

The Lifeline



24-Hour Phone 651.227.5502

STEP ONE

We admitted we were powerless over alcohol—that our lives had become unmanageable.

THE First Step is found on page 30 of our text: “We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in our recovery. The delusion that we are like other people, or presently may be, has to be smashed”.

Ever notice that paragraph does not mention DRINKING?

It does mention that we are alcoholics (as defined up to that point and in the next 14 pages of the book), It does say we have to “fully concede”. It also says that any notion that we are “like other people” has to be ‘smashed’.

So, what, or who, is going to do the ‘smashing’? We are! Each of us is tasked with showing up to the rooms of Alcoholics Anonymous “beaten into a state of reasonableness”. This is why we have such a variance of “bottoms”. That stepping-off point cannot be codified precisely because every individual is different. Circumstances, consequences and our reactions/responses to those are unique to each individual. From one day to the next.

Long before I took my first drink of alcohol, I KNEW I was different than other people. I distinctly remember, even in my single-digit years, that mixed sense of arrogant smugness combined with bitter resentment I initially experienced, sloppily ladled

over a foundation of near-debilitating fear, creating a lose/lose for myself.

Looking back now, I see that I somehow innately and instinctively knew how to cultivate, nurture and grow that crippling emotional condition that some might call “terminal uniqueness”.

Once I found myself proficient at my “terminal uniqueness”, it was ticks on a clock until that was perfected by mixing it with alcohol. While I imagined I was experiencing “sweet relief” from the world and its other inhabitants, at least for a few hours, everyone else had to endure my selfishness, dishonesty, manipulation, control as well as irrational thinking and behavior.

And it grew. And grew. I subconsciously led the charge against myself like a champ! My every idea as to how to avoid the consequences I had created for myself compounded into even worse circumstances! As my thinking and behavior got more erratic and unpredictable, so my consequences became more severe and impactful. I lied when telling the truth would have been better for me.

I was suffocating in my own delusion while being driven by my unreasonable expectations as to how I imagined life SHOULD be.

Besieged by the “bedevilments” on page 52, “We were having trouble with personal relationships, we couldn’t control our emotional natures, we were prey to misery and depression, we could not make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we could not seem to be of real help to other people – “

The Lifeline: Purpose Statement

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 Fax: 651-290-0209

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

STEP ONE

THE A.A. LAUNCH PAD

I got sober in the Program right in the beginning of the Space Exploration experience and my eyes were glued to the TV screen through it all. I was sitting at a meeting recently when I heard a very young, and very sincere, single mother of two, sharing that her first experience in AA was the thought of having to do all this stuff for the rest of her life and she didn't find it too comforting. It sounded to me that, from her perspective, she knew that she had to do it, but it wasn't going to be easy or fun. I admired her for her courage and conviction and I tried to encourage her by explaining things that I had experienced when I was faced with the life changing challenges of sobriety. I was the father of a boy, I was in the Navy at the time, and I was divorced. It was a difficult time but I had to go through it, drinking or not. I began the process of recovery in a slow, methodical way, and I came out a stronger person for it. I likened it to the first Apollo space mission to the moon. It goes something like this:

When you first see the size of this space craft and consider the amount of energy it would take to put it into space, it is hard to fathom. After the countdown is complete, the engines fire and a tremendous amount of flame and smoke engulf the entire area, and in a few moments, it slowly starts to lift off. As it lumbers its first few hundred feet, it is expending a tremendous amount of fuel. Slowly it starts to gain momentum and pick up speed, still shuddering along. Soon the booster tanks are depleted and they are ejected and the main tanks begin to propel it further along the flight path with even more thrust as it is reaching for orbit. Next, the main tank is depleted just before orbit and is ejected. What is left is a very small portion of what left the launch pad. Soon the craft leaves orbit and heads toward the moon and something else happens that sometimes goes unnoticed. Somewhere between the earth and the moon, the gravitational pull of the moon has more influence on the craft than the earth has, and it is gently drawn along its path. Very little energy is needed at this point except for minor course corrections.

