



STEP FOUR

“Made a searching and fearless inventory of ourselves.”

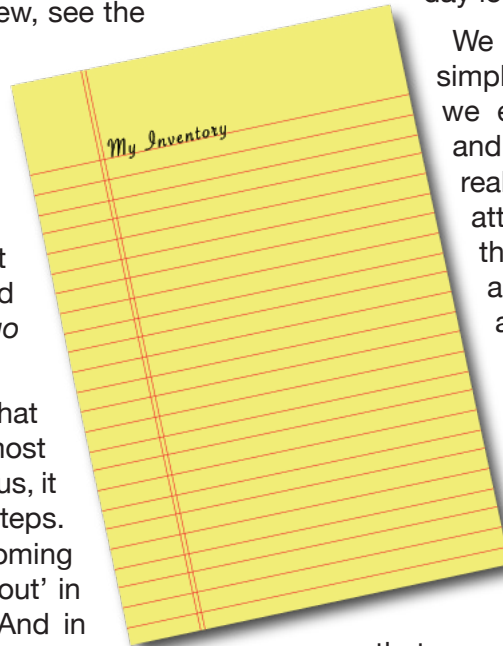
MOST of us, when we are new, see the wording of this step and want to run away and hide. This is the very kind of thing that we have been avoiding our entire lives. Or at least as long as we have been in the midst of our alcoholism. And now you want us to face it squarely? That certainly invites the comment found in our book, *“What an order, I can’t go through with it.”*

The sensation of fear and anxiety that overcomes us at this point is almost impossible for us to bear. For some of us, it is a roadblock to further work on the Steps. For others, we find our attitudes becoming slightly twisted and we begin to ‘act out’ in ways we hadn’t considered before. And in other cases, it brings to light other kinds of excessive behavior that had lay hidden due to the easily seen affect of our alcoholism. The problem here is that we all fail to see something that ought to be extremely obvious.

There is not a day that goes by when we are not taking an inventory. Every opinion is the direct result of an inventory! Every opinion is based on either a prejudice or an inventory. There is simply no other way to arrive at an opinion. Well, that sheds an entirely new light on this Step.

So many of us think, perhaps due to the wording

of the Step, that we need to get out a shovel and start digging through our past. Attempting to unearth every rotten and offensive things we have ever done. The incredible fact is that we have already done this before we got to AA. We have done it every day—all day long.



We can test this statement easily, by simply paying close attention to what we experience when someone near and dear to us says something like “I really love you!” If we are paying close attention to our internal condition at that moment—all the misdeeds that are connected to that person will automatically scroll through our mind. So, the inventory already exists within us! We might even say that it’s what has been haunting us.

So, our challenge is not to get a shovel, spiritual or otherwise, and dig—it is to get the key and open the door. The door that opens to our inner self. The self that we have been so scared to meet. The one ‘person’ in the world we have been terrified to be alone in a room with. The one that has kept us awake at night reliving our past lives time and time again. It is time we free this dark spirit and let it find its final resting place. The 4th Step is the beginning of that journey.

There is another dimension to this Step which is discovered by those of us who love history—especially the history related to AA. The ‘first 100’ worked the program before the Steps were even

Continued on page 10

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.

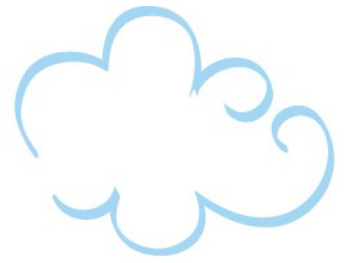
Please email your article to Lifeline@aastpaul.org or send it by regular mail to Lifeline Editor, St. Paul Intergroup, 33 Wentworth Ave E, Suite 355. W. St. Paul, MN 55118-3431. Materials or articles mailed to us cannot be returned unless accompanied by a self-addressed stamped envelope. Intergroup reserves 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 – 9:30 AM to 5:30 PM; Closed weekends and holidays

St Paul Intergroup's annual SPRING FLING!



