

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

January 2016 Step, Tradition, and Concept One

Step One

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

I grew up near a large steel mill city. When we went to visit my Grandmother, down by the mills, I often saw scruffy men in alleys with their little brown bags. I was told these were "winos, drunks, bums." They appeared to have nothing left except their bottle, a life of despair. This is the image I attached to the term alcoholic.

Through AA, I have met people who were once like those "winos" and, after coming into AA, have recovered from that seemingly hopeless condition. My "bottom" as an active alcoholic may not have reached their depth of material misery, to the outside world we appear different. But we share important traits. After I look at these similarities and the way AA describes an alcoholic I decide for myself if the term fits me.

Once in AA, I found that I could stay sober for one day at a time, even if I felt as if I was "white-knuckling it." At meetings, I listened to others talk about their drinking and it was just like mine. I knew I was in the right place. I was encouraged to find a sponsor and eventually did. My sponsor started to take me through the book "Alcoholics Anonymous" and to talk about Step One.

The preface titled "The Doctor's Opinion" gives the medical view of alcoholism as a disease of mind and body. It is incurable, progressive, and fatal. It is cunning, baffling, and powerful. It occurs in about 10% of the population. It crosses all ethnic, economic and social boundaries and religious beliefs. The outcomes are limited to death, institutionalization, or abstinence.

Physically, my body reacts to alcohol in an abnormal way compared to the temperate, social, or even hard drinker. The way my body digests alcohol sets up intense physical cravings over which I have no power. That explained why I could not limit my intake once I started to drink. The good news – if I don't drink, that physical part stays dormant. The bad news – when I put

any alcohol in my body, no matter how long between drinks, I will still get the reaction, at the level where I had left off.

In between drinks my mind is obsessing about the ease and comfort of that first drink, to the extent that I am unable to recall the consequences of the previous spree. Any feelings of shame, guilt, fear or contrition fade and I convince myself that this time it will be different. My mind tries to convince me that I won't have that physical reaction this time. Yet, once taking the first drink, I do, and the vicious cycle occurs.

Continued on Page 5

Speakers ASL Interpreted 

Sponsored by
Greater Minneapolis Intergroup
of Alcoholics Anonymous
Welcome Al-Anon & Alateen



33rd Annual Gratitude Night Saturday February 27, 2016

AA Speaker: Don C., Colorado Springs, CO 
Al-Anon Speaker Vicky A., Blaine, MN

6:30 Social Hour/Musical Entertainment

7:30 Program & Speakers

10:00 Musical Entertainment and Dance

Celebrate gratitude by visiting the service tables before and after the speakers!

Area 36 TFC/CFC/Pink Can

Area 36 Remote Community/Special Needs

Area 36 Archives / AA Grapevine

Area 36 PI/CPC

Gopher State Roundup/Founders Day

Greater Minneapolis Intergroup

Greater St. Paul Intergroup/MNYPAA

Al-Anon-Alateen Information Services

MINNEAPOLIS CONVENTION CENTER

1301 Second Avenue South, Minneapolis

Ballroom A—Across from Dunn Bros

Look for greeters. Look for blue & yellow balloons.

Tickets: \$12.00

Tickets available starting December 17th @ Reps Meeting

Intergroup Office – IG Representative – Ticket Committee – At the Door

• This Intergroup event is self-supporting through the sale of tickets •

Minneapolis Intergroup - 7204 W 27th Street Suite 113 - St Louis Park MN 55426
952.922.0880 aaminneapolis.org

Greater Minneapolis Intergroup • Alcoholics Anonymous®

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OFFICE HOURS: Monday, Wednesday, Friday 9 am—4:30 pm • Tuesday & Thursday 9 am-7pm • Saturday 9 am-1 pm

Notes from your Service Office:

“Our Spiritual Way of Life: Steps, Traditions and Concepts.”

The theme for the 2016 General Service Conference: “Our Spiritual Way of Life: Steps, Traditions and Concepts.”

This is one of the most powerful themes I have seen yet. Before this program, spirituality and religion meant the same thing to me. I had no knowledge or experience with either one. So, of course I didn’t believe they offered any benefits. Contempt prior to investigation; that was me (see *page 568 of the Big Book – Herbert Spencer*).