In AA, when we first get started, it appears to be an insurmountable task and it requires a tremendous amount of effort just to get off the launch pad. Not every launch is successful and some of us don't make it the first time, and we have to exert all that

energy in each successive attempt. As we do get on our way, it starts to get easier as we increase our momentum. Much of the burden falls away as we make progress, and the going gets easier as we head for our objective. When we go through the twelve steps, we finally reach orbit. After we are satisfied that everything is in order, we can now set out for our trajectory. If we stay on course, the spiritual gravity of values we have adopted in the AA program will far outweigh the negative gravity of the past as long as we eject all of the dead weight that held us down. As we continue to adjust the day to day, mistakes that we make, and adopt an unselfish approach to life, somewhere along the flight path, we will cross that line where we are drawn towards a life of peace and serenity that is hard to imagine when we are setting on the launch pad. The most important part of the journey is the lift off. If we can get through that most difficult time, it does get easier, and then we need only to stay the course.

*Reprinted from Viewpoint
San Diego Newsletter
Rick R.*

continued from page 1

That was my life and it was both disgusting and suffocating. And, for the first time, I knew I did not know a way out. I had tried everything I knew to do, more times than I could count, and had failed.

All of my efforts, dishonesty, arrogance and delusion had brought me right to where I was. So now what?

That is when I was presented with a simple paragraph on page 53. It's beginning stung my pride and offended my (false) sense of self-reliance:

“When we became alcoholics, crushed by a self-imposed crisis we could no longer postpone or evade, we had to fearlessly face the proposition that either God is everything. Or He is nothing. Either He is or He isn't. What was our choice to be?”

Angry, frustrated, embarrassed and disappointed, I surrendered to win. And win I did! In ways I could never have imagined, as promised on page 25, God then commenced to do those things for me which I could not do for myself.

*Jeff T.
Coon Rapids, MN*

St. Paul Intergroup Contribution Drive!

We must reach NEW contributors to continue to provide vital services!

HOW: We need YOU!! Reach out to your AA Groups and fellow AA members and encourage them to contribute. www.aastpaul.org

- Become a “Faithful Fiver” – call 651-227-5502 to sign up!
- Online Contributions!
- Mail checks to the office!
- Visit the Office or shop online!
- Square Cash App: \$spintergroup

GOAL: \$25-30,000 for expenses through end of the year and another \$30,000 to build our prudent reserve by Jan. 31st, 2021.

WE CAN DO THIS!

We list 800+ meetings! If every meeting contributed \$18.75/month for the next 4 months, we would hit our goal! About ~24% of meetings contributed last year. ***Does your group contribute?***

THANK YOU, CONTRIBUTORS!!!!



REMINDER: How does St Paul Intergroup serve the still suffering alcoholic, the AA Fellowship, and Groups? ***Intergroup is who people reach when they look up AA.***

- Answers phone 24 hours a day.
- Publishes a Meeting Directory.
- Provides guidance about finding a sponsor to newcomers.
- Sells AA literature and medallions.
- Maintains the website with meeting and event information.
- Maintains a list of Speakers and those willing to do 12 Step work.
- Publishes the *Lifeline* newsletter!

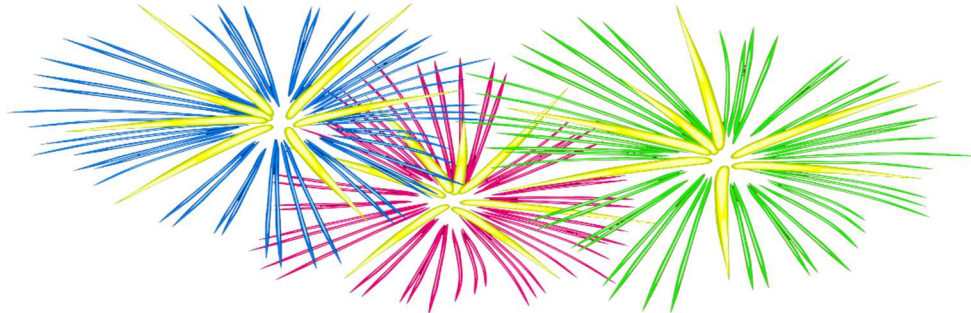
NEED MORE INFORMATION? Email the Outreach Committee at outreach@aastpaul.org or contact Dennis B., Office Manager, (651) 227-5502, email: manager@aastpaul.org, Office location: 33 Wentworth Ave E., West Saint Paul MN 55118

