



STEP EIGHT

Made a list of all persons we had harmed, and became willing to make amends to them all.

AMAZING FREEDOM

As it says in the first paragraph of the chapter on Step 8 in the book Twelve Steps and Twelve Traditions, "Steps Eight and Nine are concerned with personal relations." Well, since I had managed to mess up most of my personal relations before getting sober, there were a few roadblocks for me after completing Step 7 and readying myself for Step 8:

- 1) allowing fear of Step 9 to creep in; and
- 2) allowing my new-found freedom of fun, friends and fellowship to keep me from facing my step work.

Thankfully, my sponsor reminded me that we had already discussed most of the people I had harmed when discussing my Step 5, and she assured me that it wasn't going to take me long to write a list of names. Still, I procrastinated for a few more weeks. Then someone in a meeting had a printout of all the "step prayers." Who knew there was a prayer for every step!? The Eighth Step Prayer is: "God, please remove my fears and show me your truth. Show me all the harms I have caused with my behavior and help me be willing to make amends to one and all. Help me to be willing to go to any lengths for victory over alcohol."

It only took me approximately 30 minutes to write my Step 8 list after reciting the prayer. Looking back now, I can have a good laugh, because it was

clear I didn't have many friends left to make amends to, since I had driven most of my good friends away over the years with my inappropriate behaviors. Also, my new sober friends and my sponsor both assured me that making amends to drinking acquaintances wasn't necessary and could actually put me in a dangerous situation. I wasn't about to let anything keep me from my new-found sober life!

Of course, the second part of the step, "... became willing to make amends to them all," was a little tougher nut to crack. Once again, my sponsor's knowledge of how to work the steps was essential. She taught me that amends were to help clear away the wreckage of my past and that it was not simply saying "I'm sorry." That phrase meant little to my family and friends anymore since they were all more than a little tired of hearing those two words from me. My sponsor also taught me that I needed to pray for willingness to face the people from my list and let them know that I would try my very best not to repeat these behaviors in the future as I continued a life of sobriety.

It is an amazing freedom to work the steps of Alcoholics Anonymous. As I heard quoted in a meeting, "the steps are not a punishment." Now, whenever I start to hem and haw about any of the steps, that statement comes to mind. There is a passage from the Big Book which helps me too, which is: "In thinking about our day, we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy."

We relax and take it easy.... what a beautiful aspiration for our daily lives!

-Angie R., Saint Paul, MN

The Lifeline is the monthly newsletter of the St. Paul and Suburban Area Intergroup, Inc. 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 St. Paul Intergroup. We welcome articles on a Step, Tradition or Concept, in addition to descriptions of personal experience. We also welcome original cartoons and drawings expressing the wry side of A.A. experience.

Please email your article to Lifeline@aastpaul.org or send it by regular mail to Lifeline Editor, St. Paul Intergroup, 33 Wentworth Ave E, Suite 355, W. St. Paul, MN 55118-3431. Materials or articles mailed to us cannot be returned unless accompanied by a self-addressed stamped envelope. Intergroup reserves the right to edit submissions for clarity, language, length, and content that might violate A.A.'s Traditions, etc.

St. Paul & Suburban Area Intergroup, Inc., 33 Wentworth Ave E, Suite 355, West St. Paul, MN 55118-3431

Website: www.aastpaul.org E-mail: lifeline@aastpaul.org Phone: (651) 227-5502
Office Hours: Monday through Friday – 9:30 AM to 5:30 PM; Closed weekends and holidays

ST PAUL INTERGROUP ICE CREAM SOCIAL & LONG TIMER RECOGNITION EVENT

August 19th, 2023

Lutheran Church of the Redeemer
285 Dale Street N | Saint Paul, MN

4:30PM Fellowship

6:00PM Meeting

Speakers:

Jo M.

Jon C.

Julia W.

Jeff T.

Jenni S.

Willing to be of service?