I was caught up in measuring success by the things you owned, the clothes you wore, and the job you had. “*Material Success*” as written in the Twelve Steps and Twelve Traditions on page 29 describes me perfectly. I learned this instant gratification was short lived.

As I read all the steps in the Twelve Steps and Twelve Traditions, I was stunned most of the time wondering how they knew so much about me! Today I may still lack knowledge of religion, but I have grown in knowledge and experience in living a spiritual life.

Here are the topics for the 2016 General Service Confer-

ence. We can benefit from by examining each one throughout this year:

- A. Connecting with the Newcomer:
 - 1. All Inclusive – Never Exclusive
 - 2. Are We Doing Enough to Help the Newcomer – Are We Going to Any Length?
 - 3. Home Group – Where It All Begins
- B. Connecting With Each Other:
 - 1. Singleness of Purpose – Staying Pertinent in a Changing World
 - 2. Informed Group Conscience – The Key to Unity
 - 3. Be Involved, Be Inspired, Be of Service
- C. Connecting With A.A. as a Whole:
 - 1. Participating in All of A.A.
 - 2. Understanding Self-Support
 - 3. Reaching Out to the Next Generation of A.A.s

Your Office Manager, Gail S.

Notes from Your Board

January 2016 Board Chair Notes

Regarding Step One

Step One reminds us of the worst of the worst – the unmanageability and powerlessness of our lives caused by our alcoholism. Acceptance of this reality can have multiple effects. Some of them are fear, despair, denial, and it can cause us to drink. Acceptance of Step One can also drive us to action. For example, I might ask myself in a given situation, what should my action be if I am practicing Step One? What have your actions been relating to Step One in your life?

I had just arrived in Mexico for a spring break with my oldest daughter and her friends. We were staying in an all-inclusive resort, so of course that means free everything (that’s EVERYTHING). On the counter by the bathroom sink was an unbelievable sight to my eyes...3 bottles of liquor turned upside down, set up with spigots, and glasses at the ready! Wow. What did I do? First, I called out my surprise to my daughter as “the elephant in the room” – she laughed

and shrugged. Next, in response to some discomfort that I felt, I texted my sponsor. These actions created accountability (with some humor). Truth is, I KNOW ABSOLUTELY that Step One holds true for me. Taking the accountability steps and a few quick prayers provided the protection I needed.

I hope that understanding of Step One has led you to positive steps for your recovery!

Board Update

Things have been humming along at your Minneapolis Intergroup. We are coming off of a busy holiday season. And now we turn towards 2016 and those events and activities. Please take a look at upcoming events in the MIRUS. Come join us in fun and service!

See you in the rooms...

In Service,

Jane A.-W.

Intergroup Board

Board Officers

Chairperson	Jane A.- W.
Co-Chairperson	Miles S.
Secretary	Jeanie O.
Treasurer	Ron C.

Board Members

Jennifer M.	Sooze H.
Jim R.	Jeanie O.
Tom B.	Michael D.
Ginger B.	Michael M.
Gail S. Office Manager, Ex-Officio	

General Service District Board Liaisons

District 7	Jeanie O.
District 13	Ginger B.
District 14	Jennifer M.
District 17	Michael M.
District 18	James R.
District 19	Sooze H.
District 20	Robert S., Doug H.
District 21	Tom B.
District 22	Jamie M.
District 24	Michael D.
District 25	Ron C.

Intergroup Staff

Gail S.	Office Manager
Claudia S.	Office Assistant
Terri D.	Office Assistant
Drew H.	Office Assistant

Your Intergroup board meets every month at 6:30 pm on the Tuesday before the Rep's meeting in the Intergroup Office.

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The MIRUS represents the experience of A.A. members. Their thoughts, expressed herein, are not to be attributed to Alcoholics Anonymous as a whole, nor does publication imply endorsement by either Alcoholics Anonymous.

