September 2023

24-Hour Phone 651.227.5502

Volume 59 Issue 9

## STEP NINE

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

This one sounds simple. And, true, it does not involve some of the more complicated mental probing required by several of the other Steps.

Having already made a list, in applying the 8th Step, "of all persons we had harmed, and became willing to make amends to them all," the path is clearly defined with all stops plainly marked. All we have to do now is start doing.

But the "doing" is not easy. It takes considerable courage to confess a wrong, even in private, and much more courage to confess it to the person against whom the wrong was committed.

The list very likely includes one or two previous employers whom we deceived in one way or another; friends whose friendship we abused; relatives whose sense of blood obligations we exploited; the mate whose trust, patience and persistent hopes we flaunted. To each we owe a debt, large or small, and merely saying "we're sorry" does not discharge the debt.

In fact, we actually do not have the right to the inward ointment that comes from saying we're sorry, unless we also have within us a sincere willingness to repay in full, whatever effort this may cost, and an equally sincere determination not to repeat the wrongs against anyone.

Most of us, by the time we reach A.A., have been going around for a great many years saying "we're sorry" after each wrong and lightly thinking that these words made everything all right again.

We've been annoyed if someone did not seem to accept our apologies as meaning much. How many can hark back and hear himself saying, petulantly, "What's the matter with him? I said I was sorry, didn't I?"

The 8th and the 9th Steps call for something more substantial, more tangible, more meaningful than words spoken casually. If it's money that is owed, it has to be paid back to the limit of ability to pay. If it's a debt of meanness, it has to be paid off with kindness. If it's neglect, as it is so often of one's family, then it can be balanced only by consideration and thoughtfulness. And let's not forget that debts of this kind-- of neglect, thoughtlessness, mistreatment--have been piling up for years. They can't be paid off in two weeks.

The qualifying phrase, "except when to do so would injure them or others," should prevent anyone from being righteously bullheaded, or stupidly "noble" about this. We are scarcely making amends if we dig something out of the past in which we had a part that will hurt someone else. The privilege of confession does not extend that far.

A helpful guide in the application of the 9th Step is the reminder that by making amends, where we can, we are doing no one else a favor; a favor is done us if those we have wronged accept our offer.

-Anonymous, A.A. Grapevine 1947

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



## AA – History Workshop

Area 36 – Archives Committee Saturday, September 16, 2023 10:00am – 12:15pm Woodlake Lutheran Church 2120 West 76<sup>th</sup> Street, Richfield, MN 55423

By observing AA's endless & abundant time-capsule, we can share and learn from others.

The Archives Committee would like to offer the ability for AA members to share in the Program's history, society, and elevation of the fellowship.

## ALL Are Welcome!

- ✓ Development & Discovery of Early AA
- ✓ History of AA in Minnesota
- ✓ Panel Discussions
- ✓ Speakers to Present Relevant Material
- ✓ Basic Intro & Conversation about Area36/MN Service Work

All participants will receive workshop materials & readings.

\*\*Snacks to be provided\*\*

## TRADITION NINE

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

The Ninth Tradition may easily be the most confusing Tradition of all. Just what does "organized" mean here? Many A.A.'s have read the Tradition Nine essay in the "Twelve & Twelve" and been left still scratching their heads. The following excerpt from Alcoholics Anonymous Comes of Age (pp. 125-127) might help, because it uses concrete examples to show what kinds of events led to this Tradition. — Ed.

Additional Thoughts by Bill W.

Considering how most of us have really loved controversy, this denial of the privilege of attacking something or somebody in public is no small achievement for the naturally aggressive people that we are. To make our survival as a fellowship sure, we have often gone far in the opposite direction. Years ago, for example, we stood in great fear of the misuse of the A.A. name by A.A.'s and outside groups who wanted to use it for their own money-raising, controversial, or public purposes. And we reflected that the bigger A.A. grew, the greater this temptation would surely be. Therefore we felt we had to find a way legally to protect the precious name of our society.

Our Trustees were advised that this could be done only by incorporating the name Alcoholics Anonymous in every state of the Union and in all foreign countries. We actually began this tedious, complicated, and expensive task, which finally bogged down in a mass of technicalities, red tape, and charters.

But the issue was revived with a bang when one of the large motion-picture producers suddenly came up with a script for a picture which they were going to call Mr. and Miss Anonymous. The proposed portrayal of A.A. seemed pretty lopsided and in rather bad taste.