Email chair@aastpaul.org



TRADITION EIGHT

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

PRACTICING TRADITION EIGHT IN OUR LIVES

I have noticed over the years that meetings that do not talk about the traditions sometimes find themselves in some kind of conflict or disunity over an issue. We need the “glue” of the traditions to hold us together and remind us of what is important . . . and what is NOT important. What’s more, as I got more familiar with these traditions, I discovered their guidance is helpful in my personal life, family life, and other relationships. Who doesn’t appreciate keeping “principles above personalities”; no longer seeking “prestige, money, or property (stuff)”; and avoiding useless “controversies” on outside issues. All of these are topics the traditions cover. The traditions keep us focused on carrying the message and never for our own personal gain. As the traditions play out meeting after meeting, I found them bumping up against some of my own worst defects, and, thereby, enabling me to change just by experiencing the process of how meetings happen in AA. I would like to suggest that you encourage the meetings you attend to visit the traditions regularly—they are every bit as wise and healing as our treasured 12 steps.

Which brings us to Tradition 8. Our groups are to remain forever non-professional. This affects me in a highly personal way. When a person walks into a meeting, their degrees or jobs or training are left at the door. No one is checking to see what kind of car one drives, or where one lives, or how much money you have. This tradition in AA has helped me face how much I have sought to traffic in just such types of expertise. I want to know these things about people so I can use them to my advantage. Maybe in the future they can help me with some problem. Or if they are an “expert” in the field of alcohol or drug abuse maybe they can give

me some extra insight. It is important that I never set up other AA members as experts, treat certain members as special gurus, or believe old-timers know all the answers. (Well, maybe they know most of the answers!)

I do not get to traffic in that defect in AA. We are on a first name only basis; the only thing important is sharing one’s experience, strength, and hope of this program. No one wears a badge declaring their professional position. I am being guided not to rely on any one expert but to instead look to the whole group for insights and help. This keeps me from relying on any one person for my recovery. Nor can I blame any one person for my failures. I discovered that the person walking into the meeting with one day clean has something valuable to teach me. So, too, the homeless person sitting behind me.

And because we AA members are non-professionals, we never do what we do for money. As soon as money gets involved prospective members become rightly suspicious: “Who’s making a buck off my misery?” If AA members were to be paid for service work, soon we’d all be squabbling over how much each person is paid. Resentments would instantly crop up. Tradition 8 guarantees we do not get into that swamp. We don’t get paid. All we do is be of service to other suffering alcoholics.

Yet we do hire people in AA as special service workers when we reach the district, regional, national, and world levels of our program. At those levels we need full-time workers to do mailings; keep offices open that serve all the groups in an area; provide access to locations, dates, and times of meetings; and assist in making sure phones are answered 24-7.

The more we bring these traditions into our meetings, the more effective we become in our primary goal to carry the message. The more I bring these traditions into my life and relationships, the more effective I become at carrying the personal message of the joy and peace of mind recovery has brought to my life.

-Kay P., Saint Paul, MN

St Paul & Suburban Area Intergroup (SPI) is hiring a Full-Time Office Manager.

SPI's primary purpose is to assist the AA groups of Saint Paul and the Suburban area in carrying the message of Alcoholics Anonymous to those who still suffer. SPI derives its legitimate authority from and is responsible to the member groups it serves. In all its activities, policies, and proceedings, Intergroup observes the practice and spirit of AA's Twelve Traditions and Twelve concepts for World Service, as well as its three legacies of Recovery, Unity, and Service.



The Office Manager is the primary person who makes the Intergroup function. The Office Manager works directly under the supervision of the Intergroup Board of Directors. All matters of business and human relations are performed under the bylaws of St Paul Intergroup as a 501 (c)(3) non-profit corporation. Work involves managing the intergroup store, helping customers purchase products, ordering and restocking inventory, and managing outgoing orders placed on the online store. It also includes supervising volunteers and part-time staff, preparing bank deposits, and managing incoming contributions and other essential services to help the still-suffering Alcoholic.

Hours: Full-time/40 hours per week Exempt – 9:30 AM-5:30 AM

Pay: Approximately 50k annual salary with accruing PTO. Exempt.

Requirements:

- 3 Years of continuous sobriety, active in the AA Program of Recovery.
- Working knowledge of AA 12 Steps, 12 Traditions, and 12 Concepts of World Service.

