

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

September 2016 Step, Tradition, and Concept Nine

Step Nine

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

Making amends was something I thought I was perfect at.

Picture this: A 22 year old girl. College student. Decent job. Parents and siblings are great.

I wake up at some random location with a few familiar, but mostly unfamiliar, faces. I think to myself "What did I do before I passed out?" And "Who do I need to say sorry to today?" Instead of actually caring if I hurt or offended anyone, I just assumed I did. I can't tell you how many times I started a conversation in the morning with "Oh man, sorry for last night! I was really drunk." As if it was an excuse for the fact that I blacked out and could have done some serious damage to someone mentally or emotionally. The delusional thinking I created for myself made me believe that phrase was good. I said sorry. Right?

Wrong. Amends is more than a simple "I'm sorry" statement blanketing over the things I may or may not have done or said. Making amends to family, friends, past or current coworkers or bosses takes time to think out and to take a good, solid look at the situation, person or place. A blanket apology is simply something I used to free me from the guilt. It had nothing to do with the other person.

Making DIRECT amends. This doesn't mean via text, email or Facebook message. This means direct. Of course, this might not be possible for every single amends that needs to be made. I was told by my very wise sponsor to make every effort possible for a direct amends. So, that's what I did.

Sitting down for lunch, coffee, dinner, etc. with someone I hadn't seen for years was, yes, slightly awkward and somewhat intimidating. I had no idea what to expect. I just say, however, when I put 100% effort into making things right, 95% of the time I ended up with an amends that not only I was very happy with but the other party was very appreciative for my honesty, openness and willingness to hear them out too.

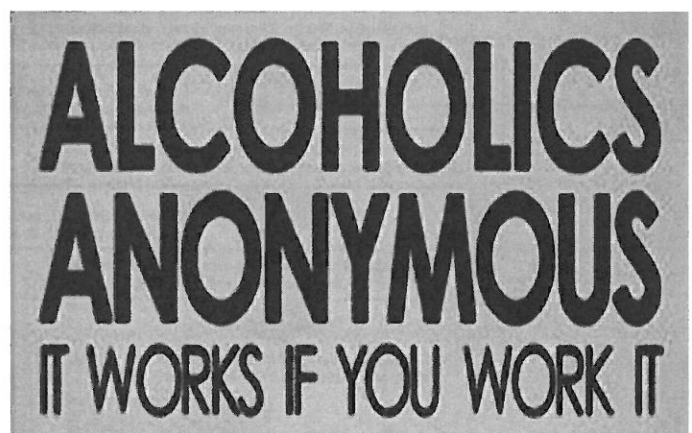
Not all amends will end in a hug and "second date." I had one amends that I was very nervous about and wanted to take short cuts.

Thankfully, I am blessed with a sponsor that sees right through the addict/alcoholic in me. I had no choice but to lie or just do it. So I did it. I called. Twice. I left messages. I emailed. I texted. I sent a physical letter in the mail. I tried every way of communication outside of showing up at this woman's doorstep but I never got a response.

This is an example of why this step exists. Not. For. Me. I never got closure on that situation from her but I did find serenity and peace knowing I did all I could do on my side of the street to make things right. If she does someday reach out, I will be ready for that conversation. But again, making that amends isn't about me, my feelings or my time. It's for her.

Making amends is the 9th step, not the 1st, for many reasons but I do believe that it falls in a perfect place within the 12 steps. The longer I am sober the more humble I become, the clearer my thinking becomes and the more willing I am to hear my faults. Not because I'm sober or getting older, but because I try to practice the principals in all my affairs, because I pray

Continued on page 6



Greater Minneapolis Intergroup • Alcoholics Anonymous®

7204 W. 27th St., Suite 113 • St. Louis Park, MN 55426-3112 • 952-922-0880 • www.aaminneapolis.org • email: info@aaminneapolis.org

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”

