



## Step Seven: Humbly asked Him to remove our shortcomings.

When I was a child, I often felt humiliated by teachers, classmates and others. I was bullied, taunted, teased and ridiculed. Alcohol and my drinking buddies provided a sense of belonging, acceptance and in courage to stand strong. Humility could not have been furthest from my mind. As is often said in AA, alcohol was my best friend and worst enemy. The liquid courage and bravado would pass with each hangover. Instead of the courage of the night before I felt even more humiliated by my alcoholic drinking and thinking.

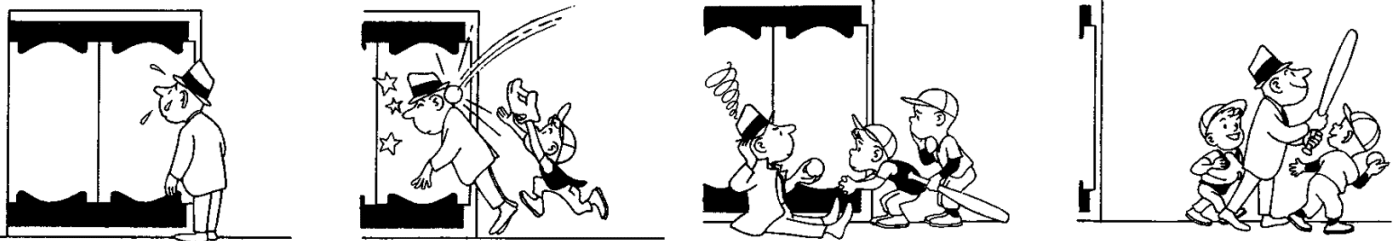
I began drinking at age 14. At first my alcohol consumption was limited to the occasional availability that either chance or a drinking buddy could offer. When I entered service, beer cost a dime and whisky was a quarter. I was off to the races. However, each hangover brought me back to my own sense of humiliation. Looking back, on those cycles of drinking, sickness and humiliation, I can hardly believe that that was me.

There have been many turning points in my recovery, now approaching 9 years. One of the most profound moments came in realizing who I truly am in relationship to my Higher Power. Working steps 1-6 brought me to realize and accept my defects of character developed over decades of alcoholic drinking and thinking. Those steps and the loving fellowship of AA brought me to my knees. Alcoholics Anonymous awakened me to something that I read in Psalm 139, "I praise you because I am fearfully [awesomely] and wonderfully made..." I began to realize the big lies of alcohol and those who taught me fear and anger.

Asking my Higher Power to remove my shortcomings is not waving a magic wand and poof my shortcomings are all gone. Through the Steps of AA and the grace of God I have the tools to humbly admit my shortcomings (defects of character) and work patiently and lovingly to change my alcoholic way of thinking.

I found a list of character defects on the internet, which help me with my Step Seven work. I also rely on one of the Step prayers, often called the Prayer of St. Francis, which offers a sweet antidote to the poison of alcohol. That poison had me so confused so that up was down and down was up. Meditation, prayer, love of a community, and the multi-decade love of my wonderful spouse have worked together with the Steps of AA to give me a new life. "I once was lost and now I am found." In all humility I am thankful.

-Stephen W-W., St. Paul



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

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

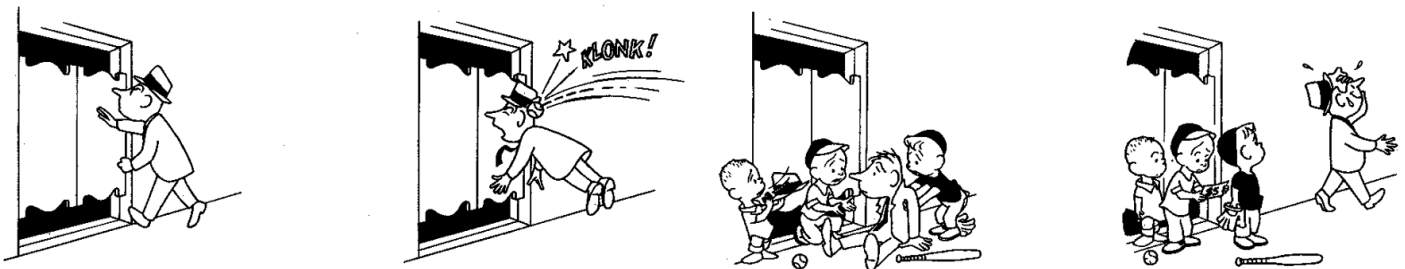
## Tradition Seven (Long Form)