ST. PAUL INTERGROUP 2021 PROPOSED BUDGET

INCOME

	2020 Budget	2020 YTD Jan-Sept	2021 Budget	2021 vs 2020 Budget
General Contributions	\$10,000	\$7,384	\$10,000	\$0
Special Contributions/Online Store	\$2,800	\$614	\$9,000	\$6,200
Group Contributions	\$56,000	\$34,942	\$47,000	-\$9,000
Faithful Fivers	\$7,500	\$8,086	\$10,000	\$2,500
TOTAL CONTRIBUTIONS	76,300	51,027	76,000	-300
Office Sales				
AA Literature	43,000	15,066	19,186	-23,814
General Merchandise	40,000	16,023	21,000	-19,000
Printing Service	2,500	731	0	-2,500
TOTAL SALES	85,500	31,820	40,186	-45,314
TOTAL INCOME	161,800	82,847	116,186	-45,614
Cost of Goods Sold				
AA Literature	29,400	10,771	15,000	-14,400
General Merchandise	15,000	6,007	9,000	-6,000
TOTAL COST OF GOODS SOLD	44,400	16,778	24,000	-20,400
NET INCOME	117,400	66,069	92,186	-25,214
EXPENSES				
Salaries	65,346	46,433	37,440	-27,906
Taxes	1,640	1,732	10,920	9,280
Staff Training	1,500	0	0	-1,500
Payroll Service	2,000	1,464	2,236	236
Accounting Service	1,000		700	-300
Office Rent	23,256	13,873	22,500	-756
Internet Service/Telcom	6,000	4,703	6,000	0
Insurance - Board & Office	3,381	2,697	4,230	849
Office Supplies	3,600	1,847	2,000	-1,600
Postage	500	540	600	100
Equipment Lease	7,000	5,514	7,380	380
Grapevine Subscription	35	64	240	205
Outreach Expenses - Lifeline, etc.	6,200	1,253	4,000	-2,200
Contracted Services	1,200	1,706	2,000	800
Credit Card Fees	2,300	664	1,500	-800
TOTAL EXPENSES	124,958	82,490	101,746	-23,212
NET INCOME	117,400	66,069	92,186	-25,214
TOTAL EXPENSES	124,958	82,490	101,746	-23,212
TOTAL NET INCOME	-7,558	-16,421	-9,560	-2,002

*St Paul Intergroup's
New Year's Eve Event!*



8-11pm: Marathon Meetings

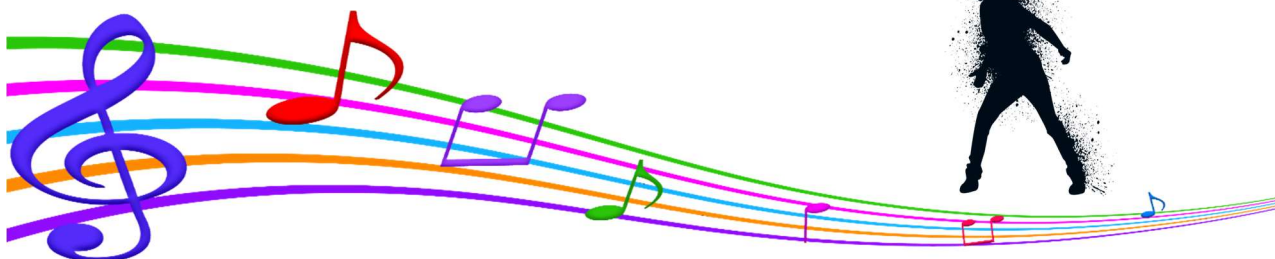
11pm-12:30am:

Virtual Dance Party!!

featuring - DJ Jimmy B.

Zoom Meeting ID: 885 3223 1578

Password: Dance!



THOUGHTS FROM THE BOARD

REFLECTING on the last four years with the board, I'm grateful to have had the opportunity to be of service. It all started with service commitments with my home group and other meetings, then taking meetings to various facilities, other unique service opportunities like Gopher State, being the Intergroup Rep for my home group, and eventually here.