Metro District General Service Meetings

District 7	Second Monday, 6:30 pm St. Andrew's Lutheran Church 13600 Technology Dr., Eden Prairie, MN 55344
District 13	First Tuesday, 7:00 pm United Methodist Church 10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
District 14	First Monday, 7:30 pm United Methodist Church 609 8th St. N.W., Buffalo, MN 55313
District 17	Second Tuesday, 7:30 pm Crossroads Assembly of God Church 10478 Bell Ave., Plato, MN 55370
District 18	Second Thursday, 6:30 pm Plymouth Congregational Church 1900 Nicollet Ave. S., Minneapolis, MN 55403
District 19	Second Wednesday, 7:00 pm Rosemount Community Center, Room 210 13885 S. Robert Tr., Rosemount, MN 55068
District 20	Fourth Tuesday, 7:00 pm Twin Lake Alano Club 4938 Brooklyn Blvd., Brooklyn Center, MN 55429
District 21	Second Tuesday, 6:30 pm Pilgrim United Methodist Church 4325 Zachary Lane, Plymouth, MN 55442
District 22	Second Wednesday, 7:30 pm St. Paul's Lutheran Church 13207 Lake St., Minnetonka, MN 55305
District 24	First Monday, 7:00 pm St. John's Lutheran Church 119 8th Ave. W., Shakopee, MN 55379
District 25	Second Wednesday, 7:30 pm Woodlake Lutheran Church 7525 Oliver Ave. S., Richfield, MN 55423

NOTICE

• NOTICE



Intergroup Reps meeting

Thursday,
January 28
6:30 pm

At Mizpah United
Church of Christ:
412 5th Ave N.
Hopkins, MN 55343.
(See orientation mtg
directions)

Intergroup A.A. Orientation Open Meetings

The Saturday Orientation Open Meeting takes place every week at 10am at the Mizpah Church, located just west of 169 and just south of Hwy 7 in Hopkins.

1/2	Step Five / Tradition Five Her Story
1/9	The History of A.A. & It's Founders His Story
1/16	Step Six / Tradition Six Her Story
1/23	A.A. Literature-The A.A. Grapevine His Story
1/30	Step Seven / Tradition Seven Her Story

Twelve Concepts for World Service, written by Bill W. in 1962

Concept I

“The final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.”

Short Form: Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Shorter Form: The ultimate responsibility and authority for A.A. belongs to the A.A. Groups.

Alcoholics Anonymous runs quite differently than any other organization. A.A. has been called the “upside-down” organization because the “ultimate responsibility and final authority of our world services resides with the groups – rather than with the trustees of the General Service Board or the General Service Office (GSO).” That is, the structure for A.A. is designed to provide that the direction taken by A.A. is that of the groups’ conscience of the *whole* fellowship, not the dictates of a few.

Individual A.A. members come together to form groups. Groups are arranged in districts, districts are arranged in areas, and areas are arranged into regions. A.A. in the U.S. and Canada send 2 delegates to the World Service Board, which has worldwide responsibility.

Groups elect GSRs (General Service Representatives) who attend district meetings and area assemblies. The GSRs in each district elect a DCM (District Committee Member) to facilitate the district meetings and to represent their district at Area Committee meetings. Meetings of the GSRs in an area are called area assemblies. Each area is made up of districts. Our area, which is Area 36, is currently made up of 27 districts, (with district 27 being our bilingual district). Each area elects a delegate to send to the AA-wide General Service Conferences that are held every year in New York. The General Service Conference determines matters of A.A. policy. The General Service Board, which is made up of 7 Class A (non-alcoholic Trustees) and 14 Class B (alcoholic Trustees) operates the day-to-day business.

The above illustrates how our upside down triangle is set up to operate. **The final responsibility and ultimate authority for A.A. resides with the fellowship (us!).** What does that mean and how does it work exactly? My experience is that Concept I, rooted in the spiritual principles of *unselfishness, love, purity, and honesty*, calls us to support our groups by actively participating in our group conscience meetings and to become informed on matters affecting A.A. as a whole. What does this look like in action? We are asked to set aside personal ambitions and agendas (love, unselfishness, honesty and purity), in order to become fully informed on matters affecting our groups and A.A. as a whole (purity and honesty) by supporting our GSRs (this is a “we” program after all), which includes providing the resources necessary for the GSR to become fully informed and encouraging and supporting the GSR that they may fulfill their duties in a way that is meaningful to his or her group.

The larger scope of Concept I is that we are asked to dedicate our sobriety to serving the group conscience. To work Concept I means we may need to ask ourselves if we are willing to volunteer time and heart whenever the group, district, and/or the area needs us because if we don’t, who will?