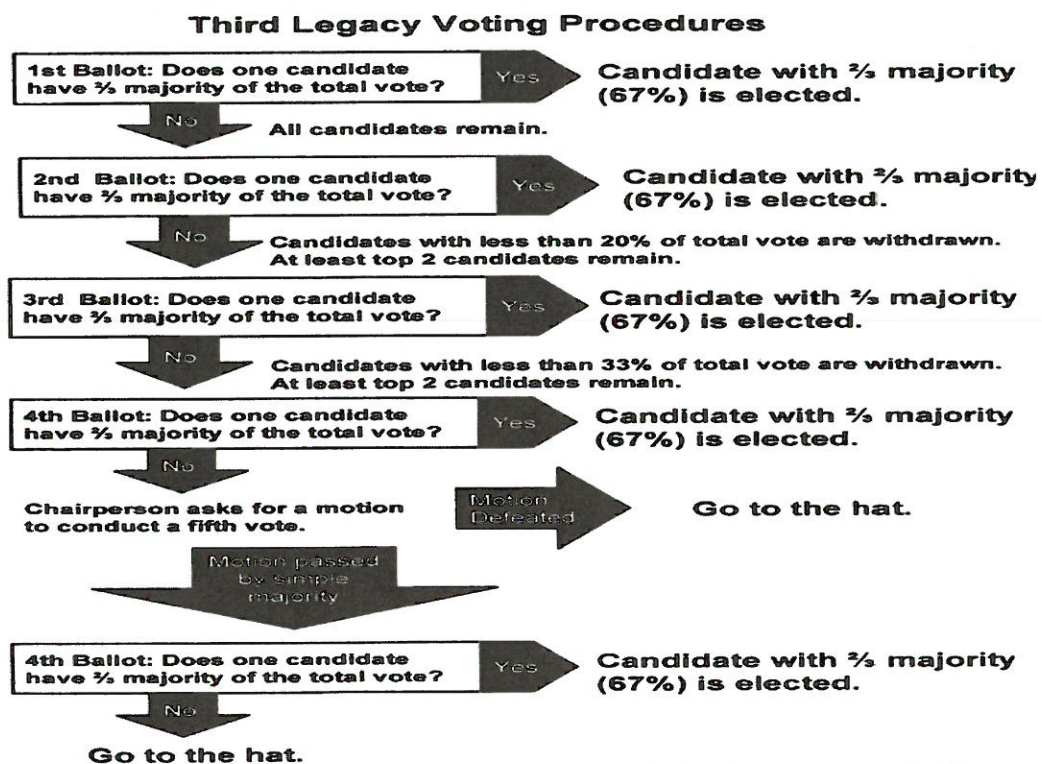
Can anyone tell me what happened in June, July and August? It is now a blur. But I know September 22nd will be an exciting night. Four new Board members will be elected by all of the Intergroup Reps. The third legacy voting procedures are used. We will miss our Board members rotating off this year, Jane A.-W., Tom B., Jim R., and Ginger B. Each one has made a positive impact on the operations of Minneapolis Intergroup during their three year term. I want to thank them from the bottom of my heart for their dedication to the office and Alcoholics Anonymous as a whole.

Please consider serving on the AA Information Committee through Minneapolis Intergroup. We will provide an orientation on Saturday, September 17th at Mizpah United Church at 412 5th Ave N, Hopkins, MN at 11:15 am. Members of the Information Committee will share their experiences and outline the procedures of visiting a non-AA facility. Lunch will be provided. See flyer in the MIRUS for details.

I want to promote conversations about the 7th Tradition and our service entities. Contributions to GSO are at an all time low. Area 36 has experienced decreased support. I am grateful to say Minneapolis Intergroup has great support from the AA community in Minnesota. What I am concerned about is “the trend” I am hearing about. I am not asking for contributions, I am suggesting conversation to bring awareness of where we are headed. First and foremost is to have the right attitude when talking about money in AA. In Lisa Dawn’s delegate report was an important statement: “Finance has no importance in and of itself. Finance is simply a way to help carry the message to the still suffering alcoholic.” We have inserted a flyer in this issue comparing the dollar value from 1960 to 2016. It has opened my eyes. Please share it with your groups. Talk about it. Contributing a little more to each meeting I go to is a small price to pay for the great life I have today.

Your manager, Gail S.

Third Legacy Voting Procedure used for Intergroup Board Elections



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 H.
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 H.
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.

Articles from A.A. World Services, Inc. and The A.A. Grapevine Inc. appearing herein are reprinted with permission and are not to be considered an endorsement for Greater Minneapolis Intergroup or the MIRUS newsletter. A.A.®, Alcoholics Anonymous® and the AA Grapevine® are registered trademarks of AA World Services, Inc. and the AA Grapevine, Inc.

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 or Greater Minneapolis Intergroup.

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, 7:30 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,
September 22nd
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 10 A.M. at the Mizpah Church, 412 5th Ave. N., located just west of Highway 169 and just south of Highway 7 in Hopkins.

