



Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

1. A little over 31 years ago I experienced some sort of revelation that my life was a mess and that I had no idea what I was doing with my spiritual life and that I existed in a dark and scary world of my own making.

2. I was led to the Society of Alcoholics Anonymous by a force unknown to me that I was to realize later it was the hand of God, as I understood God. I was not in control of anything especially my drinking of alcohol. Alcohol was the master and I was the slave.

3. The workings of the Society of Alcoholics Anonymous and the Twelve Steps got me to thinking that I needed a different master, and that God was the best choice in town and I made a decision to ask that God to be my guide, my conscience, and listening post.

4. Then, because my feelings were no longer numbed by alcohol, I began to feel all of the shame, guilt, and ugliness that I had accumulated over the 34 years of my excessive drinking and crazy behavior, and I could no longer live with them or the constant torture of soul they caused. Something had to happen or I would go crazy or go back to drinking. Many tears were shed in this process and they were tears of healing. I was told to make a list of these events on paper, and also include any good stuff I could remember about myself. I did this to the best of my ability at the time, again with many tears.

5. With much fear and also a great need to rid myself of the terrible feelings and emotions from these events I did admit to my God, another human being, and especially myself what I had done, and how I now felt about them. I needed to find out who I really was and who I wanted to become. I was afraid to live without those terrible feelings but less afraid about getting rid of them, and was willing to give God a chance to help me out and take the ugliness from me.

6. At this point I was a train wreck with myself strewn all over the place, I knew I needed to put the pieces together again in a different way than they previously were and knew I wasn't the person to do it. So, once again I called on God to do the job. I wasn't up to the task.

7. I needed the greatest of assistance and didn't know of any person or religion that could do the job. I did what the program suggested to do and I asked God to remove these shortcomings, these nasty events in my life. I believe I gave them all over to God and tried to keep nothing for myself. Naturally I still have the memories of these events but through the grace and help of God they no longer torture me. My prayer was something like this – similar to the prayer in the book Alcoholics Anonymous – “God, I offer myself to you, to build me and do with me as you will. Relieve me of the bondage of these horrible actions and alcohol, so that I may be healed and restored to a sane life and follow the path of sobriety. With all of this I want to be a better person who can help others. I will try to share with others the love you have shown me, and to show them that same love. I want to do your will always whatever it is”.

8. Then there was the starting of making amends that were to be ongoing throughout the rest of my life. I started with a mental list, from my previous examination of my behavior, and put them on paper again, and crossed them off as the amends were made or attempted.

9. The amends were not to be an exercise to get forgiveness from those I had done injustices to or expect a big “Thank you” or to tell me how nice it is that I am now sober. The amends were my sincere intention that I never do to another person what I did to them. Whatever they felt or said was strictly their business and not mine. Obviously I did nothing that I thought would harm them or others with my amends. There have been some amends that I have not been able to accomplish and I suppose that God had decided I keep these memories and feelings within me as a reminder of what could happen if I should ever decide to pick up another drink of alcohol.

10. It is with some fear of relapse into my former self that I continue the amends process as needed, so I ask God on a daily basis to take care of me and for me to take care of my fellow man.

11. At bedtime I review my day to determine if I have done any wrongs by commission or omission and make a decision to address those wrongs the next day and ask God to help me with that as well.

12. Through my service work and attendance and sharing at meetings of Alcoholics Anonymous I try to carry the message of hope and recovery to all I meet. I try to be a messenger of the solution and not the problem.

Do these processes work? I think so. I am definitely a different person with a different way of living than I was some 31 years ago, all as a result of the Society of Alcoholics Anonymous, and Service commitments.

Bud K.

September 22, 2013

(Reprinted from *No Booze News*, East Valley Intergroup, Mesa, AZ., Nov. 2013, with permission)

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 Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

What is the purpose of anonymity in Alcoholics Anonymous? Why is it often referred to as the greatest single protection the Fellowship has to assure its continued existence and growth?

If we look at the history of A.A., from its beginning in 1935 until now, it is clear that anonymity serves two different yet equally vital functions:

- At the personal level, anonymity provides protection for all members from identification as alcoholics, a safeguard often of special importance to newcomers.
- At the public level of press, radio, TV, films and other media technologies such as the Internet, anonymity stresses the equality in the Fellowship of all members by putting the brake on those who might otherwise exploit their A.A. affiliation to achieve recognition, power, or personal gain.