Though they agreed to change the title, the company refused to do much of anything about the objectionable script. What, then, could we do about it?

We concluded that we ought to ask for an injunction against the company for misuse of the A.A. name. This prospect of legal action caused the company to revise the script more to our liking. Otherwise, we might have sued, forgetting all about A.A.'s principle of non-controversy in public. We were that excited.

After this moving-picture incident, our chairman, Bernard Smith, came up with what looked like a wonderful idea. As a lawyer, he thought Alcoholics Anonymous could easily obtain a Congressional Charter, an act of Congress which would protect the A.A. name everywhere.

This would put us in the same class as the Red Cross and several other notable organizations. It was thought that the mere existence of such a charter would restrain nearly all those who might be tempted to misuse A.A.'s name. And a legal bludgeon of this size and weight could easily be used on any who might still defy the law. It looked like a grand idea and we at the Headquarters were all for it.

But the conscience of Alcoholics Anonymous, its General Service Conference, had other ideas. The Conference pointed out to us how foolish it would be to incorporate A.A.'s way of life as a legal instrument with which to attack anyone, no matter what the provocation. We would not be content with such an instrument for purposes of pure restraint. Under enough provocation, we would be bound to start public lawsuits and thus enter the field of public controversy. It would be like building a war machine on the theory that it would always stay home and never fight. It would mean the legal organization of a fellowship whose Traditions insisted on its being unorganized. The Conference thought we ought to forget about the questionable advantages of legality and controversy and rely upon group and public opinion for our ultimate protection. After long debate, we at Headquarters saw that the conscience of Alcoholics Anonymous, acting through the delegates, was wiser than we were. So the Congress of the United States was never asked to incorporate A.A.

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#### St. Paul & Suburban Area Intergroup Representatives' Meeting Minutes, August 15th, 2023 7:30 pm

- 1. Opened with the Serenity Prayer, Introductions, and read the primary purpose of Intergroup
- Approved prior month's minutes (motion: second: Angle T. ). Motion passed with a majority vote.
- Financial Report, Bill C. see Treasurer's Report for full details. Total contributions for July increased from June and are now even with 2022. Sales dropped slightly from June and are now about \$2K below 2022. Operating cash fell from \$28K to -\$15.5K. Operational expenses this year were higher than last because rent increased, more part-time help, and we budgeted for more staff and a higher pay rate for the office manager. Prudent reserve is at ~\$49K of its \$60K goal. We remain below our needed average in contributions and revenue. If you have questions, email treasurer@aastnaul.org
- 4. Office Report Frank N see Office Report for full details.
- Night Owl Report Rachel P There are currently 7 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. Web Report Jonathan L. renewed hosting agreement, so we have a place to host the website for the next year
- 7. Update from the Board Eliot W. Tom (Outreach) let us know that there are no MIA meetings in the directory thanks, Tom! We went over upcoming events. We have some events in November that we will touch on more later in the Events sections. Our old business that we went over - a joint NYE event with Minneapolis, setting up recurring online donations - resulted in the creation of a finance committee for further investigation on this matter. Other topics included the hiring committee for an office manager (we are looking over resumes, we have received a few so far), we went over our AAWS outstanding bills and motioned to get those paid off (approx \$2600-2700). Frank was elected as the interim office manager. We discussed cleaning up the Bylaws and creating a one-pager job description to circulate information in advance of elections in November.
- District Reports District 8 no representative present. District 15 Just completed Washington County Fair assignment (all 40 slots filled!). Reimbursed fair admission fee for all volunteers so it did not cost them to volunteer. Meg H (Area 36 delegate) hosted at the end of July to give an update on the Ceneral Service conference. Her powerpoint is available on the Area 36 website. Next Sponsorship forum - September 12th - Christ Lutheran Church in Lake ELmo. Sponsor and Sponsee speaker. This is a quarterly program they provide in D15. Item for future interest: lit chair for Area 36 wants to do a joint workshop on the service manual later this fall. District 19 - no updates.
- Intergroup Events: Ice Cream Social. August 19th. 4:30PM at Lutheran Church of the Redeemer. There will be ice cream, a newcomer intro speaker, and 4 long timer speakers. We need volunteers for this event. Contact chairmastpaul.org if you would like to volunteer. Gratitude Night (Nov. 18th) - this will be held 6-10PM at Lutheran Church of the Redeemer. Founders Day (Nov 25th) - SPI will be selling literature at this event. For more information visit foundersdaymn.org. DoubleTree in Bloomington (same location as Gopher State Roundup).
- 10. Old Business Minneapolis Intergroup approached us about the idea of having a joint NYE event. Thoughts? Given the current finances of SPI, I would be reluctant to have to go to my various meetings and have to sell any kind of new event. Vote: All in favor of having a joint event in conjunction with Mpls intergroup? 7 - Yes, No - 2? Take it to your group and bring it back to your groups. Last year, Minneapolis had a very well-attended and well-publicized event at 2218 for young people but Minneapolis's NYE event was at a Lutheran Church in Richfield and in the past they've had them at the Convention Center. It was quite the downsizing from what they have had in the past. Without knowing more about it, it's hard to get behind this idea. The board will gather more information while the reps take the idea to their groups of a collaborative event.
- 11. New Business Motion to waive the sobriety requirement for secretary position until the end of the year. Secretary position For 13 Opposed - 0. Motion passed.
- 12. Eliot W Motion to waive bylaw requirement and allow Kelly to advance to the Board Chair role despite 5 months of alternate chair rather than one full year in that position. Vote - Yes - 12. No - 0. Motion passed.
- Group AA Announcements Firing Line open house anniversary banquet is Sunday, October 22nd. Event starts at 4:30. Food will be provided and a speaker.
- Suggestions for next month's agenda: Please email secretary@aastpaul.org.
- Grapevine Report Chris L. Volunteer for September: Jon C.
- Concept Review: Next month: Concept VIII & Concept IX: Lindsay C
- Mock Rep Report: Mike O. Volunteer for September: Kim B.
- Closed with the Responsibility Statement