**The A.A. groups themselves out to be fully supported by voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then, too, we view with much concern, those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.**

Intergroup, like the A.A. groups, is also supported mainly by voluntary contributions. The groups and individuals that contribute to Intergroup, help to sustain a critical service back to the groups. Not only does Intergroup offer a phone number that is answered by an alcoholic 24 hours a day, but also provides a repository for members of A.A. looking for a sponsor, or A.A. members willing to speak at various meetings in the area or connect a member of A.A. on a 12-Step call, and helps to facilitate sales along with connections to the professional community. This is just a few of the services that A.A. provides back to the groups. It should be noted again that contributions are voluntary, as this can not be expressed enough.

More important than money is the spiritual path of A.A. - however, there is a section of this program where money and spirituality do mix, and that is through the action of the Twelfth Step. According to Bill W. "The answer is simple enough. Every single A.A. service is designed to make more and better Twelfth Step work possible, whether is be a group meeting place, a central or intergroup office...". The services your group and individual contributions made help this Intergroup office to make more and better Twelfth Step work possible. We are deeply grateful and humbled by these contributions and we thank you.

Justin D., Intergroup Treasurer



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## The Lifeline: Purpose Statement

*The Lifeline* is the monthly newsletter of the St. Paul and Suburban Area Intergroup, Incorporated. It is about, by, and for groups and members of the A.A. Fellowship. Opinions expressed herein are not to be attributed to A.A. as a whole, nor does publication of any article imply endorsement by either A.A. or Intergroup. We welcome articles on a Step, Tradition, or Concept, in addition to descriptions of personal experience. We also welcome cartoons and drawings expressing the wry side of our A.A. experience.

Please email your article to [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org), or send it by regular mail to Lifeline Editor, St. Paul Intergroup, 608 Seventh Street West, St. Paul MN 55102. Materials or articles mailed to us cannot be returned unless accompanied by a self-addressed stamped envelope. Intergroup reserves the right to edit submissions for clarity, language, length, and content that might violate A.A.'s Traditions, etc.

## Thoughts From Your Board

Wow... I've been fortunate! I am now in the last few months of my 4th (or perhaps it's my 5th?) "tour of duty" on the Intergroup Board. It has been a true gift to be involved with Intergroup as it does so much for our community; it provides:

Hope - coordinates speakers for our groups

Help - offers NightOwl phone support and 12 steppers

Unity - host events throughout the year and we receive contributions from members for our Lifeline newsletter.

Service opportunities -- most of the services are done by YOU, the volunteers, which, in turn ensures our recovery.

I strongly encourage you to step forward and get involved with Intergroup. WE make a difference and I only hope that as you come to Intergroup to share your talents and service, that you receive half of the gratitude that I've gotten over these past few years in service to Intergroup.

Suit up and show up -- we've ALL been given gifts to share; we all have gifts to bring to the party.. so bring it on!

Yours in service and gratitude,

Lesli D, Board Advisor

## Contributor's Corner

### Labels are for Jars

My name is John and I am an alcoholic.

It is important for me to acknowledge my humanity, and that I MUST avoid alcohol as it once kept me from living a happy life. Alcohol is poison to me; I might as well drink gasoline.

It is even more important knowing alcohol has never defined me as a person, and it never will.

I believe learning from people who have faced similar struggles is important. I also believe the happiness of every human being is constantly being challenged, so our individual struggles do not define us; being human does.

My name is John and I am a human child of God who struggles with using alcohol as a means to escape the realities of life.

Thank you and God Bless,

John M., St. Paul



*Saint Paul Intergroup's*  
*2019 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!*

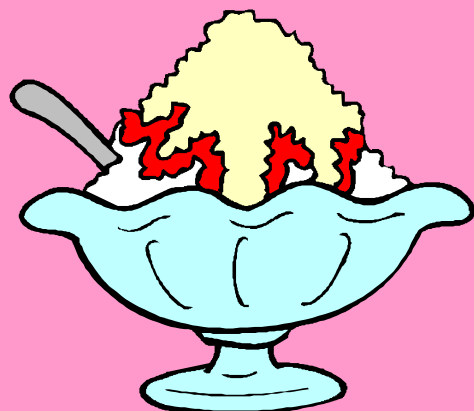
**WHEN:**

**Saturday, August 24th  
1:00 - 3:30PM**

**WHERE:**

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

*Hear how they did it!*



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



ASL interpretation available upon request. Please contact staff at Intergroup by Wednesday, August 15th to secure arrangements.