Preferred Qualifications:

- Prior Experience with Administrative tasks or Office Management.
- Proficient with typing and technologies like MacOS, Windows, Microsoft Office (Excel, Word), Adobe InDesign, Google Docs, Google Sheets, Zoom, printers, phone systems, and point-of-sale systems.
- Knowledge of QuickBooks online or experience with another accounting software is desirable.

Job Description:

- Managing the Intergroup store.
- Assisting customers with sales.
- Order and restock inventory.
- Manage outgoing orders that are placed on the online store.
- Publish and mail the monthly Lifeline newsletter.
- Work closely with Web Servant to notify when there are any meeting updates and changes.
- Manage and update printed meeting directory for St. Paul and Suburban Area.
- Attend all St. Paul Intergroup events and assist with tech setup and tear-down.
- Manage QuickBooks online Accounting and prepare bi-weekly payroll using ADP.
- Prepare and deposit receipts.
- Supervising volunteers and part-time staff.
- Manage incoming contributions.
- Attend and help organize SPI Board and Representative Meetings on the 3rd Tues of every month.
- Other responsibilities required to keep Intergroup operating effectively.

Position Open until Filled.

Please send resume and letter of introduction to: Eliot W., Chair of the Board at chair@aastpaul.org

THOUGHTS FROM THE BOARD

SINCE 1981

When I walked through the doors of my first AA meeting in 1981, I felt a lot of crazy inside. I was a college student, codependent, working two+ jobs, a schemer, and a binge drinker. I had one face for my professors and employers. My other side came out after I took my first drink. Once that happened, any plans or promises I had made were off the table.

I was co-dependent; my goal was to keep my sweetheart sober. I thought I was deep down crazy. The idea of spending a month-long in the alleged Cadillac treatment centers on a lake sounded like a resort. I packed my running shoes, skates, bikini, and away I went. Upon completion, I could not go back to my addict and alcoholic roommates, one who committed suicide when I was 6 months sober. Carolyn B., the most active person I was ever to meet in the Fellowship, rented me a room in her bedroom attic. I went back to work. Carolyn took me to 90+ meetings in 90 days. There I was loved sober.

Once sober, I expected my life to be sunshine and roses. A year later, I became restless, irritable, and discontent, so I did another 4th and 5th Step. I found out I was dishonest. The cure lay in Steps 6 & 7, I had to tell the truth whenever I lied. As I grew up in the Fellowship, I continued to complete a 4th and 5th every year for decades.

Carolyn was founding the St. Paul Speaker Meeting and asked me for \$20 to become a founder too. I thought that would decimate my 99 cents L'eggs pantyhose budget. I gave her the \$20 and typed whatever she asked to get the meeting established. In AA, I found I wanted to be a giver, like the best people I met. Whatever I gave, came back tenfold.

Some years later I married an alcoholic. He drank, moved out, drained my savings account, and changed his mind about having a child when I was

seven months pregnant. I took it well, until the night he came over for dinner to discuss matters. He called me a pig. I picked up a long bread knife and chased him out of the apartment yelling obscenities. Defects remained. I was so glad he could move fast. I was able to begin my MBA program and my AA friends babysat while I completed a way to increase my income. Life went well for me. I graduated, landed a great job, bought a nice house, and was able to have women stay in my spare bedroom.

For the past 42 years, the Promises came true, along with the realities of life, 8 years as a single parent, deaths and things not always going as planned. At every rough patch, I doubled down on AA for strength, and have been able to help others not drink going through the same tough things as me. The longer I am sober, the more I realize how much I need to continue to learn to maintain my serenity and peace of mind.

Then Covid struck and stayed. Fellow members and friends began to suffer from depression, loneliness, and agoraphobia. For some, the effects still linger. Length of sobriety was not an issue; young and old were being afflicted with the enforced isolation that Covid wrought. The chapter on Step 8 in Twelve Steps and Twelve Traditions promises "the end of isolation from our fellows and God." To get there, we can create a 4th Step inventory of assets to help improve our emotional state of mind.

Our founders were aware of the emotional harm we had inflicted on ourselves and directed us in the 12x12's Step 4's short form to look at our assets. In Step 4, sponsors are reminded to tell the newcomer of their assets. Step 8th is clear: "In many instances we shall find that though the harm done others has not been great, the emotional harm we have done ourselves has. Very deep, sometimes quite forgotten, damaging emotional conflicts below the level of consciousness. At the time they may have discolored our personalities and altered our lives for the worse."