Attendance:

Jon C - Third Edition

Mike O - Rule 62

Eliot W - Board Chair Frank N - Interim Office Mgr Keith I - Advisor Ken S - Como Park BB Kelly K - Secretary Hendrie G - Main Idea Bill C - Treasurer Chris L - OMD Sue C - Alt Women's Basic Text

Jonathan L - Web Servant

Tom W - Member @ Large Nancy T. - Dist 15 Liaison Dina - Hole in the Doughnut

Deb M - Pocketing our Pride Kim B - West End

Rachel P - Night Owl Chair Lindsay C. - Builders Big Book Paul C - Alt SPOSM

Nora - Happy, Joyous & Free Nancy R - Mendota Saturday 10:30

Next Meeting: September 19th 7:30PM

#### \*\*\*\*\*ELECTIONS ARE COMING IN NOVEMBER! JOIN THE INTERGROUP BOARD!\*\*\*\*\*

### WE ARE HIRING!

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

SPT'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, latergroup 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 state, 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 assential services to help the still suffixing Alcoholic.

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

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

#### Requirements:

- 3 Years of continuous solutety, 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 Doos, Google Sheets, Zoom, printers, plante systems, and point-of-sale systems.
- Knowledge of Quickflooks online or experience with mother accounting antiware 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 3th Tues of every month.
- Other responsibilities required to keep Intergroup operating effectively.

#### Position Open until Pilled.

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

#### MAKING AMENDS

When I found my way to A.A. in 2005, I thought my only problem was that I drank too much. Period. Of course I was also broke, in debt up to my armpits and my health was suffering. But at the root of all those problems, I thought, was that I drank too much and way too often.

I was wrong. I soon found out that my real problem was that I was completely self-absorbed and was unable to have any kind of meaningful relationship with anyone. I pooh-poohed God or anything even resembling Spirituality. I had been taught that Knowledge was the Ultimate Authority and everything else was essentially unnecessary.

That false perception would soon change as I began to work the Twelve Steps with a sponsor, and the one step which would ultimately change me forever was Step Nine. I did as I was directed by my sponsor. I made a list from my Fourth Step and prayed for willingness. My first amends went well and I began to see the Promises coming true.

Even though I had no money to make financial amends at this point I was told to pray for the willingness and pick up a phone and call my creditors to try to make some kind of arrangements. I met with all of the people on my list that I was physically able to, and I felt pretty good about myself for doing "such a good job" of repairing my past.