When using digital media, A.A. members are responsible for their own anonymity and that of others. When we post, text, or blog, we should assume that we are publishing at the public level. When we break our anonymity in these forums, we may inadvertently break the anonymity of others.

The word “anonymous” in our name is meant to provide as much privacy as an individual may desire regarding membership in A.A.

The spiritual significance of anonymity

In stressing the equality of all A.A. members—and unity in their common bond of recovery from alcoholism—anonymity serves as the spiritual foundation of the Fellowship. Back in 1948, Bill W., our co-founder, wrote: “One may say that anonymity is the spiritual base, the sure key to all the rest of our Traditions. It has come to stand for prudence and, most importantly, for self-effacement. True consideration for the newcomer if he desires to be nameless; vital protection against misuse of the name Alcoholics Anonymous at the public level; and to each of us a constant reminder that principles come before personal interests—such is the wide scope of this all-embracing principle. In it we see the cornerstone our of security as a movement; at a deep spiritual level it points us to still greater self-renunciation.”

Facts about anonymity in A.A.

It is the A.A. member's responsibility , and not that of the media, to maintain our cherished Tradition of anonymity.

- A.A. members generally think it is unwise to break the anonymity of the member even after his or her death, but in each situation, the final decision rests with the family. A.A. members, though, are in agreement that the anonymity of the still living A.A. members should be respected in obituaries, or in any type of printed remembrance or death notice.

- A.A. members may disclose their identity and as recovered alcoholics, giving radio, TV and Internet interviews, without violating the Traditions—so long as their A.A. membership is not revealed.

- A.A. members may speak as A.A. members only if their name or faces are no revealed. They speak not for A.A. but as individual members.

Thoughts From your Board

As I am wrapping up my last 3 years of 'chair' duties for Intergroup, I am reminded of how important it has been to simply 'Suit Up and Show Up'. That's a concept I learned in early sobriety -- even if I'm scared or reluctant to go to meetings, I just do it and amazing things happen.

By showing up for our Intergroup Board, I've learned to be a better leader by listening more and talking less -- my Board colleagues have many wise and good suggestions to share, and our team has continued to not only maintain the services we provide to our members, but to expand with new ideas and information.

We are so fortunate to have St. Paul Intergroup in our area! Many areas do not have access to the many services that we provide, such as 24/7 phones, literature, events, and meeting support.

If I could wish for one thing -- it would be that you, as a comrade in recovery, step forward into service of this wonderful program. Share your talents and gifts with us. You are worthy, you are important, and AA service needs your part as we strive to do our most important work of spreading the message of hope to the still suffering alcoholic. The rewards will be amazing!

It has been an honor and a privilege to serve on the board, and I thank all of the past 3 years' board members, along with our office manager, for the opportunity. Thank you.

Lesli D., Advisor to the Board

From your Office

We need your help! Please consider giving time to your Intergroup: we are looking for volunteers to help answer our phones at the office, Monday through Friday 9:00AM to 5:30PM. We have three shifts each day, 9AM—12Noon, 12Noon-3PM, and 3PM to 5:30PM, and two volunteer slots for each shift. Whether you have 1 day, 1 week, 1 month, 1 year, or multiple years, you can help!

Maybe it is a call from the still suffering alcoholic looking for a way out; or call about a meeting time and location; or a member calling to help us arrange a temporary sponsor, or a call asking if we have a 60 year medallion in stock (we do!) - you can be the hand of A.A. for that caller.

Please contact your Intergroup at 651-227-5502 or by email at Lifeline@aastpaul.org, and we will arrange a training to get you oriented to our phone services (the training take about an hour).

As Bill W. wrote, "A.A. is more than a set of principles; it is society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't be given the truth can die."

We are ever grateful for all our wonderful volunteers who helped us out this year and years past. Please consider joining their ranks and being an Intergroup Office Volunteer!

"Gratitude should go forward, rather than backward.....In other words, if you carry the message to still others, you will be making the best possible repayment for the help given to you."

Thank you & Happy New Year!

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

**WELCOME
TO
2020**

**ST. PAUL
INTERGROUP**

PRESENTS

**2
LOCAL
SPEAKERS
PLUS**

**CHRIS D.
RAPID CITY, SD**

**DANCE IN THE NEW YEAR !!
MUSIC PROVIDED BY LOCAL DJ**

**7:00 PM to 1:00 AM — December 31, 2019/January 1, 2020
7th Tradition Basket at Speaker Meeting — Dance \$5.00
Redeemer Lutheran Church
285 N. Dale St., St. Paul, MN**

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.