With this in mind, we can create a 4th Step focusing on assets and strengths. For a simple list, here are the 12 Principles of AA found on a medalion given to me by my late brother:

Continued on page 11

GREEN CAN PLAN



***PLEASE HELP PROVIDE AN ASL INTERPRETER
AT AN AA MEETING IN DISTRICT 8***

**A CHECK SHOULD BE WRITTEN
FOR THE COLLECTED CONTRIBUTIONS
AND SENT TO**

**ASL FUND
P.O. BOX 131831
ROSEVILLE, MN 55113-0020**

GROUP OR INDIVIDUAL CONTRIBUTIONS CAN ALSO BE SENT VIA

VENMO @ASLFund-DistrictEight

Contact District 8 ASL Fund Coordinator, Jamie Lynn, with questions - (651) 995-8997

SELF-SUPPORT 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

33 Wentworth Ave E.
Suite 355
West St. Paul, MN 55118-3431

30% General Service Office

P.O. Box 2407
James A Farley Station
New York, NY 10116-2407

10% Southern MN Area 36

Southern Minnesota Area Assembly
P.O. Box 2812
Mpls., MN 55402-0812

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

WAYS TO FINANCIALLY SUPPORT INTERGROUP

1. VIA SQUARE

Use the camera on your phone to scan this QR code to be redirected to the SPI contribution webpage :



<https://square.link/u/jlF6dLuj>

2. VIA CASHAPP

Contribute to SPI via CashApp

~ \$spintergroup

Please add SPI to your favorites and consider making regular contributions each time you make 7th Tradition contributions to other groups.

3. VIA CHECK

You are always welcome to stop by during business hours, or mail a personal or AA group check to the office at:

Saint Paul Intergroup
33 Wentworth Ave E, Ste 355
West St. Paul, MN
55118-3431



ENSURE INTERGROUP IS HERE TO HELP THE STILL SUFFERING ALCOHOLIC

Did you know you can contribute electronically?
That's right! No cash necessary—pull out your phone.
Choose either SQUARE or CashApp.

www.aastpaul.org



SCAN ME



Cash App

\$spintergroup

DISTRICT SERVICE MEETINGS

2023 INTERGROUP BOARD OF DIRECTORS

District 8 (Ramsey Co.)

Fairview Community Center
 1910 Cty. Rd B West, Rm 108
 Roseville
 3rd Wed., 7:00 PM
 Email: dist8@area36.org (for Zoom info)

District 15 (Wash. Co.)

Christ Lutheran Church
 11194 N. 36th St.
 Lake Elmo
 4th Mon., 7:00 PM
 Email: dist15@area36.org (for Zoom info)

District 19 (Dakota Co.)

Rosemount Community Center
 13885 South Robert Trail
 Rosemount
 2nd Wed., 7:00 PM
 dist19@area36.org
 Email: dist19@area36.org (for Zoom info)



Advisor to the Board	Keith I.
Chairperson	Eliot W.
Alternate Chairperson	Kelly K.
Secretary	(Open)
Treasurer	Bill C.
Alternate Treasurer	Devin R.
Member-At-Large	Tom W.
Member-At-Large	Angie T.
Member-At-Large	Janice K.
Member-At-Large	Mary U.
Office Manager	(Open)

West Central Regional Forum

With our U.S./Canada General Service Board of Alcoholics Anonymous



Save the date!
August 25 – 27, 2023

Hilton Garden Inn
3720 N Reserve
Missoula MT
Room rate: \$139 (Group Code: WCR)

Registration is free!

LOOKING FOR A SERVICE OPPORTUNITY?

Become a St. Paul Intergroup Night Owl

If you are interested - Contact:
 Nightowl@aastpaul.org
 to schedule training.

