

The Lifeline



July 2016

24 Hour Phone: 651-227-5502

Volume 52, Issue 7

Gopher State Experience

My name is Jason A. I am a 30-year-old alcoholic from Central Montana who recently moved to the Twin Cities to be a part of the sober community. This year, I was fortunate enough to be able to attend Gopher State along with over seven thousand other alcoholics. It was the first time I have attended any sort of large-scale event with a physically sober body accompanied by what I guess I would call a spiritually aware mind. The difference was worth sharing.

Like many of us, my journey to a state of willingness was not pretty. My self-centered thinking made life feel very unsatisfactory. Nothing was ever enough for me so I spent a lot of time fantasizing about what my life should look like. By taking an honest look at myself and doing some realistic housecleaning with a sponsor, I saw that I seldom lived presently. I showed up everywhere with an ideal or an image of what my things should look like if I took or stopped taking specific actions. Upon walking into a room full of people, I would immediately attempt to be the person I thought they wanted me to be so I could control the outcome of social situations.

These facts about myself weren't new information. I experienced many years of being a chronic relapser before I acquired the willingness necessary to gain a relationship with what many of us refer to as God. This new approach to life allowed me to show up to a room full of thousands of people and generally not worry about what I looked or sounded like to them. Going through the various Hospitality Suites, I enjoyed meeting many new faces while my blood sugar and sodium levels skyrocketed from the generous treats that were virtually everywhere. I listened to some powerful and engaging speakers, and sat in a meeting with eight coffee-induced alcoholics at 1:00AM talking about how we came to believe this could work for us. I played hacky sack with some strangers and even found myself in a line for ice cream cones by mistake. That was a happy accident. Finally, at the end of the night I got to sleep on a full sized, pull out mattress from a couch with a friend who's about my same size (6'2 and about 230lbs so not a lot of wiggle room) while several others shared the stories of their day with us in the hotel room. And I did most of it living in the exact moment my two feet stood in. I wasn't chasing a pretty face or the illusion of the right crowd to stand in. I was along for the ride on a vessel I wasn't in charge of steering.

I don't miss the mental checklists of events that needed to take place in order for me to feel good enough. Showing up without any expectations freed me to listen, learn, and seriously laugh at Gopher State this year. It is a memory I will always cherish. Thank you sincerely to all who made this weekend possible.

Jason A. -- And Another was Added to the Fellowship; St. Paul, MN

Volunteer's View

Every time I answer the phone, "Alcoholics Anonymous St Paul. This is Suzanne, how may I help you?" I have no idea what help I will be asked to offer.

It might be a call asking for help finding a meeting for an A.A. member coming to St. Paul for a visit or for work. As I search the website directory, I ask the caller, "Where are you from, and how did you get sober?" Oh! They are newly sober. I encourage them, and let them know great things lie ahead. I line them up with meetings for their stay, and arrange a 12-Step call, so that they can talk further with another A.A. Member. Before I say goodbye, I add, "We answer the phone 24 hours a day, 7 days a week - you will always reach another recovering alcoholic."

It might be a call about the hours the Office is open. I recognize the voice; someone I know from meetings. We catch up.

It might begin with the caller saying, "the meeting I want to attend is closed. How do I get in?" Oh! Boy! I have a newcomer on the line. Woo Hoo! I have an opportunity to talk about how A.A. works.

It might be a Spanish speaker. We cannot communicate, except with great difficulty, but I get a phone number. I tell the caller that someone will call him back. I call a Spanish-speaking member, who agrees to make call him right away.

It might be a call for staff. I transfer the call over to staff, and then prepare for the next call.

It might be an alcoholic sitting outside a liquor store asking for a reason not to go in and buy a bottle! This call snaps me to attention. I tune-out everything around me. I know my voice changes to quiet deliberate concern. I ask, "What's going on? Tell me exactly. Where are you?" I look at the clock: it is 2:30PM. "How about we get you to a meeting right now?" I ask. "Midway has a meeting at 3:00PM, this afternoon. Can you make it?" In the meantime, I tell the caller, "I'll have another alcoholic call you within the next hour." Then a God moment happens: the first call I make to a 12-Step volunteer is answered, and they agree to make the call back immediately! As I am writing this, I have tears in my eyes remembering this call. I don't know why.... maybe, gratitude? Yes, gratitude.

"I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."