Your News?

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

Please email: lifeline@aastpaul.org

We look forward to hearing from you.

Group and Area News

CLUB MOVE: The *West End Club* is now located at 1324 Seventh Street West, St. Paul, 55102. The building is behind Soapy's Car Wash. Entrance is at the back of the building. Please visit the our website; www.aastpaul.org for more information.

Meeting Location Change: The *Upon Awakening Men's Big Book Group* is still meeting Saturdays, 7:30AM at Golden Thyme Coffee & Café, which moved to a new storefront across the street at 934 Selby Avenue, St. Paul, MN 55104. The group is Closed, Men, and All-ages. The format is Big Book.

Meeting Time Change: The *Happy Hour AA* group is now meeting at 7:00PM on Mondays at Saint John's The Evangelist Church, 380 Little Canada Road E, Little Canada, MN 55117. The meeting is Closed, Mixed, & All-Ages. The format is Step study.

Meeting Moved: The *Big Book Awakenings* group is now meeting at the Linwood Recreation Center, 860 St. Clair Ave., St. Paul, MN 55105 Saturdays at 9:00AM. The Meeting is Closed, Women, All-Ages. The Format is Big Book.

Meeting Moved: The *Hour of the Power* group moved Saint Paul's United Church of Christ 900 Summit Avenue, St. Paul, MN 55105. The group host a Friday, 6:30AM Closed, Mixed, All-Ages, meeting. The format is Topic/Discussion based on the Principles.

New Meeting: The *SOS (Sisters of Sobriety)* started meeting Thursdays 6:15PM Bethel Lutheran Church, 920 3rd Street, Hudson, WI 54016. The group is Closed, Women, and All-Ages. The format is Big Book & 12 and 12.



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

Upcoming Night Owl Orientations:
Saturday, Dec 21st, Jan 18th, Feb 15th

Every **Third Saturday** from 10:00 -11:00 AM

St. Paul Intergroup Office

608 Seventh Street West - St. Paul, MN 55102

To RSVP please call: 651-227-5502



St. Paul Area Intergroup Representatives' Meeting Minutes, October 15th 7:30pm

1. Opened with the Serenity Prayer, introductions, and read the Primary Purpose of Intergroup.
2. Minutes from last month were reviewed, Tom motioned, Frank N seconded, motion approved.
3. Treasurer's Report, Mark J—No huge changes in numbers for this month. Sales up compared to last month and last year. Large contribution this month from Gopher State. Should be seeing more activity next month b/c of Founder's Day. Contact Justin or Mark at treasurer@aastpaul.org
4. Office Report, Bill S – Service opportunities at Intergroup Office. Lots of unfilled times to come in and answer phones! Still looking for temporary sponsors. Some AA books will come back into print, including "The Best of the Grapevine" Volumes 1, 2 and 3 in March 2020. Couple of speaking commitments at a treatment center for pregnant women or single moms, Mondays or Thursdays at 11am. *Please email lifeline@aa Some changes to stpaul.org for further information.*
5. Night Owl Report, Frank N – 30 shifts/month. Wonderful Service opportunity to do even in your pajamas! Volunteer training every 3rd Saturday at 10am. A few open Night Owl shifts: 1st Sunday from 9am-2pm; 1st Tues from 10pm-6am; 1st Wed from 10pm-6am; 2nd Mon from 10pm-6am; 4th Sun from 2pm-7pm. *Please contact Frank N at NightOwl@aastpaul.org or leave a message at the Intergroup Office.*
6. Website Report, Sergey K – 730 regular weekly meetings, down 1 meeting and up 1 group from last month. Jonathan fixed all our numbers for July and August. Counts up this month, but not significantly. If your group has an AA event, sent flyer to Sergey and will post on the website. *Contact Jonathan & Sergey at webservant@aastpaul.org.*
7. Outreach Program, Lindsey D –On the aastpaul.org website under unity, then group outreach and MIA meetings (meetings that have been reported not to be there) and outreach list. Meetings that don't send a rep to the Intergroup meeting. There is a script and instructions on how to make an announcement to spread the word about St. Paul Intergroup. *Please contact outreach@aastpaul.org.*
8. Update from the Board, Lindsey D – Lease up at the end of June 2020. Looking for other options, we will know by Nov 1st if the prospective location is going to work out.
9. Liaison Reports: District 8: Lesli D—Step 6 and 7 workshop on Sat Nov 9th at 11am at Calvary Lutheran Church (341 Hamline Ave S in St. Paul) District 8 report is in the Lifeline. District 8 will be having a movie night with St. Paul Intergroup; they will be showing the movie Flight it's on Jan 19th. District 15: Jennifer— Fellowship workshop event, flyers available. Down a couple of committee chair. District 19: – N/A.
10. Intergroup Events: a. Upcoming: Board Elections (November 19th)—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.
b. Upcoming: Gratitude Night (Sat Nov 23rd at 7pm)—Starting meeting with "gratitude callup"—volunteers called up to share about gratitude in recovery. Speaker is Jody K from New Richmond, WI.
c. Upcoming: Founder's Day (Nov 29th-31st)—passing around sign up sheet to have people man the hospitality suite.
11. Group AA Announcements: a. OMD Potluck & Sobriety Recognition 1st Friday 7pm @ St. Marks
b. Twin Cities' bid for ICYPAA Halloween event will be posted on their website. Monthly meeting 1st Sunday at 7:30pm at Mill City commons in NE Minneapolis
12. Suggestions for next month's agenda, please email secretary@aastpaul.org
13. Grapevine Report, Jennifer; Volunteer for December, Andrew.
16. Concept V, Derek; Volunteer for Concept VI, Jennifer
17. Mock Rep Report, Rachel; Volunteer for December, _____.
18. Closed with the Responsibility Statement

