



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

My first undertaking of Step 8 came when I was about 5 months sober....and it came on me MUCH quicker than I had expected! But let me back up a bit. When I first came to Alcoholics Anonymous in 1992, I didn't know anything about it. I didn't know what steps or a sponsor was, and I barely knew what a meeting was. But I was miserable enough with the life I had to exchange it for anything; even if that meant Blind Faith in something I knew nothing about. When I met my sponsor for the first time, it was one of those AA miracles. She was speaking at a meeting about step 4. She had never been to that meeting before and neither had I; And neither of us has been there since! But we were both there that night and she shared what was, then, the most attractive message I could have heard. She said she was "cleansed through the process of the 4th step". I was about 3 weeks sober at the time and I was beginning to remember all the degrading, humiliating things I had done while drinking. I was feeling dirty and ashamed and more than anything at that moment I wanted to feel clean. It was a message that carried "depth and weight" for me and even in my early sober fog I heard it loud and clear. So when I asked her to be my sponsor (not REALLY understanding what that meant. Only that EVERYONE I met asked me if I had one) I was prepared to be cleansed.

So we started working the steps. Every week we would meet at her kitchen table and read the Big Book out loud together. When the book said to think, I thought. When it said make a decision, I made a decision. When it said write, I wrote. I did this all with my sponsor's guidance, since on my own the book would have made NO sense at all. I did the 4th step work and I WAS feeling cleaner. But then that fateful day came when it was time to share that process with her. After all, she said the process of the 4th step would cleanse me. And the 5th step is the final stage in that process. I almost threw up the day before! But when it was all over I DID feel cleansed. More than that even. I felt reborn. Like I wasn't even me anymore. That was what I had been looking for my whole life, after all. It was the reason I drank. I didn't want to be me. I heard a speaker say once, "All I ever wanted out of life was OUT!" I hated who I was and drinking only exacerbated that feeling (even though at first it erased that feeling). But now, for the first time in my life, I felt cleaned out. New. Whole!

After my 5th step my sponsor asked me to go home and get the Big Book down off my shelf (or my night stand, as the case may be) and she gave me direction on doing steps 6 & 7. And then, suddenly, in one day, I was at step 8!! As I looked over my (extremely long) list of people I had hurt/ resented, I felt a feeling of Peace come over me. I looked at that list and realized I didn't resent those people anymore and I was truly, truly sorry for the pain I had caused each of them. I was entirely willing to go to any one of them and let them know how I felt and what I was willing to do to make it right. (Later, when I actually did step 9, some of that willingness was gone. And I had some big fears about the reality of approaching some of them. But I did it with my sponsor's guidance).

But that night, right there on my bed, looking over that big, long list of all my hurts, harms and defects, I was completely aware of my wrongs and absolutely willing to set things right. Before that night, I was not even aware of the hurt I had caused others. I was not even aware of how blindly I rushed through life pushing and gnashing at anyone in my way just to get what I thought I wanted. Step 8 was the true beginning of seeing how much affect I can have on the people around me and it has afforded me the opportunity to begin to repair the damage and hurt I caused (and can still cause) today.

The Lifeline

Tradition Eight: Alcoholics Anonymous should remain forever non-professional, but our service centers may employee special workers.

This rarely quoted Tradition sometimes engenders interesting thoughts and responses from AA members. There are those who see these special workers as some kind of elite and all-knowing AA members. Then there are those whose view is along the lines of "who do they think they are?" And then there are members who aren't really sure what to think, so they just avoid contact unless absolutely necessary. They do, however, look at anyone called a special worker with the same kind of look you would use in biology class when dissecting frogs—a mixture of fear, interest and unease.

I would like to offer a new term to replace "special worker." I would like to call these folks special observers. (I am NOT suggesting a change in the Tradition—just a change in understanding the term). Working in the Intergroup office, for example, these workers get to see all aspects of the AA experience—from the fully intoxicated drunk (yes, we still get them) to the member who proudly claims to have been sober since the day after God was born. Each visitor brings with them a revelation, to those who are observing, about alcoholism and the AA way of life.

This broad spectrum of views brings with it the opportunity to observe all of the manifestations of how to work the Steps, as well as all the machinations on how to appear to work the Steps, while avoiding them. This ranges all the way from the person who must think Patience is the name of a pet—something that appears on demand, to the person who seems to believe it to be immobility itself.

But regardless of those potentially endearing, or enduring, foibles that seem to appear obvious we are the recipients of a gift. Those of us who are fortunate to serve you—the AA member and the still suffering alcoholic—always get a constant, and constantly changing, view of the desire, commitment and dedication required to be a sober and active member of Alcoholics Anonymous. In that sense, our observations provide us with the benefit of a constant reminder of what the AA program has to offer and the inspiration to seek it. For that gift we are immensely grateful!

So, the term "special" applies to what we are fortunate to receive through what we observe rather than what or who we are! This type pf experience, I might add, can easily be enjoyed by any Intergroup volunteer or general service worker.

Thank you – God Bless!

Dennis B., Office Manager

Step Eight—Continued

The next day I did make a physical list of people I had harmed. I wrote two lists. The list of people I could get in contact with (sometimes doing some digging to find them, but I knew I could find them) and one list of the people I knew I could never reach (they were either dead or I didn't even know their names). The latter list was God's list. I was entirely willing to set right my wrong if God placed that person in front of me. But he would have to do the placing. I now knew my harm and to be unwilling to set things right would have been like spitting into the wind. It would only hurt me more in the end. If I had to pick the one thing I learned most in doing step 8, it would be that there is often a vast difference between the things I want to do and the things I am willing to do. The longer I am sober, the more those two things match. But I can tell you, honestly, in my first 1 -5 years of sobriety...those two things rarely matched. It has been the active practice of step 8 that has helped them merge closer and closer together.

Yours in Love and Service, Heidi A.

(Reprinted from August 2004 Lifeline)

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 right to edit submissions for clarity, language, length, and content that might violate A.A.'s Traditions, etc.

Thoughts From Your Board

On page 139 of the book Alcoholics Anonymous: Comes of Age, Bill Wilson writes: "AA'S Twelfth Step, carrying the message, is the basic service that our fellowship gives; it is our principle aim and the main reason for our existence. AA is more than a set of principles; it is a society of recovered alcoholics in action."

In the foreword to the second edition of the Big Book Bill Wilson writes that; " it is indicated that strenuous work, one alcoholic with another, is vital to permanent recovery."

Service began on my first day of sobriety when I met a man who was to become my sponsor mopping the floor of a basement church. He taught me that service would become the key ingredient to my longtime sobriety and recovery. He taught me the ABC's of sobriety: Ashtrays, Brooms and Chairs.

Clean the ashtrays, sweep the floor and set up the chairs. He taught me about the 20 20 club. Twenty minutes early and twenty minutes late. Come twenty minutes early and greet the fellowship and twenty minutes late to help any newcomers that may of attended. I took these suggestions and continued my service work. I feel dedicated to AA I mean its only right since by the grace of God and the AA community I stand among you. I got sober in New York City where I made many pots of coffee chaired the literature commitment and finally after ninety days I was to speak at my first AA meeting where I helped my sponsor mop the floor which was my home group. After that I could chair meetings. As I worked through the literature and worked through the twelve steps I was now ready to share what was so freely given me to another hopeful alcoholic. In my third year of sobriety I was elected treasurer. After five years I became the Intergroup Rep. of my home group. After moving to Saint Paul, MN with over ten years of sobriety I jumped right in getting a sponsor and a home group at the Uptown house. I again found the ease and comfort when working with others that has led me to becoming A Member at Large volunteering my time on the Saint Paul Intergroup Board. Another member and myself hosted the Saint Paul Intergroup suite at Gopher State. I would strongly suggest if you're new or coming back find a group that you are comfortable with and take a service commitment that will enable you to become part of this Society of men and women to which we owe a great deal of gratitude to. I hope to see you all as we trudge the road of happy destiny.

Respectfully,

Jimmy D., 2019-20 Member-At-Large

District 8 Report

District 8 continues to be busy carrying the message to the still suffering alcoholic.

Our Accessibilities Chair with his committee continue to work on the Karen translations, Alfred attended a meeting at the VA regarding AA meetings for veterans. The committee is making a list of meetings that provide childcare and is considering posting flyers with this information in AA places.

Our Literature Chair is continuing to distribute pamphlets to various offices. She also told us about the new book "Our Great Responsibilities" which highlights Bill W.'s talks at the General Service Conferences.

Our Archives have found their way back to us, so our chair is in the process of organizing them.

We were able to have a booth at the Ramsey County Fair in July.

I had the opportunity to spend three weeks in Europe with my cousin and was able to attend two meetings while I was there. I brought my cousin to an open speaker meeting at the American Church in Paris which has an interesting history. The other meeting was in the village where my cousin lives. The format varies a little from our meetings, but the message is loud and clear, all the same.

Our joint workshop with District 13 was very successful. We had a fantastic group of panelists on "Taking Inventory", lots of people attended, the discussion was good and so was the food.

District 8 and St. Paul Intergroup joined together to hear the delegate's report along with a potluck at St Paul Intergroup's June meeting.

We still have some service opportunities available and are always looking for volunteers to help with our mission to help the still suffering alcoholic.

Please come to our district meeting and get involved. The district meeting is the third Wednesday of the month at 7:30 pm, held in Room 108 of the Fairview Community Center on County Road B between Cleveland and Fairview Avenues. Everyone is welcome; you do not need to be a GSR (General Service Representative) to attend.

Thank you for letting me be of service,

Sue M., District 8, Area 36 DCM

Saint Paul Intergroup's

2019 Annual Ice Cream Socíal

&

Long-Timers Recognition

Enjoy an Ice Cream Social and join in recognition of those with more than a quarter century of continuous sobriety!

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

WHERE:

Lutheran Church of the Redeemer 285 North Dale St. St. Paul, MN 55103 Hear how they did it!



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

ASL interpretation available upon request. Please contact staff at Intergroup by Wednesday, July 31st to secure arrangements.

Announcements & Updates

HOOTS!

WANTED: One New Night Owl Committee volunteer

The Night Owl Committee members take turns carrying the back-up Phone for one week at a time. We help out if a volunteer has a problem and we also make the reminder calls. Requirements: >1 year sobriety >Answer the back-up phone during your rotation

>Experience with Night Owl >2 yr 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 <u>nightowl@aastpaul.org</u>.

Group and Area News

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

Please Let us know about any meeting changes, new meetings, or any meetings that are no longer. Please email: lifeline@aastpaul.org



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

Upcoming Night Owl Orientations: Saturday, Aug 17th, Sep 14th, Oct 19th 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



Your News?

We invite you to share your AA news here! Please send your items to: *lifeline@aastpaul.org.*

We look forward to hearing from you.



St. Paul Area Intergroup Representatives' Meeting Minutes, June 18th 7:30pm

No Minutes. Delegates report to joint meeting of District 8 & St. Paul Intergroup Representatives.

Trustee's Report (Con't.)

A General Manager in A.A.?

From a purely legal perspective, the GM is actually simultaneously an employee of A.A.W.S. and GSB, technically split about 50/50. While publishing needs to be profitable to pay for its overhead (and profits are also used to fill the gap between contributions and cost of services), and the services to the fellowship and to the GSB are all but considered mandates, the GM is put into a very challenging position. Being president of A.A.W.S., managing it is a full-time job. Because GSO provides services to the fellowship – the real owners of A.A. spiritually speaking – and the GSB is the owner of A.A.W.S. and is the custodian of the A.A. world services, and the GM is employed 50/50 with A.A.W.S. and GSB, the GM will always have to reconcile and resolve any conflicts that may arise. Indeed, the seventeen remaining items in the "Duties and Responsibilities" include a vast amount of management requirements to insure A.A.W.S. and the GSB --- his two employers --- are always served.

Just like the trustees have fiduciary responsibilities of Duty of Care, Duty of Loyalty, and Duty of Obedience, the General Manager, as a director on the A.A.W.S. corporate board, has the same duties. Plus, because the GM serves the GSB, nothing done at GSO through the GM can be contrary to the trustees on the GSB to meet the same fiduciary requirements.

With all these requirements – A.A. Tradition, A.A.W.S. Bylaws, Concepts, New York state non-profit law, GSB Bylaws, and simple but important requirements to be a servant as an A.A. member in this prominent position, the General Manager plays an important, vital role in the continuing success of our service operations.

By the way and on a personal note, Greg T., our current GM is the finest and most capable person we could have in the position of General Manager, and I hope you have the chance to meet him at the West Central Regional Forum or other service event in the near future.

Yours in Service,

Tom A.

WCR Delegate

2019 Steering Board:	Office Calls/Visitors—June 2019						
Chair: Rob C.	Meeting information	71					
Alternate Chair: Linsey D.	Inventory/hours/location	22					
Secretary: Rachel P.	12th Step calls	2					
Treasurer: Justin D.	Temporary sponsor	27					
Alternate Treasurer: Mark J.	Speaker request	27					
Members-at-Large 2019: C.J. M. & Vance O.	Staff & Other Calls	100					
Members-at-Large 2020: Mike C.	Total Calls	249					
Advisor to the Board: Lesli D.	Average Calls/Day	12.5					
Manager Dennis B.	s B. Total Visitors						

August 2019 REPS' MEETING: Tuesday, August 20th @ 7:30 PM SAINT STANISLAUS CHURCH (Church Basement) 398 West Superior Street; St. Paul, MN 55102

August 2019

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

The Lifeline

Number of Group Contributors	24
Total Group Contributions:	\$3244
Number of Faithful Fivers:	32
Total from Faithful Fivers:	\$1705

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 of the FANTASTIC Office Volunteers who helped in June

Andrew C., Austin M., Caleb A., Cheryl B., Chris H., David D., Frank D., Gordon F., Jimmy D., Jodie T-W., John K., Julie S., Kelley N., Kathy K., Laurie P. Lee V., Marc S., Matt A., Max L., Stephen W., Steve L., Ted C.



JUNE CONTRIBUTIONS

Thanks to all the Group that contributed in June

11th Step FINE Group

Amazing Grace

Anoka Day By Day

CRC Friends of Bill W.

Dakota Alano

Dakota Alano WED 8PM

Forest Lake Alano

Gratitude in Action

Grovers Thursday Night

Happy Hour Men's Meeting

Highland Park Groups

Lake Elmo Thurs Night Group

Maplewood Groups One More was Added to the Fellowship

Rosemount Groups

Saturday Morning PS Meeting

Saturday Morning Treats

Shoreview 12 x 12

South Saint Paul 301 Club

Third Edition Group

Third Tradition Northfield

Uptown Club

Women with Wings

Woodbury Primary Purpose



Thanks to our AWESOME Night Owls too!

Delegate's Report

Hello St. Paul and those of you who this Newsletter reaches. I just received this from your General Service Office in New York. I thought I would share it with you and some personal thoughts and questions. Part of it is from some of Bill W.s writings.

On Trust- The Spirit of the General Service Conference

So, since 1951 we have been holding these yearly Conferences, to see whether this movement was interested enough, was responsible enough, felt those services were worthwhile enough, to maintain so long as God will need this Society. And I think it's the conclusion of every delegate who has been there that yes, we should take these things over. So, in 1955 we propose to hold an International Convention, at which time, on behalf of the oldtimers, and of Smithy and me, we shall say to you, here is the remainder of your Third Legacy. The Conference shall become our successor. To you we hand the last torch. Carry on. Face your destiny with sure-ty and courage, and God Love you."

- Bill W., speaking at the 1954 Texas State Convention

At the 1955 International Convention the General Service Conference was designated as the actual voice and the effective conscience of our whole Society. This was done over the objections of those who worried that such a gathering would result in politics, confusion, expense and fruitless strife. Our founders had faith that future generations of A.A. members could effectively take responsibility for maintaining our vital world services.

Every delegate, trustee, director and staff member who serves as a voting member of the General Service Conference is a direct, personal beneficiary of that faith.

Each of us justifies that faith by participation at the Conference in a spirit of fellowship and trust. We are respectful of the committee system which brings matters to the Conference for consideration. We trust that a democratic process engaged in by people acting in good faith will be in the best interest of our fellowship, even though we may not agree with all of the decisions made. We trust that future Conferences will carry on A.A.'s wonderful legacy of service, just as those who came before us have placed that same trust in us.

"Therefore we expect that our Conferences will always try to act in the spirit of mutual respect and love one member for another. In turn, this sign signifies that mutual trust should prevail; that no action ought to be taken in anger, haste, or recklessness; that care will be observed to respect and protect all minorities; that no action should ever be personally punitive; that whenever possible, important actions will be taken in substantial unanimity; and that our Conference will ever be prudently on guard against tyrannies, great or small, whether these be found in the majority or in the minority. The sum of these several attitudes and practices is, in our view, the very essence of democracy — in action and spirit."

- The A.A. Service Manual, page 75 (Bill W.'s Commentary on Concept XII)

So the questions I ask of you (the Fellowship):

•Are we interested enough, are we responsible enough and do we feel the services are worthwhile enough?

•Are we becoming too "political" in our General Service?

•Do we still use and believe in the "Committee System" that is so well used in our Area as well as at the General Service Conference?

Are we willing to do the footwork necessary to maintain this fellowship or is God saying that our time is up for Alcoholics Anonymous as a n organization?

•I am willing to be responsible and available to keep this thing going that truly saved my life almost 22 years ago!! I have heard that General Service is too political! I do feel that we could be more "newcomer friendly" in the General Service Structure of Area 36!! I could explain the Service Structure better and intend to as much as opportunity allows. I want new people to General Service to understand what they belong to as it currently exists!!

Yours in Service, Missy P., Area 36 Delegate Panel 69

Word Search - August 2019

J	X	W	Μ	Ρ	Μ	С	0	Μ	Μ	E	Ν	С	E	D	R	J	W	I	V
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 Down:

 1). cornerstone
 3). consequences
 5). resolutions
 8). hereafter
 9). agnostics

 10). unbalanced
 11). unmanageable
 13). radically
 17). obsession
 18). everyday
 19). tangible

12 and 12 Crossword Puzzle - August 2019



Trustee's Report

A General Manager in A.A.?

If you have or will attend a Regional Forum, listen to a delegate report, read a General Service Office (GSO) Quarterly Report, or virtually have any contact with what is often referred to as "New York" in A.A. parlance, you will likely read or hear mention of "the General Manager" included in your experience. While I could write this article on the exceptional person we currently have (and we do have an exceptional person) filling the General Service Office (GSO) senior employee position of General Manager (GM), I will instead frame the role and responsibilities of your GSO GM to help you understand the nature of our service office and its senior manager serving the A.A. fellowship.

While A.A. is a spiritual fellowship, of necessity within our service structure we have three corporations for our world services. (Details on these corporations, A.A. World Services (A.A.W.S.), AA Grapevine (AAGV) and the General Service Board (GSB) can be found in recent issues of LIFELINE.) The Twelve Concepts of World Service describes in great deal how these corporations function and is outside the scope of this article. However, a couple salient points are that the trustees, who compose the General Service Board, function predominately as custodians and delegate day-to-day operations to A.A.W.S. and AAGV, two affiliate corporations tasked with unique missions.

When A.A. members refer to the "New York Office" the are really referring to GSO. However, the office itself is not a legal entity in and of itself. Rather, most employees work for A.A.W.S. and about ten work for AAGV. AAGV has its own head for management purposes, titled "Publisher". A.A.W.S.'s senior employee is the General Manager, and this position is also the President of A.A.W.S. and serves as a Director on the Board.

Here is where it gets a bit complicated. The employees at the GSO provide a wide array of departments and services. The Publishing Department is its own business unit, and A.A. develops, maintains and licenses a very large quantity of literature domestically and coordinates even more licensing of literature globally. What provides the direction for the publishing departing is the A.A. fellowship, by way of new pamphlets, books, and wide array of other multimedia items. Driving all of this is the basic reason for A.A.: to carry the message to the still suffering alcoholic.

Besides asking GSO to publish literature, the fellowship via the General Service Conference (GSC) tasks GSO with service needs year-around. Between all this publishing and service work, over ninety people need to be managed. With sales of approximately \$15 million and contributions of well over \$8 million, this is a very sizeable fiscal responsibility. This is where we rely on the the General Manager – to insure all of this is done effectively, efficiently, properly and within the boundaries of A.A. Tradition. In fact, the first item in the GM's job description lays this out:

Oversees development of specific goals and basic policies for G.S.O. to achieve the service and publishing objectives established by the Conference, General Service Board, and the A.A.W.S. Board; reviews G.S.O. goals and major policies with the Boards, through the applicable committees where appropriate; secures their acceptance and support; ensures that objectives, goals and policies are appropriately interpreted by G.S.O. personnel and are properly administered.

All these 90+ employees are employees of A.A.W.S., and that includes the General Manager. But it gets a bit more complicated. Sometimes those service needs are not directly to the fellowship. Instead, the fellowship via the General Service Conference (laid out in the Conference Charter) tasks the GSB to accomplish many service activities between Conferences. Because the GSB is largely a custodial body of trustees, the GSB often places the tactical work that needs to be done on employees at A.A.W.S. From a management perspective, the GSB actually asks the GM, not the employees directly, to utilize the employees of A.A.W.S. to do the work. What this means is now the GM has to serve another corporate body (GSB), the actual stockholders of A.A.W.S. (Continued page 7) St. Paul & Suburban Area Intergroup 608 7th Street W. Saint Paul, MN 55102-3010

Change Service Requested



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:	3. <u>Choose a Payment Method</u> :							
Name	Credit Card/Debit Card*							
Address								
City State ZIP								
Phone Number	Card #/////							
Email	Expiration Date:/							
2. Amount & Frequency:	Name on Card							
Amount: \$ Frequency: (check only one) Monthly Quarterly Bi-Annually Annually Start on/ Faithful Fiver (\$5.00/month)	Signature							
☐ Terrífic Tenner (\$10.00/month) ☐ Fantastic Fífteener(\$15.00/month)	Saint Paul Intergroup 608 7th Street W. Saint Paul, MN 55102-3010							