Save the Date: Saturday, April 30th, 2022



Where:

Lutheran Church of the Redeemer
285 Dale St N, St Paul, MN 55103

What and
When:

4-6:30 - Fun, Food, and
Carnival Games: BINGO, Cake
Walk, Balloon Burst & more!!
\$5-10 suggested 7th Trad. for
dinner and 5 tickets. Additional
tickets for sale!
7:00pm – Speaker Meeting

Main
Speaker

Jamie L. – Outright Mental Defectives



For more information call 651-227-5502
ASL Available Upon Request – Please call office
at number above by March 30th.

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

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

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*

2022 INTERGROUP BOARD OF DIRECTORS

WELCOME NEW BOARD MEMBERS!

Advisor to the Board (non voting)	Rachel P.
Chairperson	Robyn W.
Alternate Chairperson	Brian M.
Secretary	Kelly K.
Treasurer	Lindsey D.
Alternate Treasurer	Bill C.
2022 Member-At-Large	Jennifer G.
2022 Member-At-Large	Elly C.
2021 Member-At-Large	Renee B.
2021 Member-At-Large	Roger E.
Manager	Dennis B.
Web Servant (non voting)	Jonathan L.
Web Servant (non voting)	Sergey K.
Night Owl Coordinator (non voting)	Robyn W.



Office Volunteers:

Mary D, Lynn E., Nancy T,
Roger E., Debbie L.,
Frank D, Neilla M, Jimmy D.

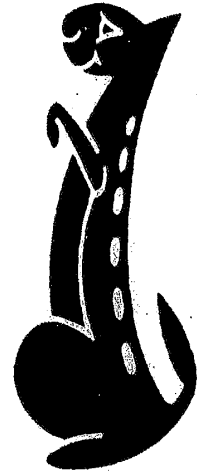
PLEASE POST ON BULLETIN BOARD

“Rocketed Into a 4th Dimension!”



GOPHER STATE ROUNDUP XLIV

May 27th, 28th, and 29th, 2022



Activities and Accommodations at:
DoubleTree by Hilton Hotel,
Highway 100 & 494, Bloomington, MN

MEETINGS • SPEAKERS • FELLOWSHIP • HOSPITALITY ROOMS • A.A. FILMS

REGISTRATION – \$30.00 Contribution (ages 13 & over)

Scholarships available onsite

Visit www.gopherstateroundup.org for registration

Guaranteed Special Room Rates

Register early for the best rate. Details at

www.gopherstateroundup.org

or directly with DoubleTree by Hilton at 800-222-8733.

Mention Gopher State Roundup for a special rate.

Gopher State Roundup is a special A.A. conference
with Al-Anon participation.

Gopher State Roundup is self-supporting.

No contributions from A.A. groups are used to pay
for this event.

Expenses such as hotel fees, travel & lodging for
the speakers, and printed material are paid through
registration fees.

No baskets are passed during this event.

SPEAKERS

FRIDAY, MAY 27th

7:30 PM Clif G., A.A., Oklahoma City, OK
10:00 PM Jack W., A.A., Carbondale, CO

SATURDAY, MAY 28th

9:30 AM Rick J., Al-Anon, Ontario, CA
11:30 AM Deborah K., A.A., Durham, NC
2:00 PM Lynda B., Al-Anon, St. Paul,
4:00 PM Bill D., A.A. Detroit, MI
7:30 PM Bob B., A.A., St. Paul, MN
10:00 PM Micki B., A.A., Austin, TX

SUNDAY, MAY 29th

10:00 AM Bill C., A.A., Naples, FL

TRADITION FOUR

*“Each group should be autonomous,
except in matters affecting other groups
or A.A. as a whole”*

Our book *The Twelve Steps and Twelve Traditions*, on page 31, clearly presents the most common trait of the alcoholic; “As psychiatrists have often observed, defiance is the outstanding characteristic of many an alcoholic.” This tradition takes a head-on approach to dealing with this in Alcoholics Anonymous.