Meetings Represented: District 15; Basic Text, St. Paul; Como Park Big Book, Roseville; Day by Dei Women's Group; , St. Paul; Fireside Women's Big Book, St. Paul; Hole In The Doughnut, Roseville; Lakeview AA, Maplewood; Main Idea, St. Paul; New Brighton Big Book, New Brighton; No Time Like The Present, Roseville; One More Was Added to The Fellowship, St. Paul; OMD, St. Paul; Pocketing Our Pride, St. Paul; Roll of Nickels, Hudson, WI; St. Paul Speaker Meeting, St. Paul; WBL Women's Sat AM, White Bear Lake; Women's Basic Text, St. Paul.

2019 Steering Board:

Chair:	Rob C.
Alternate Chair:	Linsey D.
Secretary:	Rachel P.
Treasurer:	Justin D.
Alternate Treasurer:	Mark J.
Members-at-Large 2019:	C.J. M. & Vance O.
Members-at-Large 2020:	Mike C.
Advisor to the Board:	Lesli D.
Manager	Dennis B.

Office Calls/Visitors—October 2019

Meeting information	83
Inventory/hours/location	20
12th Step calls	5
Temporary sponsor	20
Speaker request	41
Staff & Other Calls	98
Total Calls	267
Average Calls/Day	11.6
Total Visitors	247

December 2019 REPS' MEETING: Tuesday, December 17th @ 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

OCTOBER CONTRIBUTIONS

Number of Group Contributors	49
Total Group Contributions:	\$4936
Number of Faithful Fivers:	20
Total from Faithful Fivers:	\$620



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 October**

- 11th Step Meditation
- A Baffled Lot
- Basic Text
- Cannon Falls Group
- Dakota Alano THUR 1145AM
- Day by Dei Saturday
- Elements Group
- Farmington Monday Night
- Forest Lake Alano
- Fourth Dimension
- Friday Nite 12x12 By The Book
- Gratitude in Action
- Halfway There
- Happy Joyous and Free - Mahtomedi
- Highland Park Groups
- Hole in the Doughnut Group
- Holy Redeemer Parish AA Group
- Hope AA Group - Lakeville
- Hugo Group
- Joy of Living Group
- Lake City Group
- Lake Elmo Thurs Night Group
- Lakeview Group
- Live and Let Live
- No Time Like the Present
- North Dale Group
- North Hamline
- Oakdale Thursday Group
- Ridge Runners II Sat 830 AM
- Ridge Runners III Sun 830AM
- Rivertown BB Group-Hastings
- Rosemount Groups
- Roseville Wed Night
- Saturday Morning Serenity Group
- Serious Sober People
- Shoreview 12 x 12
- Sisters of Serenity
- South Saint Paul 301 Club
- Third Tradition Northfield
- Tuesday Ladies Lutes Mtg
- Una Luz en el Camino
- Uptown Club
- USR-STB Tuesday Night
- Valley Creek Monday
- Valley Creek Thurs Night
- White Bear 96 Group
- White Bear SAT AM Women's Group
- White Bear Wed AM Women's
- Woodbury Primary Purpose

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

Andy H., Caleb A., Chris H., Connie W.,
David D., Frank D., Jeff K., Jimmy D.,
Jodie T-W., John D., John W., Laura K.
Mac N., Marc S., Neilla M.,
Robert F., Roxi K., Sandy H., Steve L.