# 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

Reminders to all groups! Please let us know if you get a new Night Owl Coordinator for you group so that we are reminding the right person. Send e-mails to the committee at [nightowl@aastpaul.org](mailto:nightowl@aastpaul.org)

Night Owl Tidbit: Do you have an interesting Night Owl story you want to share? Send an e-mail to [nightowl@aastpaul.org](mailto:nightowl@aastpaul.org)!

## Your News?

We invite you to share your AA news here!

Please send your items to:  
[lifeline@aastpaul.org](mailto:lifeline@aastpaul.org).

We look forward to hearing from you.

## Group News

**New Meeting:** *The Builders* group will start meeting Saturdays morning 8:00AM commencing July 13th at the River Heights Vineyard Church, 6070 Cahill Ave, Inver Grove Heights, MN, 55076. The meeting is Close, Mixed, All-Ages, and Accessible. The Format is Big Book.

**Meeting Day & Location change:** The Fireside Women's Group is now meeting 6:30PM Tuesdays at the Roseville Lutheran Church, 1215 Roselawn Ave. (Use Ryan Street Entrance), Roseville 55113. The meeting is Closed, All-ages, Women Only, Big Book, Accessible, with Child-care Available. On the fourth Tuesday, there is Potluck at 6:00PM, followed by a Speaker Meeting.

**New Time:** The Friday Night Candlelight meeting at the *Forest Lake Alano* is now beginning at 9:15PM, instead of 9:00PM. The Club address is 156 Northwest 3rd St., Forest Lake, MN 55025. The meeting is Open, Mixed, All-Ages, and uses a Topic/Discussion format.

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**Please Let us know about any meeting changes, new meetings, or any meetings that are no longer.**

Please email: [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org)



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



Upcoming Night Owl Orientations:  
**Saturday, Jul 20th, Aug 17th, Sep 14th**

**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 21st 7:30pm**

1. Opened with the Serenity Prayer, introductions, and read the Primary Purpose of Intergroup.
2. Last month minutes reviewed, Tom motioned and seconded by Frank, motion approved.
3. Treasurer's Report, Justin– Total Contributions: Group contributions up. Literature sales strong. Expenses: Large annual/semiannual expenses. See Treasurer's Report for full financial details. Contact Justin at treasurer@aastpaul.org
4. Office Report, Bill S – The Lifeline: 1st month where 12th step & 12th tradition articles were written by local AA members. Please send in contributions! Some changes to the Lifeline, now featuring a crossword puzzle, the first 3 people to email the correct answer to lifeline@ aastpaul.org will get a laminated bookmark. New literature "Take me to your sponsor", "Our great responsibility". New keychains, \$5 each. Dennis—Meeting guide app, there will be a new news feature. Target roll out will be end of June. Please email lifeline@aa Some changes to stpaul.org for further information.
5. Night Owl Report, Frank N – Night owl there to make sure phone is answered by volunteers when intergroup is not open. 3 shifts each day, around 90 per month. There are 2 open shifts, 2nd Sun 9am-2pm, 4th Fri 10pm-9am. Please contact Frank N at NightOwl@aastpaul.org or leave a message at the Intergroup Office.
6. Website Report, Jonathan L – 742 regular weekly meetings, supported by 289 groups. Board voted on new policy for meetings that can be posted to website, it is posted online. Website is encrypted and secure. Total pages up, total activity down. Contact Jonathan & Sergey at webservant@aastpaul.org.
7. Outreach Program, Robb –Outreach committee is an opportunity for volunteers to go out to meetings that perhaps need to be updated and also to spread the word, encourage participation with St. Paul Intergroup. please contact outreach@aastpaul.org.
8. Update from the Board, Lindsey D – Next months meeting on June 18th 7:30-8:30pm we will be joined by District 8 for the delegates report.
9. Liaison Reports: District 8: Mike C – Filled a slot for the Intergroup suite at Gopher State. District 15: Jennifer –Having their Delegate presentation Mon June 17th in Lake Elmo. New AA meeting starting Thurs @ 7pm Trinity Lutheran Church in Stillwater District 19: – N/A
10. Intergroup Events: a. Recap: Spring Fling (Lindsey D & Rachel P): Went well! Great participation in carnival games.  
b. Upcoming: Gopher State (May 24th-26th): All slots for hospitality suite filled, 4th floor suite 408.  
c. Upcoming: St. Paul Intergroup Open House-Sat June 22nd (52nd Anniversary!) 11am-3pm @ the Intergroup Office. This year, featuring food!
11. Group AA Announcements: a. Maplewood Alano Potluck & Sobriety Recognition 3rd Saturday 6:30pm  
b. Main Idea Potluck & Sobriety Recognition 2nd Friday 7:30pm, 9th and wacouta  
c. Rule 62 5-year anniversary open potluck and speaker meeting, Sat June 22nd 6pm, 341 Hamline Ave S.  
d. OMD Potluck & Sobriety Recognition 1st Friday 7pm @ St. Marks  
e. Sunday Night Speaker Meeting Picnic July 21st 6pm, more details TBD
12. Suggestions for next month's agenda, please email secretary@aastpaul.org
13. Grapevine Report, Rachel P; Volunteer for July, Melena.
16. Concept I review, Jodi; Volunteer for Concept II, Frank N
17. Mock Rep Report, Vance O; Volunteer for July, Patti
18. Closed with the Responsibility Statement