Many of us have come here with a chip on our shoulder – or perhaps one on each shoulder. How in the world can a society exist with members like that? By their very nature they would be combative, aggressive, and always attempting to bully others. It ought to be clear to each of us that this unattractive trait doesn't just disappear when we walk through the door the first time. For some of us it may take years or decades to finally see the true reality of that within us.

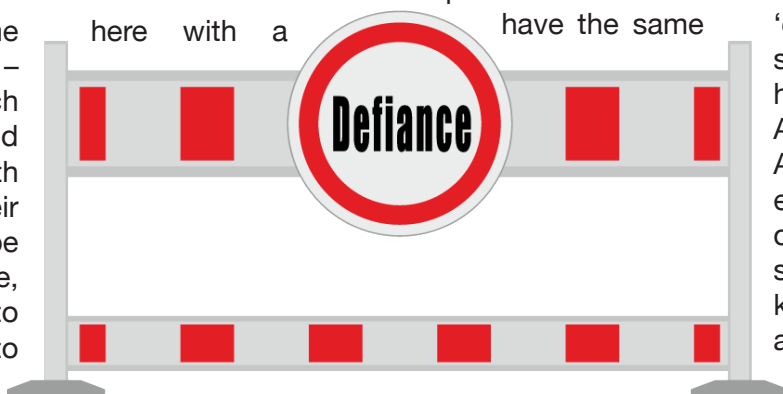
Just how widespread this is can be discovered anytime there is a discussion related to a question about how things are being done in a group, district, area or Intergroup. At some point fairly early in the discussion, someone will voice the sentiment that “We can do what we want – we're autonomous.” The certainly is evidence of defiance, and also a lack of understanding of Tradition Four.

The often-forgotten part of this tradition is, “... except in matters affecting other groups or A.A. as a whole.” It is this portion of the tradition that is the ‘life-saving’ portion. It suggests that as defiant as we may be, we need to be willing to forego it in order to remain whole as a fellowship. You might say that Traditions One and Four are the “one-two punch” that defends us from ourselves. Self-centeredness and defiance are the greatest threat to Alcoholics Anonymous. In part because they are the “one-two

punch” against spirituality. They can turn a spiritual approach into a chaos of egos and desires.

But what constitutes “...matters affecting other groups or A.A. as a whole?” That is an excellent question for either a Group Inventory or Group Conscious Meeting. What do we do that affects other groups? What might we do that affects A.A. as a whole? We are just a little group how can we make a dent in A.A.?

First it is important to understand that the Traditions attempt to do two things. One is to get us to not do things that might affect A.A. in a negative way. We understand how anonymity can do that – but what about other things? Second, we ought to become aware that the Traditions also attempt to ensure that we do not do things that will create a negative perception of our fellowship. This really is a protection for the ‘alcoholic who still suffers.’ They



have the same ‘chip on the shoulder’ situation going on the we had when we arrived here. A negative perception of A.A. in a family member, employer, therapist, or other professional might stand as a barrier that keeps them from sobriety and a life well lived.

So we need to look both at what we might do, and what we might not do that results in violating this tradition. First are the things we might do. We might try and ‘promote’ our group or entity by trying to get people to pay attention to us and ultimately join us. This is clearly illustrated in the pamphlet *The Twelve Traditions Illustrated* in which the “rosebud group” tries to mount a parade to bring people in. We might name our group after a popular building or landmark. We might utilize popular, but not A.A., literature to become more appealing. We might host events which are more than a celebration of sobriety to become more well known. We might use our name in public to try and prove that we are not a ‘secret’ society. And the list goes on. This list is pretty much an unchanging list because drunks really don't have new ideas—we just keep recycling old ones. And just because we didn't think of them before, we assume nobody else has either.