This service commitment for St Paul Intergroup has been surprisingly crucial to my recovery. Aside from helping me focus on something other than myself and serving others (like all service commitments), it has fostered numerous new relationships for me and kept me in the middle of the herd even when I didn't want to. As my "willingness" has ebbed and flowed over the years, structured service commitments, especially serving on the Board, has functioned as an anchor to keep me involved in the fellowship.

My unsolicited advice for everybody is to find a way to get involved. The vast majority of groups do not send representation to St Paul Intergroup's monthly Rep Meeting (same with District). The more connected everybody stays, the greater the opportunity we

have to be of service to one another. My sponsor reminds me that sitting on the couch watching Netflix is OK, but isn't a breeding ground for miracles. Getting out and being of service and mixing it up with other alcoholics (albeit virtually today) is where the real magic happens.

Finally for those positioned to do so, don't forget that you can sign up for the Faithful Fivers by calling the office. Lots of small regular donations add up.

I'm supremely grateful for the opportunity to have served the last four years, and I'm excited for the talented and motivated Board that will maintain Intergroup for the years to come.

Rob C.

Happy Holidays!



12th Step Calls

4



Website Visits

7,423



Night Owl Calls

194



Meeting Info Calls

68



Speakers Calls

0



Literature Purchased

204 Books

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

- Arch To Freedom
- Cannon Falls Group
- East Side Club
- Fresh Air Group
- Gloria Dei AA
- Happy, Joyous and Free - Mahtomedi
- Highland Oak Groups
- Highway 96er's Group
- Look To This Day Group
- Main Idea
- Meeting of the Waters
- Mendota 1030 AA Group
- Midway Club
- North Dale Group
- North Hamline Group
- Saturday Morning Serenity Group

- Shoreview 12 x 12
- Summit Hill
- Sunnyside Group
- We Care Groups

- 20 A.A. Groups contributed \$3,884
- 7 Gratitude Contributions totaled \$373
- 25 Faithful Fivers contributed \$1,325
- 18 Digital Contributions \$2,659



WE WANT TO EXPRESS OUR DEEPEST THANKS TO THE GROUPS AND INDIVIDUALS WHO HAVE SO GENEROUSLY CONTRIBUTED TO THE CONTRIBUTION DRIVE THIS YEAR!
ANGELS ONE AND ALL!

THOSE SLOGANS THEY NEED RESPECT

MY first thoughts stepping into an AA meeting, outside of “get me out of here”, was, “what’s with all these signs, slogans???” Corny, I said to myself, “what does any of this mean?” To me it seemed like I was at a senior center with all these antique like expressions.....

As I continued on my journey in AA, I didn’t realize that these very slogans would become part of my dialogue.

I would hear speakers sharing they have one day at a time, meanwhile they have 25 years sober. That a troubled moment that these same very people would share about, would explain that it would pass sometimes like a kidney stone, however, it did pass for them and for myself.

There have been many of times in my remission that I had problems and the only way to get through them was to share with my sponsor, or another alcoholic, those exact troubled thoughts and experiences. At the moment seemed liked, life or death situations!!!!

It was suggested not only that I should take it one day at a time, but even break it down to an hour at a time. I found myself being able to comprehend how these slogans play an integral part of my inner dialogue, as well as my daily affirmations and shares. If I planned my day in a way that might have seemed so doom and gloom, I learned to break it down. So, I now know exactly what and where I am going to be and do. I might have to make a plan even if it is a minute at a time.

In times where it seemed like it would all never end. The turmoil, heartache, hardships, eventually I would learn that this too shall pass. I would learn that nothing lasts forever...But in the middle of it all how do you comprehend that? Someone recently said to me the manure on your shoulders is the fertilizer for your heart. Understanding the negative experiences have to happen for us to learn from them in order for us to grow and acquire meaningful knowledge. Unfortunately, mistakes happen, life happens we are human. But, at the end of the day —there is an end of the day. A new day begins, and it will be less challenging to face, because of these experiences. Had they not

happened, it would not strengthens us...

Not everything in life is pleasurable, even though we all seem to crave the pleasure more often.

Who plans tragedies? Nobody in their right mind wants to hurt. So, for me, I tell myself in times of trouble, it may even maybe a mantra also, “this too shall pass”, one day at a time “I will repeat these slogans as often as I need to...

Not so corny anymore!!!