**Meetings Represented:** District 8: District 15; Basic Text, St. Paul; Como Park Big Book, Roseville; Day By Dei Women's Group, St. Paul; The Firing Line, Roseville; Happy, Joyous & Free, Mahtomedi; Lakeview AA, Maplewood; Main Idea, St. Paul; Maplewood Alano Groups, Maplewood; No Time Like the Present, Roseville; One More Was Added..., St. Paul; Outright Mental Defects, St. Paul; Roll of Nickels, Hudson; Rule 62 Step & Tradition, St. Paul; St. Paul Speaker Meeting, St. Paul; Summit Hill, St. Paul; Third Edition, St. Paul; Uptown, St. Paul; We Can, St. Paul; Women's Basic Text, St. Paul.

<b><u>2019 Steering Board:</u></b>		<b><u>Office Calls/Visitors—May 2019</u></b>	
Chair:	Rob C.	Meeting information	73
Alternate Chair:	Linsey D.	Inventory/hours/location	21
Secretary:	Rachel P.	12th Step calls	7
Treasurer:	Justin D.	Temporary sponsor	16
Alternate Treasurer:	Mark J.	Speaker request	38
Members-at-Large 2019:	C.J. M. & Vance O.	Staff & Other Calls	96
Members-at-Large 2020:	Mike C.	Total Calls	251
Advisor to the Board:	Lesli D.	<b>Average Calls/Day</b>	<b>11.4</b>
Manager	Dennis B.	Total Visitors	222

**July 2019 REPS' MEETING: Tuesday, July 16th @ 7:30 PM**  
 SAINT STANISLAUS CHURCH (Church Basement)  
 398 West Superior Street; St. Paul, MN 55102

**7th Tradition  
Suggestions for Groups**

“Every A.A. group ought to be fully self-supporting, declining outside contributions.”

The Conference-approved pamphlet: “Self-Support: Where Money and Spirituality Mix” offers the following suggestions for the distribution of group funds after group expenses have been paid:

**50% St. Paul Intergroup**

608 Seventh Street West  
St. Paul, MN 55102

**30% General Service Office**

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

**10% Southern MN Area 36**

Area Assembly  
P.O. Box 2812  
Mpls., MN 55402

**10% District Committee**

Ramsey County:  
District 8, P.O. Box 131523  
St. Paul, MN 55113

Dakota County:  
District 19, P.O. Box 1466  
Burnsville, MN 55337

Washington County:  
District 15, P.O. Box 181  
Lake Elmo, MN 55042

SE Ramsey County:  
District 26, P.O. Box 75980  
St. Paul, MN 55175

**MAY CONTRIBUTIONS**

Number of Group Contributors	26
Total Group Contributions:	\$3759
Number of Faithful Fivers:	28
Total from Faithful Fivers:	\$490