In the realm of what we might NOT do, the list is just as long. We might not be clear with the newcomer about what the program in A.A. is all about—letting them rely on what they heard elsewhere. Then, they

are free to form misguided ideas of how A.A. works and begin to share that with family, employers and friends. We might fail to help them understand the value of our A.A. literature – just as it is. Instead pointing out where we think it is wrong or prejudiced, and thereby eroding their confidence in whether or not A.A. has a solution. We might fail to have Group Conscience meetings and let a few oldtimers run the meeting. We might fail to participate in having a group representative for service work in the district, intergroup or area. We might fail to do the best we can to help support those entities when they need it. We might just focus on ourselves and our little group, never taking the time or expending the energy to reach out our hand to the still suffering alcoholic—either in our own neighborhood, or in another part of the country or world.

All of the things mentioned before violate the Fourth Tradition. They build roadblocks for those who might come to us, or those who might refer them to us. We attract people to us because we are good examples of sober living, of responsible citizenship and of compassion for others. This is how they come to love us—first from a distance and the up close. Then we have something to offer through them walking with us on this path, it is how they come to love themselves and those around them. Our goal ought never to be to change anyones mind--but to assist them in changing their understanding of alcoholism and, most importantly, about their understanding of the alcoholic who still suffers, whether it be them or a relative or friend. themselves.


THE 59TH INTERNATIONAL WOMEN'S CONFERENCE February 16 – 19, 2023




The Language of the **Heart** Will Be Spoken Here

Being held at
The Renaissance Dallas Addison
15201 Dallas Pkwy, Addison, TX 75001
(972-386-6000)

Minnetonka Big Book Study Group
of
Alcoholics Anonymous
presents its
28th Annual Serenity Breakfast
Sunday May 22, 2022
at the Minnetonka Community Center
14600 Minnetonka Blvd ~ Minnetonka, MN 55345



Guest AA Speaker
Beth H. from Destin, FL



Speaker will be ASL interpreted

Breakfast: 8:00 am to 10:25 am
Speaker Meeting: 10:30 am to Noon

Only \$10.00 in advance ~ \$15.00 at the door
(Speaker only = Seventh Tradition)

Map and directions on the back of this flyer

For more information,
contact Lindsey D. at
treasurer@aastpaul.org

REGISTRATION FORM

Register on-line by JAN 18, 2023 at:
www.internationalwomensconference.org

Name: _____
Name on Badge: _____
Address: _____
City: _____ State _____ Zip _____
Phone: _____ Sobriety Date: _____
Email: _____

WOULD YOU LIKE TO BE OF SERVICE? YES: _____

DO YOU HAVE A SPECIAL NEED THAT MAY IMPACT YOUR ENJOYMENT OF THE CONFERENCE? YES: _____

Contact: SpecialNeeds59iwc@dallas@gmail.com

***TOURS AND EXCURSIONS**

TOUR 1: A private tour of NorthPark Center / Dallas's Top Shopping Destination. Filled with museum-quality artworks and extraordinary landscaping. NorthPark is home to 200 retailers, including luxury boutiques, trend-setting brands, restaurants, and movie theatres., NorthPark is a shopping experience unlike any other. **Thursday 10am-2pm**

NorthPark Center Private Tour: 4 hours long

TOUR 2: This 125-acre venue is one of the most popular stops in Fort Worth and is home to the world's only LONG HORN CATTLE DRIVE. Visit the Stockyard Museum, Texas Cowboys Hall of Fame, and the newly renovated Mule Alley, plus lots of fun places for shopping and eating.

Saturday 10am-3pm (Cattle Drive 11:30am)

Fort Worth Stockyard Tour: 5 hours long

*Tours/Excursions are subject to a minimum number of 30 participants and participants will be required to sign a liability waiver.

59th IWC DALLAS VIRTUAL INFORMATION ON WEBSITE
www.internationalwomensconference.org

REGISTRATION

Pre-Registration (Ends 12/31/2022) \$50.00
Late Registration (Begins 01/01/2023) \$60.00
Virtual Conference \$10.00

ALL Meals Include **Vegan Options

Friday Night Dinner \$70.00
Saturday Night Dinner \$80.00
Sunday Morning Buffet \$55.00

****Indicate Vegan**

SOUVENIRS

Check Out & Purchase on our Website:

Circle Size and Indicate Option

Short Sleeved T-Shirt S M L XL \$20.00
Short Sleeved T-Shirt 2X 3X 4X \$23.00
Long Sleeved T-Shirt S M L XL \$22.00
Long Sleeved T-Shirt 2X 3X 4X \$25.00
Coffee Mug \$12.00
Phone Wallet \$15.00

TOURS

Tour 1: NorthPark Center Private Tour \$35.00
Tour 2: Fort Worth Stockyard \$40.00

CONTRIBUTIONS

Contribution to a Scholarship \$ _____

TOTAL ENCLOSED

\$ _____

CHECKS PAYABLE TO: 59th IWC Dallas

**There will be a \$25.00 charge for insufficient funds
Credit Card Fee 3.49% plus 10 cents**

Mail Registration Forms and Payment To:

59th IWC Dallas
PO Box 293013
Lewisville, TX 75029-3013

LODGING

Renaissance Dallas Addison
15201 Dallas Parkway, Addison, TX 75001-4609
(972-386-6000)

IWC Reservation special rate - \$182+taxes
Begins March 1, 2022
Ends Jan 18, 2023

*Room Rate (single & up to 4 persons)
**Hotel will charge a one-night, non-refundable deposit
***Mention 59th IWC Dallas for the hotel room rate
All reservations require a valid credit card to hold your room reservation
Check In: 3:00pm Check Out: 11:00am

AIRPORTS

DALLAS HAS 2 CONVENIENT AIRPORTS

(DFW) Dallas/Ft. Worth International
19 miles to Renaissance Hotel in Addison, TX
(DAL) Dallas Love Field
11 miles to Renaissance Hotel in Addison, TX

GROUND TRANSPORTATION

Several transportation options are available from DFW or DAL to the Renaissance Hotel in Addison.
For your convenience, below are their websites.
<https://www.lyft.com/ride/>
<https://www.uber.com/>
<https://www.dart.org/>
<https://goairportshuttle.com/>

IWC CONTACTS

Dallas Chair: Terri O.
Chair59iwc@dallas@gmail.com

Dallas Registration Chair:
Registrar59thiwc@dallas@gmail.com

Dallas Treasurer: Rhonda M.
Treasurer59iwc@dallas@gmail.com

THOUGHTS FROM THE BOARD

A broad smile appeared on the face of the representative from Lander, Wyoming when he was greeted at the recent West Central Region Service Conference in St. Louis Park, Minnesota. Hugs and pats on the back abounded from old friends.

Laughter erupted from those assembled at the St. Paul Speaker meeting recently, when the Trusted Servant forgot to excuse everyone for the all-important “smoke break” ten minutes after the meeting started.

A sigh of relief was heard by a sponsor when his sponsee expressed concern about having certain formerly self-destructive thoughts.

These are just three recent examples of what some call the “secret sauce” of service work: a spiritual connection with a Power greater than yourself.

Whether you’re helping plan the upcoming Gopher State Roundup, volunteering as a Night Owl, answering the Intergroup phone after hours or helping do outreach to AA groups in our service area, you’re likely to experience this feeling of connecting with something bigger than yourself through service to others.

Service is the third legacy of our Fellowship. And I was lucky enough to be introduced to the joy of service -- this “secret sauce” through greeting visitors from Italy, Argentina and Japan when the International AA was held in the Twin Cities years ago. Every one of our fellow AAers from around the world said the same thing to me: “I have the best home group in the world. If you’re ever in (fill in the name of a city here) come to our meeting.” Before the end of the International I had dozens of names and phone numbers from around the world. What an introduction to the secret sauce of service -- the joy of fellowship.

Slowly coming out of our two-year-plus COVID-19 pandemic, has given service its own unique set of challenges. We’re slowly returning to in-person meetings. Speaker requests are slowly rising. So are expenses. These and other challenges are can seem daunting.

Then I remember hearing a cowboy hat-wearing guest speaker from Glendive, Montana at a roundup

years ago say that if you want to “catch fire” in our Fellowship, do service work. And this was from a guy who drove 50 miles one-way to attend his weekly home group meetings. I was impressed. Especially when he took off his cowboy hat and gave us a big “ya-hoo!”

As some of you know, I was recently selected for new service positions, that of Alternate Chair and Outreach Coordinator to the St. Paul Intergroup Board. Whenever I take on a new service position I do four things: 1) bring a can-do attitude; 2) listen closely; 3) ask questions and 4) do something that for most of my life seemed out-of-character, ask for help when needed.

I could use your help, especially as we reach out to AA groups in our service area who are not represented and not being benefitted by St. Paul Intergroup. If you are interested in enjoying some of this “secret sauce” of service through outreach, please get in touch with me at your earliest convenience. Thank you!

*Yours in service, your fellow traveler,
Brian M., Alt. Chair & Outreach Coordinator*

DISTRICT SERVICE MEETINGS

District 8 (Ramsey Co.)

Currently meeting on Zoom

3rd Wed., 7:00 PM

Email: dist8@area36.org (for Zoom info)

District 15 (Wash. Co.)

Christ Lutheran Church

11194 N. 36th St.

Lake Elmo

4th Mon., 7:00 PM

Email: dist15@area36.org (for Zoom info)

District 19 (Dakota Co.)

Rosemount Community Center

13885 South Robert Trail

Rosemount

2nd Wed., 7:00 PM

dist19@area36.org

Email: dist19@area36.org (for Zoom info)

50th Annual Iron Range Get-Together

May 6th, 7th, 8th
The Courage to Change

Location: Grand Rapids Eagles
1776 S Pokegama Ave. • Grand Rapids, MN 55744
(218) 326-4845

Friday, May 6th

Join In
"Tropical Shirt Night"

6:30 pm - Registration Opens
8:00 pm - Speaker: Steve L., Biwabic, MN

Saturday, May 7th

10:00 am - Outstate Panel
1:00 pm - AFG Speaker: Sharon B., Grand Forks, ND
3:00 pm - Call-up Meeting
7:00 pm - AFG Speaker: Eloy M., Fort Collins, CO
8:00 pm - AA Speaker: Ole B., Grand Forks, ND
??? till 11:00 pm - 7th Tradition Ice Cream Social

Sunday, May 8th

8:00 am - (Open) BB Meeting
10:00 am - AA Speaker: Steve S., Saint Joseph, MN

IRGT Pre-Registration Form

A.A. \$18.00 A.F.G. \$18.00
 Alateen \$6.00 Other \$18.00

Name _____

City/State/Zip _____

Group Name _____

IRGT Pre-Registration Form

A.A. \$18.00 A.F.G. \$18.00
 Alateen \$6.00 Other \$18.00

Name _____

City/State/Zip _____

Group Name _____

written. So, their inventory process was slightly different. Many of them used the Four Absolutes as the criteria for their inventory. Sponsors sometimes guide us to this method for some very good reasons. While it can result in bringing the person to the same ego reduction point—the focus opens some very interesting and rewarding avenues of investigation (remembering). Using the Absolutes, we move from identifying ‘actions’ and begin to pinpoint ‘attitudes.’

It is in identifying these attitudes that we find the following Steps come into a clearer focus for us. As noted in the chapter *There Is A Solution*, page 27, — attitudes are the offspring of ideas and emotions. It is these attitudes that drive the actions we normally list in a 4th Step inventory. However, when we discover what gives rise to the actions (attitudes underlying them) we begin to move toward the core of our living problems.