St. Paul Intergroup Office
 33 Wentworth Ave E, Suite 355
 West St. Paul, MN 55118-3431
 To RSVP - please call 651-227-5502

St. Paul & Suburban Area Intergroup Representatives' Meeting Minutes, July 18th, 2023 7:30 pm

1. **Opened** with the Serenity Prayer, Introductions, and read the primary purpose of Intergroup
2. **Approved** prior month's minutes (motion: Janice K. second: Angie T.). Motion passed with a majority vote.
3. **Financial Report**, Bill C. - see Treasurer's Report for full details - Total contributions are up from May, but still below last year to date. Operational expenses were down due to bills that were pre-paid in May. Our prudent reserve balance is \$48,681 and the goal is \$60K. We are averaging approximately \$2K less than we need to be in revenue (contributions and sales) to break even. Question from Hendrie G. about hiring an outside accountant to do the financials. We will touch on this also in Noah's report. If you have questions, please email treasurer@aastpaul.org.
4. **Office Report** - Noah LC - see Office Report for full details. Noah has resigned and we are hiring a new office manager.
5. **Night Owl Report** - Rachel P - There are currently 6 open shifts, which are listed on the Intergroup website. If you're interested in helping out, please contact the committee. at nightowl@aastpaul.org. Orientation is on the 3rd Saturday @ 10AM.
6. **Update from the Board** - Janice K. We discussed finances, recurring online contributions, and Kelly's candidacy for the alt chair position.
7. **District Reports - District 8** - no representative present. **District 15** - Meg H. will be at the D15 meeting next month - July 24th. All are welcome. Supper at 6:30 at Christ Lutheran Church in Lake Elmo. Meg's presentation is available on the Area 36 website. They will be staffing the AA booth (Building B) at the Washington County Fair 10AM-10PM on August 2nd - 6th. Come check out horse races, petting zoo, and all the fun things! **District 19** - no updates.
8. **Intergroup Events**: Ice Cream Social. August 19th. Time and location TBD. There will be ice cream, a newcomer intro speaker, and 4 long timer speakers. We need volunteers for this event. Contact chair@aastpaul.org if you would like to volunteer. Gratitude Night (Nov. 18th) - pulling things together toward the end of August. Looking for one male and one female 1-year speaker. Founders Day (Nov 25th) - SPI will be selling literature at this event.
9. **Old Business** - Feedback on NYE Event from Reps. Tom W. (Firing Line) Folks would prefer not to cross the river and not to have it in the downtown location. Have the dance be the main event but have speaker meetings be a side draw (more of a Fellowship event). Be sure to reach out to Recovery church to see if they are already planning an event. Good for the newcomers. Dale (SPOSM) - consensus that there are plenty of other opportunities for NYE recovery events in the cities. Chris L (OMD) - feedback was that no one was married to SPI having a NYE event and in general don't have one if it costs any money. Why don't we partner with Minneapolis to co-sponsor a NYE party if they are going to have one anyway? Angie T - been to our NYE party and it has been a lot of fun. It's always been a great time - a lot of people, a lot of fellowship. It's something we have always done, so it would be different not to do it. Off-site sales - we need to purchase a new card reader (and likely software) as ours is on the fritz. Stay tuned for more.
10. **New Business** - Vote for approval of Kelly's election to Alt Chair position. 14 - yes, 1 - no, 0 - abstentions. Approved. This means there is a vacancy for the board secretary position until next year. If you know anyone interested, please encourage them to step up for this position! Tony - alt DCM Dist 19 (Dakota County). They would like a SPI board member to attend their meeting on a monthly basis. 2nd Wednesday of every month in the Rosemount Community Center from 7-8PM. Mary U. volunteered to attend.
11. **Group AA Announcements** - none
12. **Suggestions for next month's agenda**: Please contact Kelly K at secretary@aastpaul.org.
13. **Grapevine Report** - no report this month. Volunteer for August: **Chris L.**
14. **Concept Review**: Concept VII - Nancy T. Volunteer for Concept VIII: **Lindsay C.**
15. **Mock Rep Report**: no mock rep report. Volunteer for August: **Mike O.**
16. **Closed** with the Responsibility Statement

Attendance:

Keith I - Advisor	Noah LC - Office Manager	Dina - Hole in the Doughnut	Rachel P - Night Owl Chair
Kelly K - Secretary	Mary U - Member @ Large	Tom W - Member @ Large	Lindsay - Builders Big Book
Bill C - Treasurer	Alex S - 2nd Sandwich	Nancy T. - Dist 15 Liaison	Steve B - No Time Like the Present
Mike O. - Rule 62	Ken S - Como Park BB	Tony A - Dist 19 Liaison	Lindsey D - Dist 8 Liaison
Chris L - OMD	Hendrie G - Main Idea	Deb M - Pocketing our Pride	Sharon L - Women's Basic Text
Guy T -	Sue - Alt Women's Basic Text	Tim - Alt Rule 62	Marie - The Firing Line

Next Meeting: August 15th 7:30PM



Continued from page 5, "Thoughts from the Board"

The 12 PRINCIPLES OF THE PROGRAM

- Step 1: Acceptance
- Step 2: Faith
- Step 3: Surrender & Trust
- Step 4: Honesty
- Step 5: Courage
- Step 6: Willingness
- Step 7: Humility
- Step 8: Forgiveness
- Step 9: Freedom
- Step 10: Perseverance
- Step 11: Patience
- Step 12: Charity & Love

To do this 4th Step use these principles for your list. Start with Principle 1, Acceptance, and think of when you exercised acceptance. Write about what happened and how it made you feel. And so on for each Principle. You can use three columns per step if you like, 1) the principle, 2) what happened, and 3) how you felt. You will find your assets if you take the time to recognize them. When completed, remember to arrange a 5th Step to cement your positive attributes into your daily thoughts about you. May you find peace in your journey.

- Angela T. , Board Member at Large

We are looking for a temporary Secretary to the St. Paul Intergroup Board of Directors. This is a 5-month commitment with a 2-year minimum sobriety requirement.

Please email chair@aastpaul.org if you are interested in being of service in this position!

Save the Date

Area 35 & Area 36 Statewide
Corrections Committee

CORRECTIONS SERVICE WORKSHOP

November 18, 2023

From 9:30 AM to 3:00 PM

In-person at Jack and Jim's Event Center
11025 Duelm Road NE, Foley, MN 56329
and Online Hybrid via Zoom

Featuring Speakers and Topic Presentations

Restaurant available On-Site for Lunch!
MORE INFO AT AREA36.ORG



12th Step

Calls
8



Office Calls

71



Meeting

Info Calls
46



Speakers

Calls
4

THE FOLLOWING GROUPS, MEMBERS AND FAITHFUL FIVER MEMBERS MADE THE ABOVE SERVICES POSSIBLE:

- | | |
|--------------------------------|---------------------------|
| Clay City AA | Firing Line |
| Summit Hill | River Rats |
| North Road Group | CRC Friends of Bill W. |
| Highland Park Groups | Women's Basic Text |
| Maplewood Groups | Hugo Group |
| Defiant Brats East | White Bear 96 Group |
| Eastside Club | Rivertown Big Book |
| Midway Club | Shoreview 12 x 12 |
| Uptown Group | Tuesday Night Hope Church |
| Saturday Morning Women's Group | Grovers Thurs Night |
| Fourth Dimension | Pocketing Our Pride |

- 31 A.A. Groups contributed \$ 4,013
- 28 Faithful Fivers contributed \$ 521

Thank You So Very Much!

St. Paul & Suburban Area Intergroup
33 Wentworth Ave E
Suite 355
West St. Paul, MN 55118-3431

Change Service Requested

Non-Profit
Organization
U.S. Postage
PAID
Twin Cities MN
Permit 7451

Please let us know a month in advance if your address changes. 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 Tennes* (\$10.00/month), or *Fantastic Fifteneers* \$15.00/month).

1. Contact Information:

Name: _____

Address: _____

City: _____ State: ____ ZIP: _____

Phone: _____

Email: _____

2. Amount & Frequency:

Amount \$ _____

Frequency: (check one)

Monthly Quarterly Bi-Annually Annually

Start on: ____/____/____

Faithful Fiver (\$5.00/month)

Terrific Tenner (\$10.00/month)

Fantastic Fifteneer (\$15.00/month)

3. Choose a Payment Method:

Credit Card/Debit

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
33 Wentworth Ave E, Suite 355
West St. Paul, MN 55118-3431