9/3	A.A. World Services / General Service Office Her Story
9/10	Step Eleven / Tradition Eleven His Story
9/17	Anonymity as a Spiritual Principal Her Story
9/24	Step Twelve / Tradition Twelve His Story

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

Concept IX:

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A. A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

Bill W. writes "No society can function well without able leadership in all its levels, and A. A. can be no exception. Fortunately, our Society is blessed with any amount of *real* leadership—the active people of today and the potential leaders of tomorrow as each new generation of able members swarms in. We have an abundance of men and women whose dedication, stability, vision, and special skills make them capable of dealing with every possible service assignment. We have only to seek these folks out and trust them to serve us."

Concept IX in concert with our Twelfth Tradition reminds us to place principles before personalities and also recognizes the fact that A.A. members will permit themselves to be led, but we do not generally suffer being told what to do. As Bill W. said, it is like we are saying to our leaders, "Act for us, but don't boss us." If A.A. is to survive, it is imperative that that we find and support the very best General Service Representatives (GSRs); after all, it is the GSRs who select the District Committee Members (DCMs) and who also ultimately select Delegates to the Conference.

The spiritual principle of Unselfishness is manifested in our willingness to let go of our personal favorite for any position of responsibility in favor of the person who has shown qualities most closely aligned with the description set forth in Concept IX. Humility and Honesty are manifested in how we respond to widespread wishes while at the same time being willing to stand action or plans that we see as potentially being unwise or hasty and further examining whether we are voting based on relationship or qualifications.

In closing, I would also like to add that Concept IX impresses upon us the importance of vision and sets forth that vision is the very essence of prudence; an essential virtue. Vision can start with a tentative idea, which then can become experimental policy that if proven to work, becomes a deep conviction.

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/assets/en_US/nopage/bm-31-aa-service-manual-combined-with-twelve-concepts

-for-world-services" and "The Twelve Concepts Illustrated" pamphlet (P-8) http://www.aa.org/assets/en_US/aa-literature/p-8-the-twelve-concepts-illustrated".

Yours in Service,

Lisa Dawn G.

Panel 65 Delegate

Area 36, Southern Minnesota

delegate@area36.org

Founder's Day Weekend 2016

Celebrating 76 Years of AA in the Upper Midwest and Honoring AA Members With One Year of Sobriety!

Register at: wwwFOUNDERSDAYMN.org
November 25, 26 & 27, 2016

Friday, November 25

4:00 PM Registration Opens
7:00 PM History of AA in the Upper Midwest
Dick C. (Orono, MN)
9:00 PM *AA Speaker:
Karl M. (Covina, CA)

Saturday, November 26

10:30 AM Panel of Weekend Speakers
1:00 PM AA Open Call-Up Meeting
1:00 PM Al-Anon Open Meeting
3:00 PM *Al-Anon Speaker:
Ric B. (Virginia Beach, VA)
5:30 PM Banquet
7:30 PM *AA Speaker:
Terri K. (Woodville, OH)
9:30 PM Dance

Sunday, November 27

9:00 AM Breakfast
10:00 AM *AA Speaker:
Martina S. (Cleveland, OH)
*These meetings are ASL Interpreted

Pre-Registration \$15.00
At the Door \$18.00
Registration required and must be paid to attend Founder's Day Weekend events.

Banquet (Limited Seating) \$35.00
The Banquet begins at 5:30 pm Saturday evening.

Breakfast \$15.00
The Breakfast begins at 9:00 am Sunday morning. Theatre seating will be provided at 9:45 am for the Speaker Meeting.

Big Book Study & Action Seminar
Friday, Saturday, and Sunday

Founder's Day Weekend Dance
Saturday 9:30 pm

NEW LOCATION IN 2016!

Activities and Accommodations at
DoubleTree by Hilton Bloomington - Minneapolis South - Bloomington, MN
7800 Normandale Blvd, Bloomington, MN 55439 • 952.835.7800 or 800.222.8733

Special Room Rates are available with early reservations.
Please make reservations directly with the DoubleTree by Hilton Bloomington Hotel
Indicate they are for Founder's Day.

Registration Badges must be worn in the Hotel at all times

OFFICE CLOSINGS: SEPTEMBER 5TH LABOR DAY

"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)
Sherburne Co. Jail/Federal Holding Facility (Men & Women)
Dakota County Jail (Men & Women)
Scott County Jail AA Meetings (Men & Women)
One Twelve Treatment Facility (Men)
Hazelden/Betty Ford Youth Facility (Men & Women)
Day One – Sober Housing (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 Nine

AA Grapevine

These questions were originally published in the AA 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.