Then I came to a name on my list which I feared the most; my father. My dad was an abusive alcoholic and as children my brothers and I were often the targets of his rage. I talked to my sponsor about it and told him I really thought there was nothing that I could amend with my father because he had "obviously hurt me worse than I had hurt him." My sponsor asked me if what I had told him on my Fourth Step was true; that as a teenager I had spent days away from home without my parents ever knowing where I was or whether

I was alive or dead. He asked me if it was true that I had threatened to kill my father.

And then he asked me the question which changed my perception forever. He asked if I thought that was how a son was supposed to act towards his Father, regardless of how I had been treated? In light of the work I had done thus far, did I still believe I was justified in my actions towards him? I asked God for an answer and the next day I made a call to my father and I made my amends.

When my Father died two years later, there was no more hatred in my heart for him, nor did I feel sorry for him. I was not glad that he was gone. What I felt was compassion and an understanding that there was a sick man. I should never treat sick men poorly. It is a lesson which I carry with me always theses days and one which I learned for the first time as a result of working the Ninth Step.

-Anonymous

## **SAVE THE DATE**

SAINT PAUL INTERGROUP'S

GRATITUDE NIGHT
NOVEMBER 18TH @
6PM

LUTHERAN CHURCH OF THE REEDEEMER (285 DALE ST)

# 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:



## 2. 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

#### **AREA 36 PINK CAN PLAN**

THE PINK CAN PLAN COLLECTS FUNDS TO PURCHASE AA LITERATURE FOR ALO-CHOLICS IN CORRECTIONS FACILITIES IN SOUTHERN MINNESOTA.

#### MAIL CONTRIBUTIONS TO:

PINK CAN PLAN
PO BOX 41633
PLYMOUTH MN 55441-0633

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#### "No Middle of the Road Solution"

Join us for an inclusive event practicing recovery, unity, and service!

October 6 - 8, 2023

Best Western Plus Eau Claire Conference Center 3340 Mondovi Road, Eau Claire, WI 54701 Call (715) 838-9989 to reserve a room.

\$20 with pre-registration

Panels \* Hospitality Room \* Ice Cream Social

Friday, October 6 Kent C., AA, Sandusky, OH Saturday, October 7 Iris R. Al-Anon, Kenosha, WI Polly P. AA, Jacksonville, FL Sunday, October 8
Rachel Z., Al-Anon, Eau Claire, WI
Brott Z., AA, Eau Claire, WI

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		v	www.recoveryontheriver.org	Cash/Check/Credit Card
			stration@recoveryontheriver.org	Checks can be made payable to

# DISTRICT SERVICE MEETINGS

#### 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 (Washington 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)