Thanks to our AWESOME Night Owls too!

{New} GSO Communications Services Department

The issue of communications has been subject of wide discussion during much of my tenure on the General Service Board (GSB). The Communications Audit performed in 2017 was the cornerstone of the initiative to examine communication and how to improve it. The results of the Audit provided a wealth of information – some useful and applicable for A.A. to address – and we spent a good deal of time parsing through the results to implement changes in our service work.

A deliberate process was used to insure nothing was lost and that any changes were aligned with A.A. principles. Items that were actionable were sent to the appropriate GSB trustee committee. Much was utilized to direct strategic planning to implement changes, especially large issues that required a good deal of process change or development.

The GSB has been applying the list of five categories of service in Concept VIII that Bill Wilson said the GSB must spend much of their time: (1) policy; (2) finance; (3) group relations; (4) public relations; and, (5) leadership. Bill says in the Concept that these must be planned, managed and executed. The Audit's results indicated several issues within this list-of-five that could stand improvement. In A.A., with the GSB being an arm of the Conference, communication was at the heart of many of the focal areas that needed addressing.

Ultimately, in 2018 the GSB directed that a communications plan be developed to address the facets of needed change in how we communicate inside A.A., to the outside world and our public relations (PR) policy. While many of the changes are within GSB trustee committees, it became apparent that better processes to develop content (especially digital) as well as PR could best be addressed by the formulation of a Communications Services Department (CSD) at GSO. The services currently being provided by the existing Communications Services staff would be integrated into this new department.

This department will work as a kind of internal agency within the General Service Office to help the boards and service assignments develop content and to provide production and distribution capabilities. All work undertaken by the new CSD will be accomplished in collaboration with appropriate GSB committees, A.A.W.S. and AA Grapevine staff or departments to ensure that all A.A. content and messaging is consistent with our Steps, Traditions and Concepts. This will also prevent duplication of efforts, will help to consolidate our A.A. messaging and ensure that the group conscience is honored.

Additionally, this new department will provide professionally produced material to the service assignments and committees to obtain Conference approval for any and all projects that require such approval. The CSD will not formulate communications policies but will support the execution of policies of the service assignments, other A.A.W.S. and Grapevine departments and the three corporate boards.

The goal is to create an internal service organization or agency that will produce and distribute the majority of communications inside and outside of GSO, A.A.W.S. and AAGV. You might ask, "what's meant by the majority of communications?" It really means all communications that might be considered announcements – on our own website, in the news channel of the Meeting Guide App, email blasts, or non-PSA videos – or a new or revised product or initiative (like our new, upcoming web site for aa.org or *Our Great Responsibility*). It includes day-to-day management of the www.aa.org website and Meeting Guide. It includes production of press releases and development of relationships with the news media. It involves writing stories, which we hope will be placed in the news

(Continued Supplement, Page 4)