The next of these events in this area, Area 36, will be the annual Recovery, Unity, and Service Conference in St. Louis Park at the Doubletree Hotel the weekend of January 15-17, 2016. This get together runs all weekend and is open to all. Hope to see you there!

Also please put the annual Trusted Servant Leadership Training day on your calendar for Saturday, February 27, 2016 at Bethel Lutheran Church in Northfield. This is a very informative and fun day, especially for those who are new to General Service, or who might have a new role in General Service.

Reference for this article and additional information about the Concepts can be found in “The A.A. Service Manual/ Twelve Concepts for World Service” http://www.aa.org/pdf/products/en_bm-31.pdf and “The Twelve Concepts Illustrated” pamphlet (P-8) http://www.aa.org/pdf/products/p-8_thetwelveconetps.pdf

In love and service,

Lisa Dawn G.

Panel 65 Delegate

Area 36, Southern Minnesota

delegate@area36.org

Intergroup Office

Closings:

Friday, January 1st

New Year’s Day

Monday, January 18th

Martin Luther King Day

Continued from Page 1

The chapter "More About Alcoholism" gives me some simple tests to try to determine if I qualify as an alcoholic. One involves trying some controlled drinking for a few days or weeks or months. Another, trying abstinence for a period of days or weeks or months. Give these a good honest try. For me, I was able to review my drinking career and see where I had, sometimes unaware, tried these tests. I had always failed.

When and how we come to AA may look quite different. But we share fundamental similarities. The First Step asks that, once I truly understand alcoholism, I admit to my innermost self that I am an alcoholic. It also warns that this self-knowledge is not enough to stay stopped. Step One is a place of hopelessness, despair, desperation. I did not get to this point on a winning streak. For me, I placed my hopes in the care of AA. The strength of the Fellowship and support of a sponsor carried me along in early sobriety.

If you are new to AA, this is what worked for me: don't drink one day at a time, go to meetings to discover the Fellowship, read "Alcoholics Anonymous" and work the Steps with an AA sponsor. You don't ever have to drink again and can find a satisfying way of life.

Bill K.
Minnetonka, MN.

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail."
—*Alcoholics Anonymous* p. 89

Intergroup 12 Step Service Opportunities Contribute Your Time at Minneapolis Intergroup Just Stop In!

Daytime Phone Answering
Training Provided
Daytime Office Volunteers
Service work available

Carry the AA Message to Outside Agencies*

Groups and Members are Invited to:

Hennepin County Adult Detention Center (Men)
Mission Nursing Home, Plymouth (Men & Women)
Sherburne Co. Jail/Federal Holding Facility (Men & Women)
Dakota County Jail (Men & Women)
Scott County Jail AA Meetings (Men & Women)

Call or Stop by the Office for Details

**In Cooperation with the Professional Community*

"This is our *twelfth* suggestion: Carry this message to other alcoholics! You can help when no one else can."
—*Alcoholics Anonymous* p. 89

Traditions Checklist: Tradition One

AA Grapevine

These questions were originally published in the Grapevine in conjunction with a series of articles on the Twelve Traditions that ran from November 1969 to September 1971. While they were originally intended as suggestions for individual use, many AA groups have since used them as a basis for wider discussion.

Short Form: Our common welfare should come first; personal recovery depends upon AA unity.