#### 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, MIN 55110-0401 To FISVP - please call 651-227-5502

## 2023 Intergroup Board of Directors

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

#### **GREEN CAN PLAN**

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



#### **CHECKS CAN BE SENT TO**

ASL FUND

PO BOX 131831

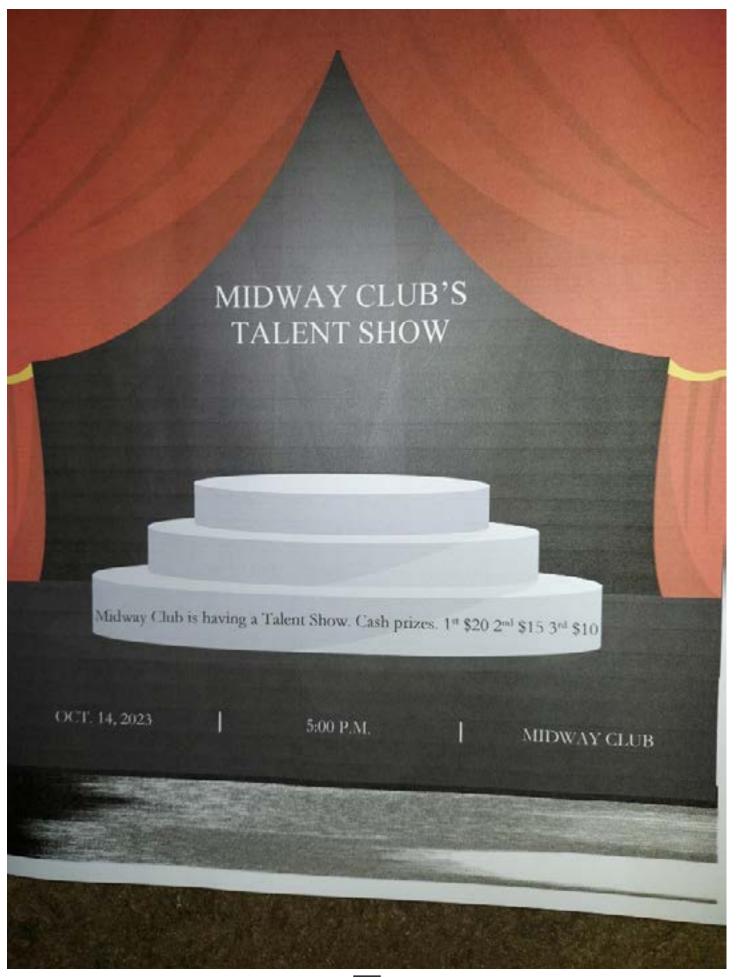
ROSEVILLE, MN 55113-0020

OR

CONTRIBUTE ELECTRONICALLY

**VENMO @ASLFund-DistrictEight** 

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



# THOUGHTS FROM THE BOARD

#### THE CAKEWALK

Earlier this year, Saint Paul Intergroup held an event called "The Spring Fling." It was an afternoon of activities, food, and fellowship, followed by an evening of speakers. I was part of the team that was on site to help with organizing and helping out as needed. There was bingo, face painting and art projects for kids (of all ages). I knew in advance that one of the activities was called a "cake walk." I'll be honest, I had no idea what a cake walk was, so I googled it to find out. It's actually musical chairs and the winner gets cakes!

During the afternoon, people were arriving and I was helping at the door. A group of gents arrived who were residents of a nearby sober house. One of them had tattoos on his neck up to his chin and a long braided pony tail. He appeared to be in his late twenties. He quietly said that he didn't have any money and asked if

he would still be able to come in. I assured him and some of the others they were welcome. I'll be honest, I thought to myself that they would probably not be interested in the Cake Walk. Boy was I wrong! They laughed and whooped and hollered as the music played and they walked in the circle around the chairs with others, including a boy and a girl who were about seven or eight years old. And when the music stopped...a mad scramble to find a chair. Slowly but surely, everyone was eliminated, including the two young folks, except for two of the gents from the sober house. When the music stopped, there was a winner who received two cakes. And what did he do? He gave the cakes to the two kids.

This, to me, epitomized one of the reasons for Saint Paul Intergroup's existence: to plan and host events that bring people together, especially folks new to AA. As it says in the Big Book on page 89: "Frequent contact with newcomers and with each other is the bright spot of our lives."

- Tom W Board Member at Large





Calls



Office Calls

76



Meeting Info Calls



Speakers Calls

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

A Baffled Lot
Burnsville - Primary Purpose
Como Park BB
Day by Dei Online Women's
Forest Lake Alano
Friday Nite 12x12 By The Book
Highland Park Groups
Hole in the Doughnut Group
Maplewood Groups
Mendota St. Peter's Sat 9AM
North Hamline
Oakdale Woodbury Sun Group @
Canvas Heath
Oasis Group - Apple Valley
Pocketing Our Pride - Mpls

Ridge Runners II Sat 830 AM
River Falls Alano
Roseville Wed Night
Saturday Morning PS Meeting
Saturday Morning Serenity Group
Sisters of Serenity
St. Joes Monday Night - Stillwater
Stepsisters of Northfield Group
Thursday Night Big Book - Nfld
Una Luz en el Camino
Uptown Group
Vadnais Heights Groups
Valley Creek Thursday Night
Wednesday Night Men's 12 x 12

- 35 A.A. Groups contributed \$4,473.36
- 38 Faithful Fivers contributed \$890.50

Thank You So Very Aluch! St. Paul & Suburban Area Intergroup 33 Wentworth Ave E Suite 355 West St. Paul, MN 55118-3431

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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 Tenners (\$10.00/ month), or Fantastic Fifteeners \$15.00/month).

1. Contact Information:	3. Choose a Payment Method:
Name:	☐ Credit Card/Debit
Address:	☐ Visa ☐ MasterCard ☐ AMEX ☐ Discover
City: State: ZIP:	Card # / / /
Phone:Email:	Expiration Date:/
	Name on Card:
2. Amount & Frequency:	Nume on Cara.
Amount \$ Frequency: (check one)	Signature:
2. Amount & Frequency:  Amount \$  Frequency: (check one)  Monthly Quarterly Bi-Annually Annually  Start on://	Signature: