

The Lifeline



January 2020

24-Hour Phone 651.227.5502

Volume 56 Issue 1

ME—AN ALCOHOLIC?

Step One

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

The First Step is like dipping your toes in the water. Some may have tried it before, yet not taken the first step in. Other’s may test it and dive in. For me, taking the first step towards that pool of AA wisdom was like asking me to stick my toe in boiling hot lava. “I am not an alcoholic!” I declared! Really, I was. I was just in major denial. I was soon to realize that it was God that lead me to treatment, but first I needed to come to terms with my powerlessness and unmanageability.

I failed Step One though. I thought, “my life is not unmanageable”. I was sixteen, I thought, I didn’t have enough obligations to be unmanageable. The truth of the matter was that I was fighting with my family and getting F’s in school. I was hanging with the wrong crowd too. I had lost all my good friends to chemical use and dysfunction.

My fantastic treatment counselor finally got through to me. On a second attempt at presenting Step One, I

The First Step is like dipping your toes in the water.

uttered the words, “I am powerless over my addiction. My life is unmanageable,” based on the life situation that I again revealed. It was like fireworks went off in my mind. What a celebration! No longer did I need to carry the shame, or the burden of self-ignorance. I was able to be honest with myself.

“The truth shall set you free,” as the saying goes. It certainly helped put me on that path. I had made a list of all the unmanageable things that I had done. Wow, was I out of control....stealing, lying, manipulating. I was so powerless over my need for drugs and alcohol. The timing could not have been better for my mom to send me to rehab. For that, I am forever grateful.

Everything happens for a reason, I eventually came to believe, shortly after. This is what helped lead me to a spiritual realization, but first it was necessary that I peel open my eyes to finally notice that I was sitting in the bottom of a hole. The first step that I took out of that hole was the First Step of Alcoholic’s Anonymous: *I admitted that I was powerless over alcohol and that my life was unmanageable.* Finally, I could take a breath. No longer did I need to keep consuming as many chemicals that I could get my hands on. I was then free to let go, preparing the way for me to eventually let God

Metta T. - St. Paul, MN.

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, 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.

St. Paul & Suburban Area Intergroup, Inc.
608 Seventh Street West. - St. Paul, MN 55102

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 1 PM

WHOSE IDEA?

Tradition One

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

A very wise person once suggested that unity was not at all about thinking or even acting alike. It was, in fact, about moving in the same direction. How many of us, when we first hear about Tradition One think quite differently? Doesn't it really mean we all have "to be on the same page?"

So if I'm understanding this correctly, I can have a different idea of how the group or A.A. should work from my friend Sam? And we don't have to get into an argument about who is right or wrong? Is that what this person suggested? The answer, in essence, is "Yes!"

How is that possible? How can people have different ideas about how to operate and still get along? Why don't they have to argue it out until one of them is proven correct?

Well, it's all in the focus of the discussion. If I focus on 'who' is right or 'who' is wrong - then disagreements are almost certain to happen.

So the lesson in Tradition One is about what we focus on, rather than who we focus on. It's actually kind of a sneaky way to get us ready for Traditions Eleven and Twelve, where we place our focus on principles.

We like to think of ourselves as "solution-based" people, now that we are sober and at least somewhat sane. So it is only natural that when discussing our group or Fellowship problems we would want to start right in proposing solutions. After all, haven't we been restored to sanity? Certainly we have been restored to sanity regarding the drink problem - but a visit to any group conscience meeting would certainly create questions about how far beyond that this newfound sanity has progressed.

Alcoholics Anonymous, being a program of many paradoxes, continues to offer a paradox here. That paradox being that by not focusing on solutions - we find one! Amazing how that works - almost makes ones brain hurt.

When we begin to share our understanding of any problem under consideration, we move away from the "me and you" approach and move into the "we" approach. When 'we' begin to seek to better our understanding of what the problem facing us is all about, it bring us together as brothers and sisters in a common goal. That goal being the survival of our group and society.

So the question we ask changes from "what is the problem" to one of "how do you see or understand the problem?" Changing the question also changes who can be a valuable participant in the discussion. Even the newest member can offer their insight into the situation. When we seek solutions - they are often left bewildered and feeling unwanted. But when their sense of something is sought ought - they now feel a part of the group and Fellowship they desperately need.

In this context think of Bill W. when he presented his opportunity to become a counselor at Towns Hospital. He was virtually broke, living in the spare bedrooms of other members to get by. Yet, he listened to the

UNITY ISN'T THINKING
THE SAME - IT'S MOVING
IN THE SAME DIRECTION.

understanding that each member of the group had - all of whom were sober with less time than he - and eventually opted to remain poor at the groups suggestion. That group didn't provide him with a solution to his financial problems — they offered him an understanding of the

situation on which he could base a decision.

Tradition One provides each group, district, area and Intergroup with the opportunity to focus on understanding the issues facing them. And in so doing, develop a greater unity amongst their members and each other. This bond of unity is created through the common desire of each member to ensure that what they need in order to improve their sobriety and spiritual condition remains in place.

And so we reach the point at which we are not in competition with one another individually or between entities—we are, in fact, moving in the same direction, in a common cause. Through our seeking the understanding of the problem, the solution has presented itself without any personal authorship, but through a collective understanding.

Anonymous
St. Paul, MN



SHARE YOURSELF

– PERSONAL OPPORTUNITIES –

The upside down service triangle provides each member with the opportunity to be heard, typically through a proxy who is a trusted servant that represents the individual. This is your General Service Representative (GSR), your District Committee Member (DCM) or your Delegate.

However, other opportunities exist for an A.A. member to be heard on a direct basis, with no one between the source and destination. Ironically, most members will only hear of these opportunities through the proxies listed above. Hence, the probability that you will become aware of these opportunities may be dependent on the active voice of a trusted servant in your group. The goal of this article is to amplify or supplement that channel, with hopes that you, the reader, will take an opportunity to directly participate and share your voice in A.A.

First are the local opportunities that are worth recalling. These are the general service structure meetings commonly held monthly that are always seeking fellowship sharing: your home group business meeting, your district meeting, your central office/Intergroup meeting (if applicable), and your area assemblies. Much can be gleaned from attending and listening, but the opportunity always exists for A.A. member sharing.

The most constant, never-ending opportunity to have one's voice heard is the through the AA Grapevine, which considers itself "the voices of A.A.". Grapevine staff have embraced technologies to make it easier and easier for the member to share their story. An audio portal has been created to both share your story and to hear others' stories: <http://www.aagrapevine.org/audio-portal>

This link will take you to a page that provides information on how to share your story. You can simply upload a recorded file, or you can call into a recording system and share your experience, strength and hope. Give it a try! Ask a friend to send a recording! Simple, and no special skills required.

Another option is for you to share stories, jokes, photos or artwork with AA Grapevine. These get used in the magazine or for the calendar. What don't they publish? Poems, prayers, song lyrics, tributes to individuals, plays, previously published material or anything unrelated to AA or that violates the principles of AA.

Of course, the heart of the Grapevine are the many stories of A.A. members sharing their personal experience, often

around the three legacies. You can write your story and submit it to the Grapevine. Grapevine issues tend to be around a theme and created months in advance, so there may be a measurable gap between when you submit your story and it being published.

Here is a link to a document that covers the editorial process for all types of content:

http://www.aagrapevine.org/sites/fileuploads/isovera/drupal6core/GV_Guidelines_April19_Edited.pdf

On possibly a more significant note and one of great relevance is the opportunity to have your personal sharing (your story or portions of it) included in new or updated General Service Conference approved literature. When the General Service Conference passes an advisory action for a new piece of literature, it is virtually guaranteed that it will include some personal, shared experience from A.A. members. Passing the advisory action is not the end, it's the beginning. It means that we, A.A. members, will be investing our money (contributions) and our time into the completion and subsequent distribution of the final version of the literature.

Here is where we – yes, you and me – bear a responsibility. As part of the literature development process, the staff members issue requests to you and me to submit information for literature. Sometimes the sharing will be on a personal basis. Sometimes you and I will know someone that better fits the request. In either case, this is our literature, and the A.A. member sitting in our home group that fits the niche being addressed is who needs to participate in this literature development.

So, a responsibility – yes. But even more, what a privilege to be able to have our voice heard in the printed form in literature used throughout our conference structure. The opportunities regularly exist. Here are some examples:

The 2019 General Service Conference recommended that "the pamphlet 'A.A. for the Older Alcoholic – Never Too Late' be updated with a revised introduction; current and inclusive stories; reference to online A.A.; and an updated 'How Do I Find A.A.?' section." Hence, the trustees' Cooperation with the Professional Community/Treatment and Accessibilities Committee is seeking stories from a broad cross section of older A.A. members to make the pamphlet more representative of the Fellowship. The deadline for receiving manuscripts has been extended to January 15, 2020.

Or, if your group, district or area has done any work to

Continued on Page 4

carry the message to the elder community, then shared experience on that work is being requested by the trustees. Here is the formal request:

The trustees' Cooperation with the Professional Community/Treatment and Accessibilities Committee is seeking shared experience on Cooperation with the Elder Community (CEC) activities from the Fellowship. The committee is looking for experience that reflects local CEC committees' activities today, experience on starting CEC committees, working with C.P.C. and P.I. committees, and updates on what the committees are implementing to reach the older alcoholic, what are the issues and what are the successes. We have extended the deadline for receiving manuscripts to January 15, 2020. We are also interested in receiving copies of any CEC literature that has been produced locally.

Are you unsure if you can be useful in this area? If so, there is no real risk in trying, nothing may be lost other than a little bit of time. It may not be your voice every time, but surely all of us know of someone that could be useful. Your voice, heard indirectly by fostering the participation of others is just as useful, as it would likely not be heard without your help. So, here's the chance for every A.A. member to share themselves with A.A. in a very powerful, lasting, effective way.

And finally, at this time of year we begin the discussion of General Service Conference agenda items. The rudder which steers A.A. is the voice of the group conscience. Your voice can make a very distinguishable difference in the discussions, so I cannot emphasize too much how valuable your participation is to the future of A.A.

With hopes that I will hear from you through the Grapevine, our literature or at a service event....

Yours in service,
Tom A.
WCR Trustee



WANTED: One New Night Owl Committee volunteer

The Night Owl Committee members take turns carrying the back-up Phone for one week at a time. We help out if a volunteer has a problem and we also make the reminder calls.

Requirements:

- 1 year sobriety
- Answer the back-up phone during your rotation
- Experience with Night Owl
- 2 year commitment

Thank you!
Frank N.
Night Owl Committee Coordinator

Night Owl Tidbit: Do you have an interesting Night Owl story you want to share? Send an e-mail to nightowl@aastpaul.org.

PLEASE CHECK THE WEBSITE FOR THE CURRENT LISTING OF NIGHT OWL SHIFT OPENINGS, UNDER 'SERVICE/NIGHT OWL PROGRAM' MENU ITEM.

LOOKING FOR A SERVICE OPPORTUNITY?

Become a St. Paul Intergroup Night Owl!

Upcoming Night Owl Orientations:

Saturday, Jan 18th, Feb 15th, Mar 21st

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

UNITING THE TWIN CITIES

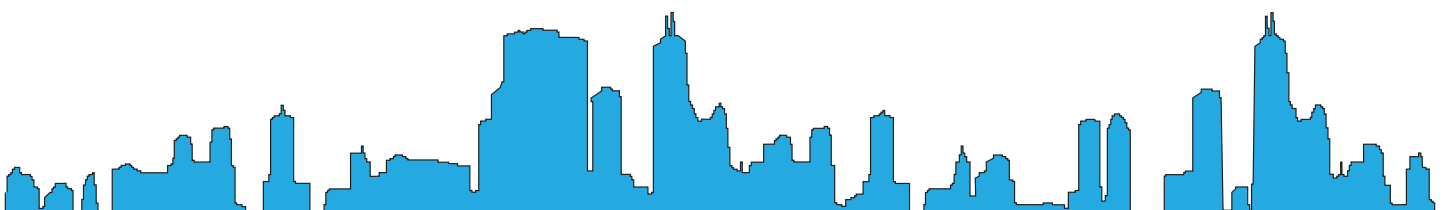


THE FELLOWSHIP
WE CRAVE

SATURDAY
JUNE 6, 2020

STATE FAIRGROUNDS
PROGRESS BUILDING

GAMES — MEETINGS — SPEAKER
SOBRIETY COUNTDOWN — DANCE



SURRENDER

Surrender is that moment when we realize and acknowledge to our innermost selves that we cannot stop drinking. That the option to “not drink” has been removed. That will power and desire to stop drinking have no effect to change our behavior.

We may use different internal and external words like “I need help” or “I cannot do this anymore” or “I’m through living in this hell.” Before surrender, our life was one of attempts to manage and control our drinking and everything else. These efforts were futile. But it may take us many years to realize the reality of that statement.

Negative consequences were usually rationalized away or ignored, so that we could shift our attention to our “go to,” — alcohol. It seemed to be the answer to every situation in our lives: Anxiety, sadness, relief, joy, celebration, depression. The mental preoccupation with alcohol can only be understood by an alcoholic.

In the back of our mind was always the thought “do I have enough alcohol on hand for today,” or “when can I take my next drink,” or, “I need more.” We seemed to rush to get to the reward; the next drink.

Surrender is our moment of release from the powerful hold alcohol has on us. It is a moment of sanity and humility.

Eventually, we realize we do not have the answer to our lives. That our best efforts have left us broken, ashamed, humiliated, and defeated. Now, it is exactly in this moment that we are released and begin to feel the freedom from alcohol. We begin to learn how to live a completely new life. We “let go” and “let God.”

Gradually, surrender becomes a daily practice. Many of us start the day with the Third Step Prayer. We learn to pause when agitated; to stop our automatic response to a situation; relax and find our soul’s integrity. We look for opportunities to serve others in and outside of AA.

Our life has a new meaning. This is the gift of sobriety

Respectfully submitted, Rose B.

Reprinted with permission from The Fellowship News the monthly newsletter of Sonoma County Intergroup Fellowship. January, 2019



12th Step
Calls

10



Website
Visits

9,345



Temp
Sponsor
Requests

13



Night
Owl Calls

160



Meeting
Info Calls

69



Speakers
Provided

19



Literature
Purchased

370 Books

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

- 11th Step FINE Group
 - Amazing Grace Group
 - Anoka Day By Day
 - Apple Valley Daily Reflections
 - Como Park BB
 - Dakota Alano
 - Firing Line
 - Forest Lake Alano
 - Friday Night Oasis Group
- Gloria Dei AA
 - Gratitude Night Event
 - Highland Park Groups
 - Inver Grove Heights Club 84
 - Island Lake Group
 - Lindstrom Groups
 - Maria Drunk Squad
 - Meeting of the Waters
 - New Brighton BB
- Oasis Group - Apple Valley
 - Pages of Wisdom
 - Rosemount Groups
 - Roseville Centennial Group
 - Simple Reliance
 - Stepsisters of Northfield
 - Summit Hill
 - Sunnyside Group
 - Third Edition Group
- Third Tradition Northfield
 - Una Luz en el Camino
 - Uptown Club
 - We Care Groups
 - White Bear SAT AM Women's
 - Women with Wings

19 Faithful Fivers contributed as well!

33 A.A. Groups contributed \$3,783 and 19 Regular Individual Contributions totaled \$410 — THANK YOU!!

St. Paul Area Intergroup Representatives' Meeting Minutes November 19th, 2019 @ 7:30 PM

1. Opened with the Serenity Prayer, introductions, and read the Primary Purpose of Intergroup.
2. Minutes from last month were reviewed, Tom motioned, Frank N seconded, motion approved.
3. Treasurer's Report, Justin D—Pretty strong year overall. Proposed 2020 budget will be voted on in December by Group Representatives. Please bring back to your groups, so you can come back and vote on it. Contact Justin or Mark at treasurer@aastpaul.org
4. Office Report, Bill S – Need volunteers to answer phones at the office Monday-Friday 9am-5:30pm. To save some money, will no longer be sending out Thank you notes to those who make contributions and to Faithful Fivers. Instead, those who contribute may opt for emailed receipt, or will also be sent a receipt at the end of the year. West End Alano has moved. New Night Owl directory available and up to date. *Please email lifeline@aastpaul.org for further information.*
5. Night Owl Report, Frank N—9 open shifts right now. 1st Sunday 9am-2pm; 3rd Sunday 9am-2pm; 4th Sunday 2pm-7pm; 1st Monday 5:30-10pm; 2nd Monday 10pm-6am; 1st Tuesday 10pm-6am; 1st Wednesday 10pm-6am; 1st Thursday 6am-9am; 2nd Tuesday 5:30-10pm
6. Upcoming Intergroup Events:
 - a. Gratitude Night (Sat Nov 23rd at 7pm)—Starting meeting with “gratitude callup”—volunteers called up to share about gratitude in recovery. Speaker is Jody K from New Richmond, WI. There will be cake!
 - b. Founder's Day (Nov 29th-31st)
 - c. New Year's Eve (Tues Dec 31st at 7pm)—Open speaker meeting at 7pm, Dance at 9pm, \$5 suggested contribution for dance
7. Board Election Results:
 - a. Alternate Board Chair—Rachel P
 - b. Secretary—Paul W
 - c. Alternate Treasurer—Tom O
 - d. Member at Large 2021—John K
 - e. Member at Large 2021—Jeremiah W
 - f. Member at Large 2020—Andrew L
8. Suggestions for next month's agenda, please email secretary@aastpaul.org
9. Grapevine Report; Volunteer for December, Andrew.
16. Concept V; Volunteer for Concept VI, Jennifer
17. Mock Rep Report; Volunteer for December, _____.
18. Closed with the Responsibility Statement

Attendance:

Derek W. Basic Text	Barb H-H. Como Park BB	Laura G. Day by Day Women's BB	Mike C. District 8	Melana Dist 15 Laison
Janice K. Fireside Women's BB	Kelsey R. The Firing Line	Pattie M. Hole In The Donut	Greg S. Lakeview AA	Kitty N. Main Idea
Jeremiah W. Midway	Anne J. New Brighton BB	Ken S. No Time Like Present	Peter M. One More Was Added	Paul C. OMD / St. Paul Spkr
Heidi B. Pocketing Our Pride	Charly M. Roll of Nickles	Tom O. Roll of Nickles	Dan N. Rule 62	Eric E. Farimont Grp
Frank N. Third Edition	Jodie T-W. We Can	Rosemary F. WBL Women's Sat AM		

Next Meeting: December 17th, 2019 @ 7:30 PM
St. Stanislaus Church, 398 Superior St W, St. Paul, MN 55102



GROUP NEWS

New Meeting: Main Idea Groups added a new Thursday 7PM meeting, “Joe and Charlie Big Book Study.” The meeting is Close, Mixed, and All-ages. Every week the meeting will read from the Big Book in conjunction with a presentation from the Joe and Charlie Big Book study cassettes. The meeting is at 499 Wacouta Street, St. Paul 55101—please use the 9th Street Entrance.

New Meeting: The New Beginning group is now hosting a Saturday 8:00AM Closed, 12 & 12, topic/discussion meeting at the Newport Lutheran Church, 900 Fifteenth Street, Newport, MN, 55055. The meeting is Mixed, All-ages, and Accessible.

Please notify us of your group changes!



YOUR NEWS

Have an AA potluck, holiday or special event you’re planning? We invite you to share your AA news here!

Please send your flyers to:
lifeline@aastpaul.org

We are happy to publish any AA-Related flyers in the Lifeline at your request.

As our publication is produced a month in advance (the January LL is published in December) we ask that all flyers be sent us six weeks in advance of the date.

We look forward to hearing from you.

DISTRICT SERVICE MEETINGS

District 8 (Ramsey Co.)
Fairview Community Center
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 our wonderful volunteers
and Night Owls who sacrifice their
time to lend a helping hand to the still
suffering alcoholics!!!***

Andy H., Caleb A., Chris H., David D.,
Frank D., Feliciano S., Jared B., Jeff K.,
Jimmy D., Jodie T-W., John D., John W.,
Mac N., Marc S., Marcia H.,
Michelle R., Neilla M., Steve R.

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
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

*What started as a \$1.00 in the basket,
with inflation would be \$8.00 in the
basket today!*

**SOBRIETY IS STILL CHEAPER
THAN A RELAPSE!**

2020 INTERGROUP BOARD OF DIRECTORS

Advisor to the Board	Rob C.
Chairperson	Lindsey D.
Alternate Chairperson	Rachel P.
Secretary	Paul W.
Treasurer	Mark J.
Alternate Treasurer	Tom O.
2020 Member-At-Large	Jimmy D.
2020 Member-At-Large	John K.
2021 Member-At-Large	Jeremiah W.
2021 Member-At-Large	Andrew LaB.
Manager	Dennis B.

VOLUNTEERS NEEDED!