Tradition Nine, short form: AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Long form, from Twelve Steps and Twelve Traditions, p. 191:

Each AA group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and

experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program – even if no one makes me do so – with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and by-laws?
7. Have I learned to step out of an AA job gracefully – and profit thereby – when the time comes?
8. What has rotation to do with anonymity? With humility?

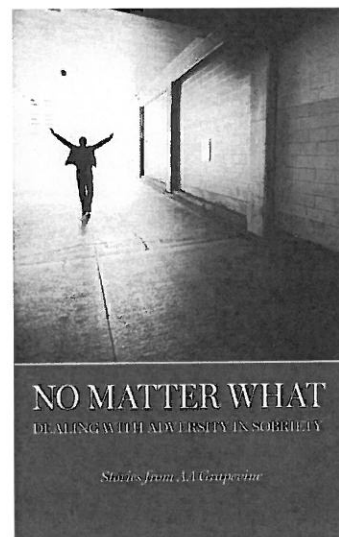
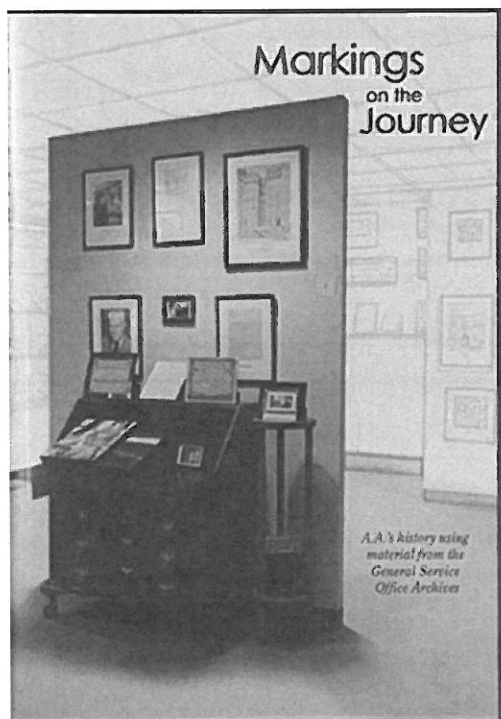
Copyright © A.A. Grapevine, Inc. Reprinted with permission. Permission to reprint The A.A. Grapevine copyrighted material in the MIRUS newsletter or Greater Minneapolis Intergroup does not in any way imply affiliation with or endorsement by either Alcoholics Anonymous or the A.A. Grapevine, Inc.

Continued from page 1

and meditate, because I hand MY will over, and because of this program.

Step 9 doesn't have to be a dreaded afternoon or a sappy letter. Make it about them, about God and about sobriety. With that, I'll pass.

Alycia P., Eden Prairie, for the MIRUS



AA Pamphlet of the Month:

**The AA Member—Medication
& Other Drugs**

AA Book of the Month:

(DVD) Markings on the Journey

Grapevine Book of the Month:

**No Matter What—Dealing with
Adversity in Sobriety**

Group Contributions—July 2016. Thank you all, in the Spirit of Hope.

2218 Squad 1 Depth & Weight
A New Beginning Women's
A Vision for You
Amazing Grace
As Bill Sees It—Delano
Bar None Thursday
Bar None Tuesday
Breakfast Club—Saturday A.M.
Cavalier West Saturday Night
Central Pacific Group
Chaska River Valley AA
Children of Chaos
Cliffhangers III—Burnsville
Common Solution Big Book Study (2)
Crushed Grapes
Dakota Alano Friday 6 P.M.
Design for Living—Coon Rapids
Dynamic Women's Group

Elders Big Book Stories Friday
Elders Big Book Thursday
Elders Steps & Traditions Tuesday
Elders Topic Sunday 10 A.M.
Fairhaven Friday Night AA
Fairview Riverside AA
For Today Group
Foundation Stone Group of AA
Foxhall Chapter 7 Group
Fridley Alano Squad 19
Golden Valley AA Group II
Grace Fellowship Saturday 10 A.M.
Gratitude Group
Groveland Group
Happy Hour Squad 27
It Might Have Been Worse
Ladies Night Happy Hour Sahara Club
Lakers Friday 6:30
Lakeville Saturday Big Book