Suzanne B., Grateful St. Paul Intergroup Volunteer -- Summit Hill; St. Paul, MN

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

Concept Seven: The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

If you read the above Concept Seven a couple of times, it may seem like our A.A. Charter and Bylaws are in conflict with our Conference Charter. How can one "part" of our Fellowship, the General Service Board, have legal jurisdiction over our day-to-day affairs while our group-chosen Delegates, who represent us at the annual General Service Conference have only "tradition" and the power of "the A.A. purse" to ensure our voice is effectively expressed? In the upside-down pyramid of our service structure, aren't the local A.A. groups through their elected Delegates the ultimate decision makers, and not the General Service Board?

If you refer to the article on Concept Six by Erica J. in the June 2016 issue of *The Lifeline*, you will read that our service structure consists of levels of communication and responsibilities between the local A.A. groups at the top of our upside down service pyramid and the General Service Office at its bottom.

Yes, there is an inherent conflict in Concept Seven, but as in many of A.A.'s service provisions, there is little worry of a stalemate. The specific power of our Conference, along with the power of the purse, will nearly always be superior to the legal power of our Trustees. Conversely, there is a level of pragmatism written into our Charter and Bylaws, which provides for the Trustees to legally carry out the worldwide affairs of Alcoholics Anonymous.

Practically speaking, it would be extremely difficult to either legally bind the dozens of Delegates of the Conference to General Service Office decisions, or to expect those Delegates to be immersed in the day-to-day decision-making of the General Service Office. The power of the purse and of the Conference is our guarantee that A.A. members are the final arbiters of how A.A. carries its message of hope to the still suffering alcoholic.

A useful civics analogy is to compare the relationship between the Delegates to our Conference and the Trustees of Alcoholics Anonymous to the relationship between the U.S. Congress and the President of the United States. The Delegates to our Conferences may, and do, propose changes to the manner in which we provide services. Our Trustees, through the General Service Office carry out those changes. The Trustees may choose to "veto" a resolution by the Conference, but this is very rare. When they do, it is primarily for the practical reasons, such as the Conference recommendation is a clear violation of the A.A. Charter, or budget considerations, or simply impracticality. The result of this legal and tradition-plus-money relationship has served A.A. well since it was first introduced in 1950.

For a more thorough understanding of Concept Seven, please read *The A.A. Service Manual and Twelve Concepts for World Service 2015-16*, and the pamphlet *The Twelve Concepts for World Service Illustrated*. Both are available for sale at our Intergroup Office.

Brian M., St. Paul Intergroup Volunteer -- The Sober Goats; St. Paul, MN / Meeting of the Waters; Mendota, MN

Thoughts from Your Board

This will be my second year serving on your Intergroup Board, and I'm trying to reflect back to when I started. I began attending Intergroup meetings as a Representative for my home group, Fireside Women's Big Book. After showing up and getting to know people, I was asked if I'd like to apply to serve on your Board. I remember being very hesitant and feeling like maybe I wasn't capable of such a job. For me, like always, it was the fear of the unknown setting in. I did it anyway, and am so grateful I did.

The last year and a half has brought me different opportunities that have really helped me become immersed in the recovery community. Serving on your Board has made me more comfortable and confident that I was capable of doing a job like this, which seemed so scary at first.

Whenever I wasn't comfortable, somebody always stepped in to help me out, and that built my confidence. Help from the people that have come before me has shown me that I can do so much more than I thought possible. Since I often feel kind of uncomfortable at a lot of events, having something to do really helps me to get to know people, and that makes me feel at ease.

Service work has been one of the largest blessings in my sobriety, and I feel it is essential to my recovery.

Thank you for letting me be of service, and I hope to see you around!

Jestine M., St. Paul Intergroup Board Member-at-Large -- Fireside Women's Big Book; 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, 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.

Step Seven: Humbly asked Him to remove our shortcomings.

Just for starters, I do not like the first word of this Step.

I found Uriah Heep to be one of the scariest characters in literature; you know that Charles Dickens' character who was always saying what an "umble" man he was, when really he was nothing of the sort.

Then there is the problem of "Him." That was more easily overcome by understanding that my Spirit of the Universe is for sure a "Her." When I first came here to get sober six years ago, I was totally against any Twelve Step work. I soon realized I had to change my point of view or move out of my sober house. So I got a sponsor and began to work the Steps.