**District Meetings**

**District 8 (Ramsey Co.)**

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

**District 15 (Wash. Co.)**

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

**District 19 (Dakota Co.)**

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

**District 26 (SE Ramsey Co.)**

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



**Thanks to all the Groups  
that contributed in May**

Cliffhangers I Thursday Night

Dakota Alano - Sun - 4PM

Dakota Alano SAT 11AM

Dakota Alano THUR 1145AM

Elements Group

Fireside Women's BB Group

Forest Lake 12 & 12

Forest Lake Alano

Gloria Dei AA

Happy Joyous and Free -  
Mahtomedi

Highland Park Groups

Hole in the Doughnut Group

Lakeville Hope Community

Maplewood Groups

Maria Drunk Squad

Mendota 1030 AA Group

New Brighton BB

On Awakening

Pathways to Peace Group

Sisters of Serenity

There's a Better Way

Third Tradition Northfield

Uptown Club

White Bear SAT AM Women's Group

White Bear Wed AM Women's

Women with Wings

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

Andrew C., Brittany T., Caleb A., Chris H.,  
David D., David S., Debbie L., Frank D.,  
Gordon F., Jimmy D., Jodie T-W., John K.,  
Josie L., Josh V., Kelley N., Kathy K.,  
Lauren R., Laurie P. Linnea H., Marc S.,  
Pam M., Ruth K., Stephen W., Steve L.



**Thanks to our AWESOME Night Owls too!**



# AA GRAPEVINE

The International Journal of Alcoholics Anonymous

**NEW PUBLICATION!**  
From  
**AA GRAPEVINE**



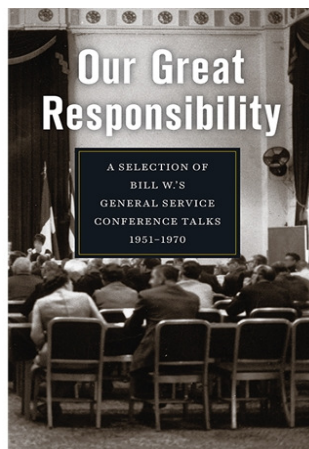
\$15.00, Tax Included

An new anthology of jokes and cartoons from the Grapevine's "At Wit's End" collection.



**NEW PUBLICATION!**  
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**A.A. World Services, Inc.**

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AAWS  
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28 Years!



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\$13.00  
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A selection of Bill W.'s General Service Conference talks, 1951 – 1970. Timeless and timely, these 16 selected talks give fresh perspectives on the A.A. Fellowship in our co-founder's own words.