St. Paul Intergroup is in need of volunteers to answer the phones during business hours (9 am-6 pm) Monday through Friday, as well as assisting with the mailing of the Lifeline and stocking of literature. Shifts are available from 9:00 AM-Noon, Noon-3:00 PM, and 3:00 PM - 5:30 PM. You can sign up for one or more of the shifts that fit your schedule. *We need people we can count on to be there.* Drop by to sign up. Training takes about 45 minutes and is at a scheduled time — generally Friday morning.

**12TH ANNUAL
MEN'S FIRESIDE AA FELLOWSHIP RETREAT
"JUSTIFIED RESENTMENT???"
FEB 21ST, 22ND AND 23RD 2020**



Moderator – Lanny L- Maplewood AA

Friday Feb 21st

4:00pm Registration

6:00pm Dinner

8:00pm Reception Speaker – Willie F. Rock Creek

Saturday Feb 22nd

8:00am Breakfast

9:30am Speaker – Chris P. - Monticello

Resentment “number one” Offender

10:30am - Small Group Discussion

12:00pm Lunch

1:30pm Speaker – Don F. - Isanti

Resentments must be mastered, but how??

2:30pm Small Group Discussion

5:30pm Dinner

8:00pm Speaker – Matt P. – Defog AA. St. Paul

Sunday Feb 23rd

8:00am Breakfast

9:00am Gratitude Speaker - TBD

10:00am 2020 Planning Session

NORTHERN PINES CAMP

20033 County Road One

Park Rapids, MN 56470

218-732-4713

www.northernpinespines.org

**COST OF LODGING AND MEALS - \$121.00 IF PAID BY JAN 15TH.
\$130 AFTER.**

(Bring your own bedding, toiletries & towel.)

Pre-registration: Mail a check payable to “Northern Pines” to Philip Claybourne, 5156 -197th Ave. N.E., Wyoming, Mn. 55092.

For additional information please call:

Phil C 651-353-1075, Jim C 612-221-4356, Lanny L 612-819-4996,

Andrew L 612-325-5935 or Ken D 763-300-9564

Suggested – Bring an item to donate to the raffle.



75th Superior Roundup

Serenity, Courage and Wisdom

April 17th, 18th, & 19th 2020

**Superior Fairgrounds Curling Club
Superior, Wisconsin**

Tickets \$20
*Under 1 year
Sobriety Free

FRIDAY EVENING

- 2:00 PM REGISTRATION OPENS
- 3:00 PM OPEN AA MEETING
- 6:45 PM ALANON SPKR – JENNY C. COHASSET MN
- 8:00 PM AA SPKR – KIM R. FREEDOM WISCONSIN
- ICE CREAM SOCIAL TO FOLLOW



SATURDAY MORNING

- 8:00 AM REGISTRATION OPENS
- 8:30 AM YOGA Y12SR
- 10:30 AM MEDITATION WORKSHOP

SATURDAY AFTERNOON & EVENING

- 1:00 PM YOUNG IN SOBRIETY PANEL
- 2:30 PM ALANON WORKSHOP
- 4:00 PM AA OPEN MEETING
- 6:30 PM ALANON COUNT DOWN
- 6:45 PM ALANON SPKR – DEB L. OWATONNA MN
- 7:45 PM AA COUNT DOWN
- 8:00 PM AA SPKR – PATRICK M. OTTAWA ONTARIO
- 9:15 PM ICE CREAM SOCIAL
- 9:30 PM DANCE WITH DJ Z



SUNDAY MORNING

- 9:00 AM OPEN MEDITATION MEETING
- 10:30 AM AA SPEAKER - MICHAEL D. SIOUX FALLS SOUTH DAKOTA.

Please visit our website:
Superiorroundup.com

75th Superior Roundup Registration Form

Please mail checks to: Superior Roundup, PO Box 1287, Superior, WI 54880

Name: _____ AA _____ Alanon _____

Address: _____

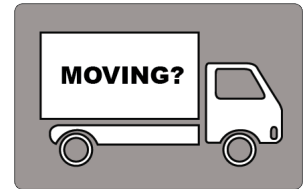
City: _____ State _____ Zip _____

St. Paul & Suburban Area Intergroup
608 7th Street W.
Saint Paul, MN 55102-3010

Change Service Requested

Non-Profit
Organization
U.S. Postage
PAID
Twin Cities MN
Permit 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 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
608 7th Street W.
Saint Paul, MN 55102-3010