Right around the end of Step Two, beginning with Step Three, I made a decision to do what I was told for one year and then, when the Steps failed, I would be gone. In making that resolution, to do what I was told, I began to practice humility. The whole program for me has been a process of changing my way of thinking--something I could only do by working the Steps one at a time, in order, while not using. In other words, in order to change my thinking, I had to take specific actions.

So when I got to Step Seven, I had a chat with my sponsor. I had certain character defects that I would not mind having removed. And I was ready to ask for that. My question to her was, "how does it work?" She had recently been in a car accident. Her character defect in that accident was disliking people who passed her on the right when merging into her lane. A drunk driver hit her car. She was fine. The other driver was taken away. My sponsor's analogy was that, though she had a character defect, it might be that God chose to use that defect to let her act like a catcher's glove to prevent the drunk driver from causing more damage down the way.

I like changing the narrative, so when I went home and studied that Seventh Step prayer, I began to see that I was only asking to have those defects removed which might stand in the way of my usefulness as I understood it. This notion of Step Seven brought its own humility since I not only have to question my own judgment on what a defect is, but I must see that I have no control as to when or how it will be removed.

The freedom for me in Step Seven is that I still get to ask for my defects to be removed. Starting with my Third Step mantra, "relieve me of the bondage of self," I have identified my wrongs, shared them with another human being before that Spirit, identified my flaws, and now get to say: "Okay, I am a flawed human who gets to ask to be relieved of the bondage of these flaws, so I can help others find what the Big Book calls 'the fourth dimension of existence.'"

Barb M., St. Paul Intergroup Volunteer -- West End Big Book Awakening; St. Paul, MN

Tradition Seven: Every A.A. group ought to be fully self-supporting, declining outside contributions.

Whenever I hear someone talk about this Tradition, it seems the topic is about money and how we need to be self-supporting, to be able to call our own tune as a Fellowship. While this is true, it also seems that we need to engage in our Fellowship with our money and our time as well. Especially when looking at A.A.'s history globally and here in Minnesota, it seems that sometimes we struggle with the same battle that our predecessors did: how to strike the right balance between being a member of society and being a member of Alcoholics Anonymous.

Over the past few months, the A.A. groups in my District have talked about how we can best use the money given to us by our fellow alcoholics (our District's groups and members) to carry our message forward. One option we chose was to start an A.A. literature outreach program with local high schools, hospitals and medical facilities, as well as treatment centers. This program brought us some tangible and measurable results; outcomes we are able to share with the groups in our District (and we buy all of our literature through our local Intergroup Offices, so it helps the Intergroups in their mission too).

We hear from General Service Office (G.S.O.) that the typical cost of the services they provide come to \$20.69 per A.A. member. Yet, the typical income to G.S.O. is around \$6 per A.A. member. When we think about what G.S.O. provides to help us as A.A. groups and members, are we really being "fully self-supporting?" Are we asking one part of our service structure to do too much? Are there ways we can work together to serve as many of our fellow alcoholics as possible?

For me, in my recovery, I needed to start by being self-supporting in my family and then my home group. Next, I needed to contribute to the service entities, including Intergroup. As an individual, anyone can sign-up to be a *Faithful Fiver* with the Intergroup - a sign-up sheet is on the back page of our newsletter. In addition, every month *The Lifeline* publishes a suggested breakdown of how to make contributions for the groups. It assumes that the A.A. groups have met their expenses for their meeting places and general group needs (coffee, etc.) first.

I've also learned how important it is to be engaged in the service entities by being involved in the service structure (seeing that my home group has a General Service Representative, an Intergroup Representative, etc.). In my current service role, I get the pleasure of being right in the middle of how our Fellowship can come together and help each other, thereby helping the newcomer. I truly enjoy going to the monthly St. Paul Intergroup meetings (the third Tuesday of every month at 7:30PM) because it helps me to see what other groups are doing throughout Saint Paul area to carry our A.A. message.

I also take this into my life outside A.A. by contributing fully to my household. This means being present physically, financially, and emotionally. By taking the principle of self-support learned in A.A., I can be more a part of society outside A.A. It helps me to truly carry the message by being an example of our Fellowship's Promises in the hardest place to do it, the real world.

Dan R., District 19 Alternate DCM and Intergroup Representative -- Parkway AA; Burnsville, MN

*Saint Paul Intergroup's
2016 Annual
Ice Cream Social
&
Long-Timers' Recognition*

*Enjoy an Ice Cream Social and join in recognition of those
with more than a quarter century of continuous sobriety.*

Hear how they did it!