### Word Search - July 2019



ACCEPTANCE

FREEDOM

PROMISES

AGNOSTIC

HONESTY

RELIANCE

ALLERGY

INVENTORY

SELFISHNESS

COMPLETE

MANIFESTATION

SPIRITUAL

DEFEAT

PRAYER

THINKING

#### June 2019 Twelve Steps & Twelve Traditions Crossword Puzzle Answers

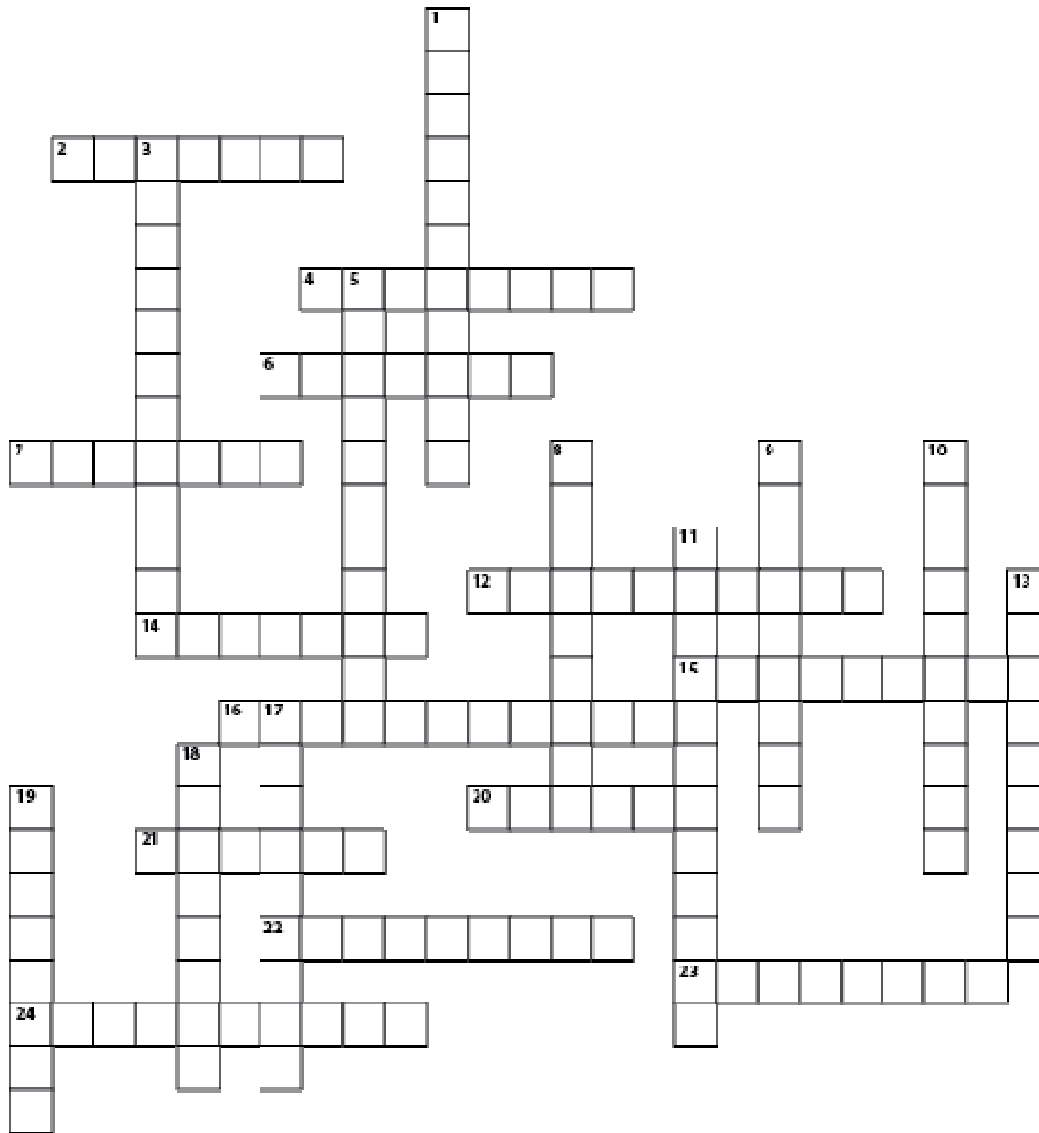
**Across:**

- 2). incapable    4). failure    5). oughtta    9). gallons    12). temperance    13). meddle  
 14). ventured    16). rehash    18). centered    19). effort    20). natural

**Down:**

- 1). maturity    3). pleasant    6). accept    7). based    8). ponder    10). liberation  
 11). service    15). defects    17). harmony

## Big Book Crossword Puzzle - July 2019



**Across**

- 2) . . . we would go to any lengths for \_\_\_\_ over alcohol.
- 4) When you discover a \_\_\_\_ for Alcoholics Anonymous.
- 6) This makes for \_\_\_\_ and unhappiness.
- 7) We are without \_\_\_\_ against the first drink.
- 12) The \_\_\_\_ fact for every one of us . . .
- 14) All these, and many others, have one \_\_\_\_ in common.
- 15) Shortly \_\_\_\_ I came home drunk.
- 16) . . . which the process requires for its successful \_\_\_\_ . . .
- 20) Keep on the \_\_\_\_ line of life with these motives.
- 21) Some employers have tried every known \_\_\_\_.
- 22) The \_\_\_\_ sign of fear or intolerance may lessen . .
- 23) If he is \_\_\_\_ or thinks he is not an alcoholic.
- 24) Under the so-called \_\_\_\_ treatment . . .