*Reprinted from the
Nassau Intergroup Newsletter*

DISTRICT SERVICE MEETINGS

District 8 (Ramsey Co.)

Fairview Community Center
1910 Cty. Rd B West, Rm 108
Roseville
3rd Wed., 7:30 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)

District 26 (SE Ramsey Co.)

Grace Lutheran Church
1730 Old Hudson Rd.
St. Paul
2nd Sun., 7:00PM
Email: dist26-area36.org (for Zoom info)

THE FIRST YEAR OF NEW BEGINNINGS

MY name is Kara H and I have been attending AA now for over a year. To say my life has been drastically changed is an understatement for sure. Without the program I would not have the life I have today and most importantly would not have the relationship I have with my higher power. When I came to this program I was a broken, beaten down woman who wanted nothing out of life but to end the suffering. I couldn't imagine a life of happiness and one that I could walk through without having a drink in my hand. I thought my life of fun times and party was long behind me and now I would just have to endure the struggles without a place to escape to.

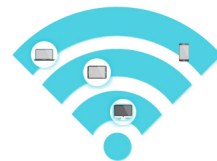
I was very fortunate to walk through the door for the first time having a sponsor and someone who could guide me in my first baby steps toward recovery. She opened my eyes to the work it takes to get and stay sober. Having done the steps, although not easy but worth it, it showed me that there was a life of joy far greater than I could ever imagine. I didn't know then the 12 steps would play such a huge roll in my life and ones that I would refer to often and daily. I was desperate to try something different as I saw countless examples of joy and peace around me so I decided to put aside what I thought I knew and to lean on the guidance around me. At that moment I submitted and my life began to change.

In the preamble that reads "Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program" (Pg 58 BB) Hearing those words for the first time was a bit overwhelming. I began to work this program honestly and saw the steps as they were my life line, because they were/ are, and did everything I had to do in order to make another moment and day sober. I leaned on the relationships I begun to form and slowly step by step gave my will and life over to the care of God as I understood him.

Today, although not perfect, I have mended broken relationships and live a life today of peace and joy. I have gained some lifelong friends that I don't know

if I would have ever met had it not been for the doors that were opened for me. My sponsor challenges me often not only in my thinking but in my will towards God. She gives me the space to learn the lessons I need to but also finding the inner strength and love I have for myself. Through her guidance she has shown me a door that I closed a long time ago with my dreams inside. Today that door is open and I am perusing passions I had long since forgotten about. I continue to be in search for the best version of me and continuing to ad- just my actions to be one of a trustworthy person. I apologize when need and act better causing less overall dam- age. I am but a child still in this discovery but as each day passes my life continues to get better. I can only pray to those new comers that find our doors that they will give themselves entirely to this simple program. "Remember we deal with alcohol- cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power- that one is God" (pf 58 & 59 BB)

Kara H.- Reprinted from Sunrise - Saskatoon & District AA Newsletter



VIRTUAL REGIONAL FORUM - WESTERN U.S. & CANADA
DECEMBER 19, 2020
REGISTRATION OPENS NOVEMBER 20, 2020
SEE WEBSITE AT: WWW.AA.ORG

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 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

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

2021 INTERGROUP BOARD OF DIRECTORS

WELCOME NEW BOARD MEMBERS!

Advisor to the Board (non voting)	Lindsey D.
Chairperson	Rachel P.
Alternate Chairperson	Robyn W.
Secretary	Jodie T-W.
Treasurer	Lisa L.
Alternate Treasurer	Renee B.
2022 Member-At-Large	Jennifer G.
2022 Member-At-Large	Elly C.
2021 Member-At-Large	Jeremiah W.
2021 Member-At-Large	Andrew LaB.
Manager	Dennis B.
Web Servant (non voting)	Jonathan L.
Web Servant (non voting)	Sergey K.
Night Owl Coordinator (non voting)	Robyn W.



Office Volunteers:

Laura S., Rachel, Lynn, Chris, Mary D., Frank D., Peggy, Jeff T., Jimmy D., Maroun,

TRADITION ONE

*Our common welfare should come first;
personal recovery depends on A.A. unity.*

WHEN I was asked to write what Tradition One means to me, I stared at a blank piece of paper for way too long. My expectation that my story had to be as perfect as a personal character defect which steered my mind in too many directions. It became unmanageable. So, I reflected on a lesson A.A. taught me: Slow down, clear the clutter running through my head and take a step back. Looking at the larger picture, and the principle of unity, reminded me my recovery functions as “a small part of a great whole.” (Bill W.) To put it simply, I need to be living on life’s terms, not mine. If I chose to continue living life on my terms, I will never be satisfied.