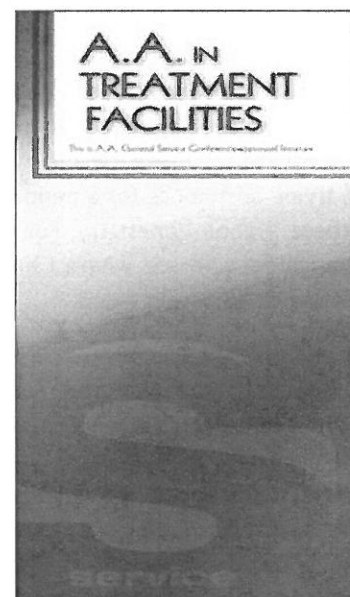
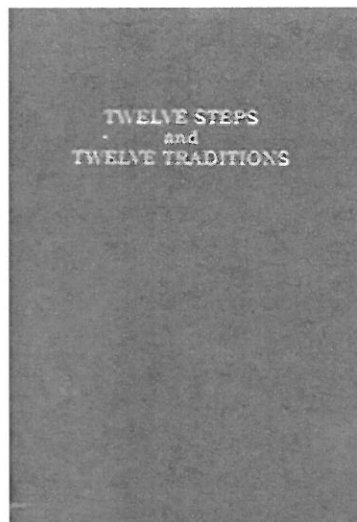
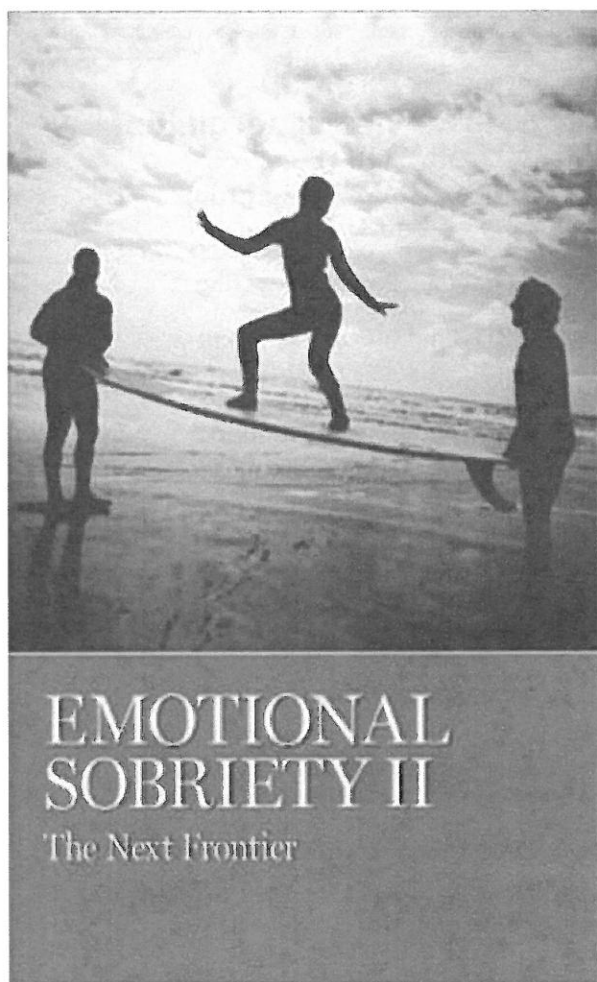
Long Form: Each member of Alcoholics Anonymous is but a small part of a great whole.

A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of argument," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?

4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving help or fellowship?

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AA Pamphlet of the Month:

A.A. In Treatment Settings

AA Book of the Month:

Twelve Steps & Twelve Traditions Gift Edition

Grapevine Book of the Month:

Emotional Sobriety II

Group Contributions—November 2015. Thank you all, in the Spirit of Hope.

2218 Squad 1 Depth & Weight
8-80 Group
A Baffled Lot
A Levelers Group
Annandale Lakers
As Bill Sees It—Delano
Basic Principles (2)
Breakfast Club—Saturday A.M.
By The Book Group
Central Pacific Group
Children of Chaos
Clearwater Groups
Dunn Sober AA Groups
Elders 12 & 12—Tuesday
Elm Creek Group
Foundation Stone Group of A.A.
Fourth Dimension A.A. Group

Fridley Alano Squad 19
Good Samaritan Group
Gratitude Group
Groveland Group
Hanover Monday A.A.
Happy Destiny
Happy Hour Squad 27
Happy, Joyous, Free—Columbia Heights
Hope A.A. Lakeville
I'll Quit Monday BB
It Might Have Been Worse
Kenwood Group
Ladies Night Happy Hour—Sahara Club
Lake of the Isles Men's Tues P.M.
Lakeville Big Book Meeting
Mainstreeters A.A. (Plymouth II Alano)
Monday Night Temple Meeting

New Hope Alano Squad 30
New Way A.A.
No Opinion Group
Normandale A.A. Group
Nowthen A.A.
Plymouth II Big Book Sun Morning
Pocket Our Pride
Prospect Park A.A. Group
Saturday Night Live Group
Seeing Is Believing
Sisters In Sobriety
Squad 26—Fridley Alano
St George's Thursday Night A.A.
St Louis Park Sun Night A.A. Grp (2)
Steps To Serenity at Westwood
Steps To Serenity Group
Suburban North Alano Squad 17