WHEN:

**Saturday, August 20th
4:00PM - 6:30PM**

WHERE:

**St. Mark's Lutheran Church
550 7th Street West
St. Paul, MN 55102**



For more information, please contact St. Paul Intergroup: 651-227-5502



ASL Interpretation available upon request. Please contact staff at Intergroup by Friday, August 1st to secure arrangements.

UPCOMING A.A. EVENTS!!

Southern Minnesota Area 36 Area Committee Meeting

Best Western
North Mankato, MN

Saturday, August 6th - 9:00 AM—5:00 PM

For more info: www.area36.org

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

For more info: somnroundup@gmail.com

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.

Group and Area News

New Location: We added the meetings of the Red Wing/Clay City Group to our online & print directories this month. The group meets at 1029 Featherstone Road, Red Wing 55066. On Sunday, the group hosts a 10:30 AM Closed 12 & 12 and a 7:00PM Open Topic/Discussion meeting. The Tuesday schedule includes a 10:30AM Open Topic/Discussion and a 7:00PM Open Topic/Discussion meeting. Wednesday there is just a 7:00PM Open 12 & 12 meeting. Thursday’s meetings include a 10:30AM Closed Big Book/Tradition and a 7:00PM Open Topic/Discussion. On Friday, there is a 2:00PM Open Topic/Discussion and a 7:00PM Open Topic/Discussion meeting. Saturday’s meetings are a 10:30AM Closed Topic/ Discussion and a 7:00PM Open Topic/Discussion meeting. All meetings are Mixed Gender and All-ages.

The 15th Annual Empty Chair Men’s Retreat

Camp Knutson
11169 Whitefish Avenue
Cross Lake, MN 56442

Friday, August 19th - Sunday, August 21st

Hosted by The Tuesday Night
Men’s Problems & Solutions Meeting
The Men’s Empty Chair Retreat was named
for the the alcoholic who still suffers.

For more info: call Jamie M. 612-227-9747
jkmac21@msn.com



Area 36 Archives Committee Presents...

Archives Alive!

[No. 7]

Saturday
July 16, 2016 at the Archives Repository
712 E. 10th St., Glencoe, MN

10AM – 12PM with barbecue to follow!

Featuring:

- **Stools and Bottles** – The Nicollet Group
- **How I Found AA and Stayed** – Districts 3 and 17
- **The Struggle of Sobriety in Extreme Success** – A presentation by a sponsee of Marty Mann



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



Upcoming Night Owl Orientations:
Saturday, July 16th, August 20th, September 17th

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 May 17th, 2016

Opened with the Serenity Prayer, introductions, and John read the Primary Purpose of Intergroup. Minutes from last month were reviewed, motioned and seconded, and approved.

Treasurer's Report, Joe W no treasurer's report this month due to office move/data coordination changes. Reviewed office move net expenses \$3,200 well under \$10K budgeted. Contact Joe W at treasurer@aastpaul.org

The Office Report, Johni B, reviewed The Lifeline contents, which is our main communication tool including service opportunities and there are a few changes. Reviewed: contact info/hours; articles written by members; Purpose Statement and how to submit articles/cartoons; upcoming events pullout; Board/Reps info and office contacts stats; other fun facts; Faithful Fiver enrollment form. Contact Johni B at manager@aastpaul.org

The Website Report, 662 meetings and 283 groups total. Down 4 groups and 5 meetings from last month. Jonathan still refining the new website design, both desktop and mobile versions. Meeting data is up-to-date but requires continuous outreach/maintenance. Volunteer Sergey is working on data updates. Traffic was stable, overall counts down, but meeting searches up. Submit comments, suggestions for new website, and Special Events notices for posting. Contact Sergey or Jonathan at webservant@aastpaul.org

Outreach Program, all meetings now visited but new missing meetings that need visiting and some meetings haven't been visited in 4-5 years. Contact Jestine M at outreach@aastpaul.org

Update from the Board, Board nominated Leslie D for director resignation, motion to approve by Dave S seconded by John and passed, Jenni S

Night Owl Report, Lesli D, 0 open shifts, new coordinator. Night Owl Orientation is every third Sa at 10 a.m. in the Office. Contact Lesli D at nightowl@aastpaul.org

Liaison Reports, District 8, Matt, will determine liaison status; District 15, Julie H, no report; District 19, Dan R, date of Delegate's Report 6/13 7pm Grace United Church Burnsville, no new HS literature racks, but adding medical centers, will confirm Grapevine workshop date in Aug.