Living in the Solution
Mc Rae AA Squad
Minnetonka Senior AA
Monday Night Group Hanover
Monday Night Temple Meeting
New Hope Alano Squad 40
Oasis Group—Shakopee
Practical Experience
Promises at Knox
Railroad to Sobriety
Relapse Enders Tuesday Women's AA
Rich/Blmngtn Alano Sunday Spkr Mtg
Rosemount AA Group
Rule 62 AA
Sahara Tuesday 8 P.M. Men's
Saturday Night Live Group
SDSG
St Louis Park Sunday Night AA Group

St. Therese Thursday Night Group
Step Sisters Monday P.M.—MPLS
Stepsisters of Northfield
Suburban North Alano Squad 7
Sunday 10 A.M. Group at 2400
Sunlight of the Spirit Group
Temple Wednesday AA Group
The Way Out AA—Squad 2
There is a Solution—Dakota Alano
Third Tradition Group of AA
Three Legacies
Thursday Night Grace
Tradition Five
Tradition One
Up the Creek Big Book Group
Wednesday Night Big Book—MPLS
Women of Wisdom
Women's AA Group at Elim
Wooddale Avenue AA

Group Contributions/Birthday Plan** July 2016

Basic Twelve Tradition Five

****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 Church, 4600 Shady Oak Rd., Hopkins
A sign language interpreter is provided each week.

From the Heart, 7:00 PM
St. Paul's United Church, 201 Buffalo St., Delano

Saturday:

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

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

Saturday Night Live Open Speaker Meeting, 7:30 PM
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

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

Sunday:

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

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

Special Events

September 9th—11th, 2016
58th Annual Southern Minnesota Roundup
Best Western Hotel
North Mankato, MN
5:30 PM

September 9th—11th, 2016
26th Annual Heartland Round-Up
Park Rapids, MN
www.heartlandroundup.com

September 17th, 2016
Orientation for AA Information Talks
Mizpah United Church, Hopkins, MN
11:15 AM—2:00 PM, Lunch Provided

September 20th, 2016
Foreword XIX 25th Anniversary Meeting & Potluck
Minnetonka Lutheran Church / Fellowship Hall
6:30 PM—7:30 PM Open AA Speaker Meeting
7:30—9:30 PM Potluck Dinner

General Service Announcements

September 10th, 2016
Area 36 Inventory
Bethel Lutheran Church, Northfield, MN
9:00 AM—12:00 Noon

October 15th, 2016
Area Assembly, Hutchinson Event Center
Hutchinson, MN
9:00 AM-5:00 PM

November 19th, 2016
Area 35/36 Workshop
Tuscan Center
Saint Cloud, MN

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.



INTERGROUP ASSOCIATION
7204 W. 27th St., Suite 113
St. Louis Park, MN. 55426

NON—PROFIT
ORGANIZATION
U.S. Postage

PAID

Permit No. 416
Hopkins, MN

Change Service Requested



Annual MIRUS subscription: \$10 by mail, or \$5 via email.

Please make checks payable to Intergroup Association.

Please print:

New ☐

Renew ☐

Name _____

Address _____

City _____ State _____ Zip _____

A.A.® was founded on the premise that it would be self-supported through member contributions.

For over 50 years, contributing a single dollar has almost become a tradition. But will just one dollar per person per meeting sustain us today?



1960 ... 26c
2016...\$8.00

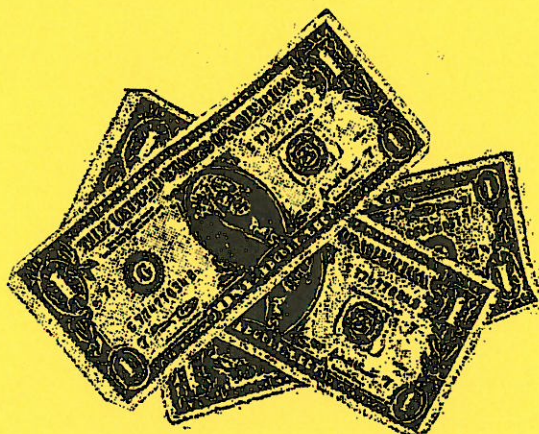


196010c
2016...\$1.00



1960 ... 28c
2016...\$2.16

Today's dollar has only 19 cents of the purchasing
Power of a 1960 dollar.



*Please help keep us self-supporting.
Do what you can—and if you can, make it:*

3 Bucks in 2016!