Suburban North Alano Squad 13
Sunday Morning Big Bk Study Squad 7
The Becker Group
The Retreat Corporation
There Is A Solution Women's A.A.
There Is A Solution—Sahara 4:30
Third Tradition Group of A.A.
This Simple Program
Thunderbird Noon Groups
Thursday Night Women's A.A. Group
Thursday Nite Victory A.A.
Tradition Five (2)
Up The Creek Big Book Group
West Moore Lake A.A. Group
Women's Serenity Grp Thurs 10 A.M.
Wooddale Avenue A.A.
Worthy Women's Big Book Study

Group Contributions/Birthday Plan** November 2015 Foxhall Chapter 7 (2)

****On their sobriety birthday, many AA members contribute one dollar or more for each year of sobriety to any or all of our four service entities; District, Area Assembly, the General Service Office and the local Intergroup. Some members attribute their birthday contribution to their home group. Those groups receive a receipt and "Thank You" letter from the office and are listed in the MIRUS.**

Calendar of Events

Open Speaker Meetings

Thursday:

Central Pacific Group, 7:30 pm
Central Lutheran Church, 333 South 12th St., Minneapolis

Foxhall Chapter 7 Group, 7:30 pm
Wooddale Church, 6636 Shady Oak Road, Eden Prairie

Friday:

Edina Open Speaker Meeting, 7:30 pm
Christ Presbyterian Church, 6901 Normandale Blvd.
Edina

Three Legacies, 7:30 pm
Cross of Glory Baptist Church, SW Corner of Excelsior Blvd
and Shady Oak Road, Hopkins
A sign language interpreter is provided each week.

Saturday:

There Is A Solution (Beginners Meeting),
6:00 pm, Dakota Alano Society, 3920 Rahn Road, Eagan

Saturday Night Open Speaker Meeting
8:00 pm, 2218 1st Avenue South, Minneapolis

Saturday Night 7:30 Open Speaker Meeting
At The Common Table
2001 Riverside Ave., Minneapolis
(parking in back of bldg. off Riverside)

Saturday Night Live Open Speaker Meeting
Basilica School 3rd floor (behind the church)
16th & Hennepin, downtown Minneapolis
Free parking in the ramp across 16th Street
Wheelchair accessible

Tradition One, 7:30 pm
Pilgrim United Methodist
4325 Zachary Lane, Plymouth

Sunday:

Step & Speaker Open Meeting, 7:00 pm
First Baptist Church
10th & Hennepin, Minneapolis

Open Speaker Meeting
Richfield Bloomington Alano
9321 Bryant Ave S., Bloomington
11:00 am Sunday

Special Events

January 8, 9 & 10, 2016
14th Annual Wild Rice Round-Up
Mahnomen, MN 56557
www.wildriceroundup.com

January 15-17, 2016
35th Annual Recovery, Unity & Service Conference
Double Tree Park Place Hotel
St. Louis Park, MN

February 27th, 2016
33rd Annual Gratitude Night
Minneapolis Convention Center
Minneapolis, MN
Doors Open at 6:30 PM

General Service Announcements

February 20th, 2016
Area Committee Meeting
Best Western, North Mankato, MN
9:30 AM-5:00 PM

February 27th
Trusted Servant Leadership Training
Bethel Lutheran Church
Northfield, MN
9:00 AM-4:00 PM

March 4-6
West Central Regional Service Conference
Ramada Inn
Bismark, N.D.

Most Area 36 events have a map on how to find the location @ www.area36.org. Open Speaker Meetings are listed for the convenience of members who wish to bring newcomers and non-alcoholic friends. Listing in the Mirus should not be construed as any endorsement on the part of Minneapolis Intergroup. Call Intergroup if you need directions to any of these Open Speaker Meetings. Roundups, Workshops and Special Events are not endorsed by Minneapolis Intergroup and listings are provided for informational purposes only. Flyers for these events are available at the office.



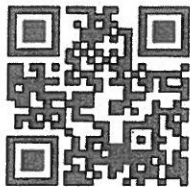
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St. Louis Park, MN. 55426

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