**Down**

- 1) . . . upon this simple \_\_\_\_ a wonderfully spiritual structure can be built.
- 3) . . . no matter that the personal \_\_\_\_ may be.
- 5) They are over-remorseful and make many \_\_\_\_, but never a decision.
- 8) Next, we decided that \_\_\_\_ in this drama of life. . .
- 9) Here difficulty arises with \_\_\_\_.
- 10) He is not so \_\_\_\_ as the might think.
- 11) . . . that our lives had become \_\_\_\_.
- 13) Being on a \_\_\_\_ different basis of life.
- 17) . . . the great \_\_\_\_ of every abnormal drinker. 18) . . better use \_\_\_\_ language to describe spiritual principles.
- 19) After they have seen \_\_\_\_ results.

## **Fifty-One Weeks of Work**

The General Service Conference completed its business on Friday, May 24<sup>th</sup>. In essence the stockholders of AA had sent elected representatives to New York City to vote on a series of items that AA had on its agenda, as well as to put together a list of items that need to get accomplished in the next year. The items that at least 2/3 of the voters agreed on --- called Conference Advisory Actions --- are essentially mandates that typically carry with them work that needs to be done to complete the Advisory Action.

So, now that the 93 delegates that represented AA in the U.S. and Canada head home until next year's conference, who ensures the Advisory Actions are properly addressed? That's exactly where a team of custodians takes on the task. The team of twenty-one custodians called the General Serve Board divvy the items up, normally based on the committee from where the advisory action originated, and either a) do the work associated with the advisory action, or b) hand it off to the General Service Office with some direction on work that needs to take place to complete the work dictated by the advisory action.

This behind-the-scenes work isn't always as clear-cut as it may seem. But fortunately, there are as basic set of principles that provide a sense of direction on who-does-what. It's our Concepts. Here's a synopsis on how to apply them:

Concept II: this Concept is why the GSC came together, and ultimately made the decisions for AA as a whole.

Concept III: The trustees will take the advisory actions and use their right of decision on what they want to do directly to carry out the advisory action, and what they will delegate to GSO staff to perform. For items that a department at GSO, e.g., Publishing, Contributions, etc., has to become responsible for, that department will become directly involved in participating in its consummation

Concept VI indicates to us that it is the trustees that are responsible for the work to get done during the 51 weeks between General Service Conferences

Concept VII insures that the spiritual nature of trust between the fellowship and the Board through the spiritual contract of the Conference Charter, makes our upside down organization built on a foundation of servant leadership, will perpetuate this service work

Concept VIII indicates the trustees are principle planners, but much of the tactical work is custodial in nature

Concept X makes the relationship very clear on a basis of legal, tradition and principles

And finally, Concept XI makes sure we have all the right people in place to get the work done

Amazing, isn't it, that Bill Wilson had the vision to put into place an enduring process of servant leadership that continues to insure the future effectiveness of AA in practical business fashion? The main ingredients are trust, service, humility and good business practices all blended into a cohesive mixture that insures an AA group can be an effective part-owner of AA.

But, back to the practical work at-hand. Because trustees are custodial and planners and surely not full-time employees of AA, it is necessary (and wise) to enlist the able contingent of paid service workers to faithfully do the lion's share of tactical work on the advisory actions. The July Board meeting is the dominant event where all this takes place. Three months' later, at the October Board meeting, a mid-term review takes place, some items are completed, and others are returned to the designated staff person to complete the work. By January, the trustees are anxious to bring things to a final point for review. At times, the time between July and January is insufficient to complete the task, and a "Progress Report" is drafted for the upcoming Conference. Otherwise, the trustees are quite compelled to ensure that the work is ready for preparation for the next General Service Conference a short time after the January Board meeting.

So, while the fellowship tends to operate on a 12-month window of discussion of what's best for AA, the Board tends to have about six months (August-January) to get its work assignments completed. Fifty-one weeks is divided into six months of work time (August-January), three months (Feb-April) of prep-for-GSC time, and three months (April – July) of post-conference prep time before actually executing its work directed by the GSC. One week of Conference time is incredibly productive, and AA has, for 69 years, utilized this process with great success. Custodians/servants leaders – the General Service Board – is the team tasked by the fellowship to make sure all the directives and suggestions are addressed in the 51 weeks before the next General Service Conference arrives.

*Yours In Service,*

Tom A.

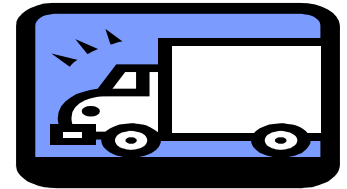
WCR Trustee

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

Change Service Requested

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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