Upcoming Intergroup Events

Gopher State Roundup 43, 5/27-29, need hospitality suite volunteers, note literature sales, JD and Matt R

Office Open House and IG's 50th Anniversary, Sa 7/9, 11-3pm, Sandy K and JD

Ice Cream Social/Old Timers Meeting, Sa 8/20, 4-6:30pm, need six (6) 10 min. speakers w/25+ sobriety, location TBD, Tim B and Joe W

Old Business, None

New Business, None

Group AA Announcements; OMD Potluck Fr 6/3, 7pm potluck speaker, medallion ceremony, 1221 Marshall Av; Maplewood Alano monthly Sa Night Live, Sa 6/21, 6:30pm, 2nd Annual Rule 62 Anniversary, late June 6pm food/7pm speaker, 341 Hamline Av

Suggestions for next month's agenda, None

Grapevine Report, Jestine M gave report; volunteer for June, Erin

Concept V, Chris P gave report; volunteer for Concept VI for June, John

Mock Rep Report, Rich; volunteer for June, Mike C

Closed with the Responsibility Statement

Meetings Represented: Como Park Big Book; District 19; Fireside Women's Group; The Firing Line; Gratitude in Action; Happy, Joyous & Free; Hole in the Doughnut; Main Idea; Maplewood Alano Groups; Men's Problems & Solutions; New Brighton Big Book; No Time Like The Present; Outright Mental Defectives; Pocketing Our Pride; Rule 62; Summit Hill.

<u>2016 Steering Board:</u>		<u>Office Calls/Visitors—May 2016</u>	
Chair:	Sandy K.	Meeting information	98
Alt. Chair:	Jenni S.	Inventory/hours	36
Secretary:	Scott L.	12th Step calls	11
Treasurer:	Joe W.	Temporary sponsor	18
Alt. Treasurer	Matt R.	Speaker request	28
Members at Large 2016:	Jestine M. & Mike C.	Special events	1
Members at Large 2017:	J.D. & Lesli D.	Outside issues	18
Advisor to the Board:	Tim B.	Info for professionals	1
Office Manager:	Johni B.	Administrative	71
		Other	65
		Total Calls	347
		Average Calls/Day	16.5
		Total Visitors	282
		Average Visitors/Day	11.3

**NEW
Location!!**

July 2016 REPS' MEETING: Tuesday, July 19th @ 7:30 PM
 SAINT STANISLAUS CHURCH
 398 W Superior St, St Paul, MN 55102

**NEW
Location!!**



**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 St. West
Saint 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

MAY CONTRIBUTIONS

Number of Group Contributors: 27
Total Group Contributions: \$2590
Number of Faithful Fivers: 8
Total from Faithful Fivers: \$120



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 Group
that contributed in
May 2016**

- Amazing Grace Group
- Anoka Day By Day
- Came to Believe
- Dakota Alano MON 8PM
- Dakota Alano THUR 1145AM
- Fellowship Friday Night Group
- Forest Lake Alano
- Hastings Club
- Highland Park Groups
- Highway 96er's Group
- Lindstrom Thursday 12x12
- Live and Let Live
- Meeting of the Waters
- North Hamline
- Oakdale Woodbury Sun Group
- Men's Problems & Solutions Meeting
- Ridge Runners II Sat 830 AM
- Rosemount Groups
- Roseville Wed Night
- Saturday Morning Serenity Group
- The Grind
- Third Tradition Northfield
- Three R's group
- Una Luz en el Camino
- Unity, Service & Recovery
- White Bear Wed AM Women's
- Women's Basic Text



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

Alex A., Alice V., Angie R., Bob P., Brent B., Brina, Burt K., Carolynne H.,
Crystal T., Craig O., Dan M., Dustin S., Frank D., Henry O., Ian R.,
Jake S., Jean R., Jennifer L., Jerry S., Jon H., Kathy G., Kirsten B.,
Matt P., Michael L., Moses L., Natalie S., Nate W.,
Pat W., Rick B., Suzanne B., Steve W., Ty



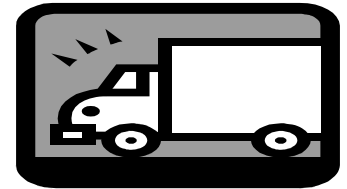
Thanks to our AWESOME Night Owls too!

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