I am my own worst enemy. You know the saying, “left to our own devices...” At the beginning of my recovery, I realized that if I had had an ounce of integrity I would not have chosen, over and over again, to lie, cheat and steal.

I would not have hurt those closest to me, damaging personal and professional relationships. Now, today, I can listen with an open mind and act with integrity and conviction.

I used to think that to survive you had to be one step ahead of the other person. This was a false notion that festered from my childhood well into adulthood. High vigilance comes with a price, a cost paid for with my spiritual well being. When I stop the negative thinking, the definition of surviving has a different meaning. To survive on life’s terms, I had to learn to adapt. I had to conform to the principles of recovery to have any chance of surviving this disease I suffer from. As I have heard countless times, take one day at a time. I took this literally. Then the larger picture became clearer and as a result, more manageable. Sobriety is neither hopeless nor worthless.

Tradition One’s humility is a good trait to practice. The principle of humility reminds me that I am not perfect. I still have flaws. Gratitude helps me remember to accept my shortcomings and actively work to change the negative behaviors that no

longer serve me. They did at some point, but I grew increasingly tired of the person I had become. And I could not do this on my own.

For me, the unity I found in the fellowship was the driving force. This is where I met others with similar if not the same issues. I remember one thing that stayed with me from reading Tradition One: My life actually depends upon obedience to spiritual principles.

I learned to be accountable for my actions. I learned to be as humble as I possibly could and admit when I was wrong. I discovered gratitude for those who have suffered before me, whom I was able to relate to, and those who continue to find their way into the fellowship. This disease of alcoholism is ruthless, consuming everything. My faith was the first thing my addiction consumed without mercy.

Taking from the last part of Tradition One: Through finding faith within myself and in others, through committed measure that works to transcend all the defects of my frail craft, “every test of uncertainty, pain, fear, and despair, and even the death of one” (12 & 12, p. 131). On my path to recovery, I found faith in myself.

*Reprinted from the POINT
San Francis Intergroup
James Z.*

CREATIVITY IS THE ANSWER!!

Two drunks are driving down the highway drinking beer. All of a sudden they see a police car’s lights flashing in the rear-view mirror.

“What are we going to do?” asks the drunk passenger. “Don’t worry, I know what to do. Peel the label off your bottle and stick it to your forehead. Let me do all the talking.”

They pull over and the cop gets out. “May I see your license and registration?” he asks. The guy gives him his license. “Have you been drinking?” “No officer. We haven’t.” “Well, you were weaving back and forth. Are you sure you haven’t had anything to drink?” The officer asked. “I swear officer. I haven’t had a sip.” “Well why do you have beer labels on your foreheads?” The man answers, “These aren’t labels. We are alcoholics, and we’re on the patch.”

HOLIDAY SAVINGS

Not Available Online

BUT ONE - GET ONE FREE



Buy this

Get this free



Must place order, with payment, between December 1 and January 31, 2020. They will be delivered in February.



Let these guys hang around your wallet a little longer — save 15% on your purchase of AA literature if you spend \$100 or more. Advance paid orders must be placed between December 1, 2020 and January 31, 2021 to qualify.



*A Visual History
of
Alcoholics Anonymous*

— An Archival Journey —

Images shown not necessarily those used in the book.

The book mentioned on the left is a NEW publication by Alcoholics Anonymous World Services. It is being released on February 14th, 2021. However, it may be preordered from Intergroup between December 1, 2020 and January 31, 2021 for the discounted price of \$11.00. After January 31st, the price will increase for purchasers.

This book originated as the “souvenir book” for the 2020 International Convention. It is a “celebration of our history in words and images.” It includes a special focus on Detroit in A.A.’s history — and updated coverage of recent innovations in A.A. group life.

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

Change Service Requested

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Permit 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 Tanners (\$10.00/month)*, or *Fantastic Fifteeners & \$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 Fifteener (\$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