Bear Sat. AM Women's Group
- White Bear Wed AM Women's
- Woodbury Primary Purpose

***The Lifeline: Purpose Statement***

*The Lifeline* is the monthly newsletter of the St. Paul and Suburban Area Intergroup Association office of Alcoholics Anonymous. 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, or descriptions of personal experience. Please email your article to Lifeline@aastpaul.org, or send it by regular mail to Lifeline Editor, St. Paul Intergroup, 1600 University Avenue #214, St. Paul MN 55104. 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.



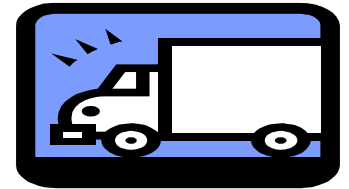


St. Paul Intergroup  
Spruce Tree Center  
1600 University Ave. W. Ste. 214  
St. Paul, MN 55104

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 A.A.'s 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**  
1600 University Ave W. - Suite 214  
Saint Paul, MN 55104