The process is really quite simple. We use four sheets: one for Honesty, one for Unselfishness, one for Love and one for Purity. We simply ask ourselves (for example), “How have I been dishonest?”; “how have I failed to Love?”; how have I failed to be Unselfish?” and “how have I failed to be willing to be changed?”. We ask the questions until we believe we have covered them completely.

It is also important to understand that “Purity” doesn’t mean being pure—it means “being willing to become purified” (i.e. Steps 6 & 7). These questions

lead us to a better understanding of the attitudes/ defects we will become willing to have removed. We quickly learn that a ‘defect’ isn’t something broken—it is something that isn’t functioning properly. Somewhere in our literature it suggests that our defects of character are simply God-given instincts run riot. This style inventory helps us to get a clearer picture of how we are ‘malfunctioning’ rather than where we were ‘wrong.’ We cast off the terms ‘right’ and ‘wrong’ because they are generally based on prejudice, and begin to point ourselves in the direction of what is the *best* application of God’s will.

It is this ‘core’ which we then take into the following Steps of 6 & 7. Now the real and wonderful benefit of the 4th Step really begins to shine forth. We have a clear vision of what we need to let go of and a better understanding of the God-given attribute that has been taken to an extreme resulting in the malfunctioning that ruined our lives.



The tree represents the beauty created through Divine Guidance in Recovery, the ground represents the Unity in which the necessary guided growth takes place and the roots represent the continually Service work to follow the guidance necessary for the outward beauty to become visible.



12th Step Calls

3



Website Visits

7,657



Office Calls

200



Night Owl Calls

171



Meeting Info Calls

38



Speakers Calls

3



Literature Purchased

113 Books

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

- Clay City AA
- Como Park BB
- District 19
- Fourht Dimension
- Friday Night Women’s W St Paul
- Highland Park
- Hugo
- Jumpstart 12 & 12
- Main Idea
- Maplewood Groups
- Midway Club
- New Brighton BB
- No Time Like the Present
- Morth Dale Group
- Ridghe Runners II Sat 8:30 AM
- Rivertown Big Book
- Roll of Nickles
- Rosemount Groups
- Shoreview 12x12
- Silver Lake Mens’ Group
- Third Tradition - Nfld

- 22 A.A. Groups contributed \$ 3,667
- 5 Gratitude Contributions totaled \$ 132
- 27 Faithful Fivers contributed \$ 1,580
- 14 Digital Contributions \$ 1,050

Thank You So Very Much!



75th Superior Roundup

Serenity, Courage, Wisdom

April 22nd, 23rd, & 24th 2022

Superior Fairgrounds Curling Club
Superior, Wisconsin

Friday

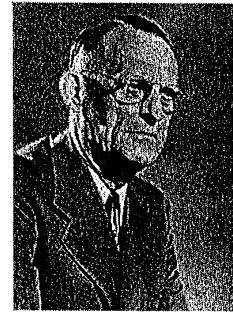
2:00 PM REGISTRATION OPENS
3:00 PM OPEN AA MEETING
7:00 PM AA SPEAKER KIM R. FREEDOM, WI
ICE CREAM SOCIAL TO FOLLOW

Tickets \$20

*Under 1 year sobriety free

Saturday

8:00 AM REGISTRATION OPENS
8:30 AM YOGA Y12SR
10:30 AM MEDITATION WORKSHOP
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 SPEAKER JENNY C. COHASSET, MN
7:45 PM AA COUNT DOWN
8:00 PM AA SPEAKER PATRICK M. OTTAWA ONTARIO
9:15 PM ICE CREAM SOCIAL
9:30 PM DANCE WITH DJ Z



Sunday

9:00 AM OPEN MEDITATION MEETING
10:30 AM AA SPEAKER BRUCE E. EAU CLAIRE, WI



Please visit www.superiorroundup.org

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

Change Service Requested

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

Please let us know 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
33 Wentworth Ave E, Suite 355
West St. Paul, MN 55118-3431