Word Search - December 2019



ABSTINENCE
 ACTIVITIES
 BACKSLIDER
 DIRECTION
 EAGNERNESS

HARMONY
 JOURNEY
 JUSTIFICATION
 KITCHEN
 MALADY

OFFENDER
 PATIENT
 QAUNTITY
 SCANDLOUS
 SOBRIETY

November 2019 Big Book Crossword Puzzle Answers

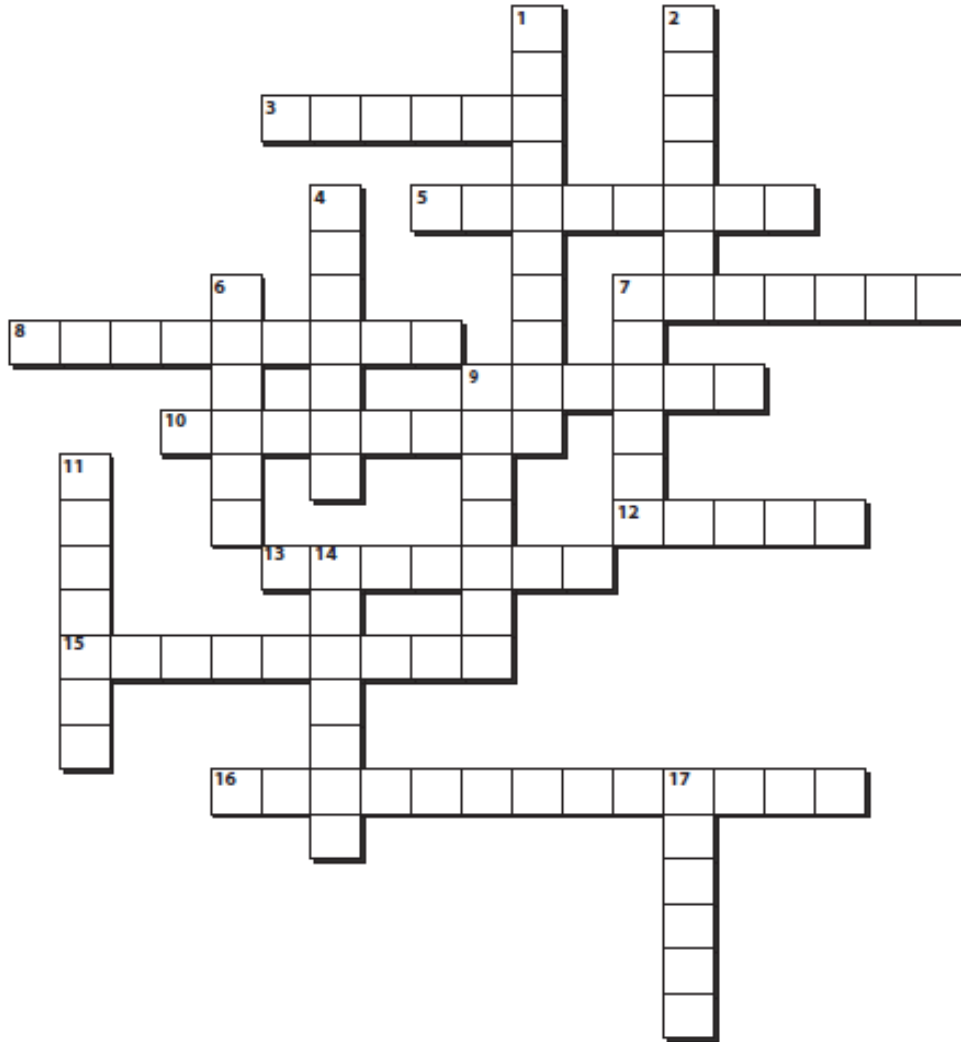
Across:

- 2). nowadays 6). recovered 7). better 9). except 10). dealing 11). humbly
 13). concluded 15). seldom 17). emotional 21). behave 22). principle 23). problems

Down:

- 1). another 3). science 4). necessary 5). beliefs 6). resentful 8). isolates
 12). normal 14). design 16). solution 18). afterwards 19). ranting 20). example

12 and 12 Crossword Puzzle - December 2019



Across

3. . . .make A.A. itself your ' ____ power.'
5. By going back on our own ____ histories. . .
7. . . .and tightwad my fellow ____ were.
8. A.A. members carry our ____ into other fields. . .
9. We had ____ the perspective to see . . .
10. A ____ appeared at one of . . .
12. As their ____ and anxiety wear away. . .
13. . . .better in order to keep our emotional ____.
15. . . .that were are no longer ____ and alone . . .
16. Or we may just ____, telling ourselves. . .

Down

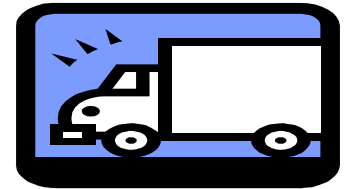
1. . . . repeat to ourselves, a ____ prayer, or phrase. . .
2. What are we likely to ____ from Step Five?
4. . . . arbiter of anyone's sex ____.
6. ____, temporarily turned onto Pharisees. . . .
7. While the purpose of ____ restitution to others is. . .
9. Having ____ to live so happy . . .
11. If we lean too ____ on people. . .
14. . . .exact point at which we ____ limited objectives. . .
17. . . . ____ can be punished or . . .

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