

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

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# MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

January 2015 *Step, Tradition, and Concept One*

## Step One

*We admitted we were powerless over alcohol – that our lives had become unmanageable.*

By the time I was willing to take the first step, I was in the hospital and told I was going to die if I didn't stop drinking. I had tried several times to quit on my own. I really believed I could if I wanted to. That lasted about one day. I still was in denial that I had a problem. The doctor in the hospital set me up with an outpatient treatment program before they would release me. I lasted 3 days without drinking and I was off again on a two week bender. The counselor at outpatient called me and said if I didn't go to an inpatient treatment center I wasn't going to make it. It was a matter of life and death. I was put on a sedative for 3 days, so I could stop shaking. After several days I finally surrendered to the insanity I had been living and realized how broken, helpless and afraid I was.

Once I took the first step, I felt a little relief and was able to take a look at just how unmanageable my life had become. I was so full of shame and guilt (a counselor told me that was my first and last name). I was divorced, and was so controlled by my ex-husband, I had started drinking more and more and was so weak, that I let him have almost everything in the divorce and I had to start over. I told lies about why I couldn't make it to work, and If I did make it to work, I was probably drunk or on my way to being drunk. I had to keep a little notebook and list all the lies so I could keep track of them. I had so many blackouts, I had to write down everything I said or ask people what I did. I couldn't eat because I couldn't keep food down. I was sick all the time, but I'd cure it by having another drink. After all, alcohol was my best friend. I was so full of fear and so lonely.

Well, I finally saw how hopeless and out of control my life was. By now I had been sober for four days. I was starting to feel better and able to eat and getting back my sanity. I could sleep at night without a drink. All along, I thought I was the victim, but I began to realize how self-centered I was and that I wasn't the victim, but the victimizer.

I believed in God, but knew he or anyone else couldn't

love me because I was so unlovable. After admitting I was powerless and life unmanageable, my faith in God was restored. I was able to pray and ask for help. Putting my total faith and trust in God has taken some time but has given me great inner peace and freedom. We need spiritual help, because without it recovery is elusive.

After Step One, life started to make more sense and I was ready move onto Step Two and Step Three. Then the amazing journey begins. AA has been such a blessing and helped me make changes in my behavior (honesty, humility, willingness are just some). I had a major attitude adjustment.

When I did my first 12th Step call, the person was very sick and crying uncontrollably. We took her to the hospital. In Emergency, she told me she wanted to die; she was so sick

*Step One continues on page 5*

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Speakers ASL Interpreted Greater Minneapolis Intergroup  
of Alcoholics Anonymous  
Welcome Al-Anon & Alateen



**32nd Annual  
Gratitude Night**  
Saturday February 21, 2015

AA Speaker: Mari G, Ontario, Canada   
Al-Anon Speaker: Scott T., Bloomington, 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 Gopher State Roundup/Founders Day  
Area 36 Remote Community/Special Needs Greater Minneapolis Intergroup  
Area 36 Archives / AA Grapevine Greater St. Paul Intergroup  
Area 36 PICPC 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 18th @ 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®

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-7 pm • Saturday 9 am-1 pm

## Notes from your Service Office:

*"Celebrating 80 Years of Recovery, Unity & Service – The Foundation for Our Future."*

2015 brings a new theme from the General Service Office: "Celebrating 80 Years of Recovery, Unity and Service – The Foundation for Our Future." When the General Service Conference meets in New York City in April, the following topics will be woven into the presentations and discussions:

Our Common Welfare through Gratitude in Action

- Diversity in A.A. – Our Heritage of Inclusion
- Safety and Respect – Practicing the Principles Begins in our Home Group
- Safeguarding our Traditions through the Evolution of Technology
- Inventory – looking Back to Move Ahead

As this year begins, we can learn and reflect about how Alcoholics Anonymous has evolved.

In my daily life I surround myself with people in recovery and in my meetings. We all see a newcomer visit our home groups from time to time. That reminds me that there are still many others suffering in our workplaces, homes, schools, churches, from the very young up to retirees.

In my own little world, it sometimes feels as if every family has at least one alcoholic and that everyone in the world knows about Alcoholics Anonymous by now; it seems to be everywhere with meetings morning, noon and night in every city all over the world.

## Notes from Your Board

*"Under the lash of alcoholism, we are driven to A.A., and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us."* TWELVE STEPS & TWELVE TRADITIONS, page 24.

For many folks reaching this point of painful awareness who then decide that they'd better "call A.A.," it's a sober member of A.A. at Intergroup answering that call. Right away the powerful dynamic of one alcoholic talking to another sparks and both the caller and the volunteer benefit.

At a recent Intergroup workshop for phone volunteers I heard a valuable quote about the impression we as A.A. members ought to give:

"Gee, those A.A. people are sober and happy" and "Gee, those A.A. people are nice."

(This works as a framework for me to do a quick little 10th step and remember that yes, I am sober and happy. And yes, I am a nice guy! My alcoholism works hard to make me forget that.)

But that is not the case. Actually, over the past six to eight weeks, I have received at least one email a day from a woman or man contacting AA for the first time, wanting to know how to get started. Similarly, Intergroup's phone volunteers, in addition to the many calls for meeting information and other inquiries, on average receive one call a day from a person who needs to get a twelfth step call.

This tells me that our service is still needed just as much as it was needed when Bill and Bob met with "the man on the bed," the third member ever in AA on June 28, 1935.

I do not fool myself into thinking that Minneapolis Intergroup is the driving force that is there for the still suffering. We do, however, help to make it possible for all of you in AA to do the work. We would not exist without all of you who carry the message and bring the possibility of recovery to anyone who reaches out for help.

In appreciation to all of you that are willing to be of service and carefully guard the traditions to be sure A.A. will be there in the future.

*Your Office Manager, Gail S.*

It's clear to me that our Intergroup office staff get this as do the many volunteers who answer phone calls. Volunteers take around 600 to 700 phone calls a month during office hours and during "group phone" hours. There is plenty of opportunity currently to help with taking these calls especially during the morning hours.

Look for the flyer in this edition of the MIRUS about our 32nd annual Gratitude Night celebration at the Minneapolis Convention Center the evening of Saturday, February 21st.

This is one of 2 annual ticketed events that supports the several other free events that Intergroup puts on. It's also a total blast.

Truly, most of what gets accomplished through efforts coordinated by our office staff is done by A.A. volunteers wanting to be of service. I am so grateful to all who continue to show up to do all that we do. Your loving example reminds me of why I'm doing this stuff too; at a level that's difficult to put into words.

*Robert S., 2015 Board Chair*

## 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 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, MN 55454  
(parking in back of bldg. off Riverside)

Saturday Night Live Open Speaker Meeting, 7:30  
Basilica of St. Mary's School, third floor  
16th & Hennepin (behind the church)  
Handicap 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

### Special Events

January 9, 10, & 11, 2015  
13th Annual Wild Rice Round-Up  
Mahnomon, MN  
www.wildriceroundup.com

January 17, 2015  
AA Is For Everyone Workshop  
Presented by Districts 7,8,13,18,21, & Area 36  
New Hope Alano, New Hope, MN  
1:00 pm – 4:00 pm

*Deadline for publication of notices is the 10th of the preceding month.*

February 21, 2015  
Minneapolis Intergroup's 32nd Annual Gratitude Night  
Minneapolis Convention Center, Minneapolis, MN  
Doors open 6:30 pm

### General Service Announcements

January 2 - 4, 2015  
Recovery, Unity & Service Conference  
Holiday Inn, Owatonna  
7:00 pm Jan 2nd to Noon Jan 4th

January 24, 2015  
Trusted Servant Leadership Training  
Bethel Lutheran Church, Northfield, MN  
9:00 am – 4:00 pm

February 14, 2015  
Area Committee Meeting  
Best Western, North Mankato, MN  
9:30 am – 11:30 am; 1:00 pm – 5:00 pm

February 27 – March 1, 2015  
West Central Regional Service Conference  
Norfolk Lodge and Suite, Norfolk, NE

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.

## HOLIDAY OFFICE CLOSINGS

**JANUARY 1ST**  
**NEW YEAR'S DAY**

Phones answered by Night Owls

**AA Pamphlet of the month:**  
The AA Member- Medications & Other Drugs

**AA Book of the month:**  
75th Anniversary Big Book

**Grapevine Book of the month:**  
In Our Own Words-  
Stories of Young AAs in Recovery

## Concept One

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 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, 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, and 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 are 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

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

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

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 Service Conference in Owatonna at the Holiday Inn the weekend of January 2-4. This get together runs all weekend is open to all. Questions? ... go to Area36.org. Hope to see you there!

Also please put the annual Trusted Servant Leadership Training day on your calendar for Saturday, January 24th at Bethel Lutheran Church in Northfield. This is a very informative day and fun day, especially for those who are new to General Service, or who might have a new role in General Service.

Yours in Service,

Lisa G., Panel 65 Delegate, Area 36, Southern Minnesota  
delegate@area36.org

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](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\\_the-twelveconcepts.pdf](http://www.aa.org/pdf/products/p-8_the-twelveconcepts.pdf)

## Group Contributions – November 2014. Thank you all, in the Spirit of Hope.

2218 Squad 1 Depth and Weight  
3 W's Worthwhile Womens Wed  
Amigo's Group  
Andover Alano Sq 7  
As Bill Sees It - Chaska  
As Bill Sees It - Delano  
As Bill Sees It Medina  
Bar None Thursday  
Basic Principles  
Birds of a Feather  
Bridge to Shore  
Cliffhangers V1 Group  
Colfax AA Group - Thursday  
Common Solution Big Book Study  
Continuous Action

Coon Rapids Alano Squad 6  
Cornerstone in Buffalo  
Crushed Grapes  
Dunn Sober AA Groups  
Elders Big Book Stories  
Five Alive AA Group  
Foxhall Chapter 7 Group  
Friday Night Hope Group  
Good Samaritan Group  
Gopher AA Wednesday  
Groveland Group  
Happy Hour Sq 27  
Happy, Joyous, Free-Columbia Hts  
Howard Lake-Waverly AA Group  
I'll Quit Monday BB

Ladies Night Happy Hour-Sahara Club  
Lake of the Isles Men's Tues PM  
Lakers Saturday Morning AA  
Language of the Heart  
Living Sober AA Group(Burnsville)  
Medina AA Group  
Minnetonka Big Book Study Group  
Monday Night Step Group-St. Louis Park  
New Hope Alano Sq 13  
New Hope Alano Squad 62  
No Bull Big Book  
Normandale AA Group  
Oasis AA Group Apple Valley  
Practical Experience  
Primary Purpose Group (noon m-w,bmsvl)

Prospect Park AA Group  
Ridge Runners III Group  
Robbinsdale Alano Sq K  
Sahara 6pm Wed Big Book  
Saturday Night Live Group  
Saturday Sisters  
Seeing is Believing  
Southeast AA (S.E. Homes Phillips)  
St. Louis Park Sunday Night AA Group  
St. Lukes Saturday Mens Group  
Steps to Serenity Group  
Sunday 8pm AA Meeting  
Sunrise Men's Meeting - Burnsville  
The Bright Spot  
There Is A Solution-Sahara 430pm

Three Legacies  
Thunderbird Noon Groups  
Thursday Night AA Group - Chaska  
Thursday Nite Victory AA  
Tradition Five  
Tradition Five  
Tradition Three AA at St. Joseph Church  
Tuesday Gratitude Group  
U.R.S. Tuesday Nite A.A.  
Valley View AA Group in Edina  
Waconia Friday Nite AA Group  
Wayzata Step Sisters  
Woman's Big Book Study Group Buffalo  
Women's AA Group at Elim

Every AA Group that sends a group contribution is sent a receipt along with a “Thank You” letter from the office. It is the responsibility of the group treasurer or trusted servant to share the receipt and “thank you” letter with their respective group. Every AA Group that sends a contribution will be listed in the MIRUS. On request your AA group can request a contribution summary.

## Group Contributions/Birthday Plan\*\* November 2014 Basic Twelve Foxhall Chapter 7 (3xs)

\*\*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.

## Intergroup Board

### Board Officers

Chairperson Robert S.  
Co-Chairperson Jane H.  
Secretary Lisa M.  
Treasurer Tom B.

### Board Members

Mary G. Ron C.  
Jim R. Jeanie O.  
Tom B. Michael D.  
Ginger B. Miles S.  
Gail S. Office Manager, Ex-Officio

### General Service District Board Liaisons

District 7 Mary G.  
District 13 Jeanie O.  
District 14 Ginger B.  
District 17 Doug H.  
District 18 Michael D.  
District 19 Miles S.  
District 20 Robert K.  
District 21 Ron C.  
District 22 Jim R.  
District 24 Tom B.  
District 25 Lisa M.

### Intergroup Staff

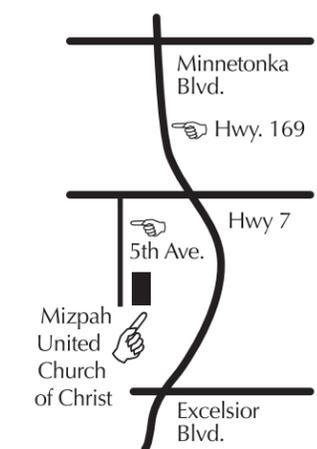
Gail S. Office Manager  
Claudia S. Office Assistant  
Terri D. Office Assistant  
Drew H. Office Assistant

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

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

## NOTICE • NOTICE



**Intergroup  
Reps meeting**  
Thursday,  
Jan. 22nd  
6:30 pm

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

## Metro District General Service Meetings

District 7 Second Monday, 6:30 pm  
St. Andrew Lutheran Church  
13600 Technology Drive, Eden Prairie, MN 55344

District 13 First Tuesday, 7:00 pm  
United Methodist Church  
10506 Hanson Blvd. N.W., Coon Rapids

District 14 First Monday, 7:30 pm  
United Methodist Church,  
609 8th St. NW, Buffalo, MN

District 17 Second Tuesday, 7:30PM  
Crossroads Assembly of God Church,  
10478 Bell Ave, Plato, MN

District 18 Second Thursday, 6:30 pm  
1900 Nicollet Avenue S, Plymouth Congregational Church

District 19 Second Wednesday, 7:00 pm  
Rosemount Community Center, Room 210  
13885 S. Robert Trail, Rosemount

District 20 4th Tuesday 7:00 pm  
Twin Lake Alano Club  
Brooklyn Center

District 21 Second Tuesday, 7:30  
Pilgrim United Methodist Church;  
4325 Zachary Lane, Plymouth

District 22 Second Wednesday, 7:30 pm  
St. Paul's Lutheran Church;  
13207 Lake St., Minnetonka  
(N.W. corner of Baker Rd. and Hwy. 7)

District 24 First Monday, 7:00 pm  
St. John's Lutheran Church;  
8th and Fuller, Shakopee

District 25 Second Wednesday, 7:30 pm  
Woodlake Lutheran Church,  
7525 Oliver Ave South, Richfield, MN 55423

## 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.

01/03 Step Three / Tradition Three  
His Story

01/10 Importance of Singleness of Purpose  
Her Story

01/17 Step Four / Tradition Four  
His Story

01/24 What are AA's Three Legacies?  
Her Story

01/31 Step Five / Tradition Five  
His Story

December 1947; Volume 4 Number 7

## On the First Tradition

*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.*

Our whole A.A. program is securely founded on the principle of humility--that is to say, perspective. Which implies, among other things, that we relate ourselves rightly to God and to our fellows; that we each see ourselves as we really are--"a small part of a great whole." Seeing our fellows thus, we shall enjoy group harmony. That is why A.A. Tradition can confidently state, "Our common welfare comes first."

"Does this mean," some will ask, "that in A.A. the individual doesn't count too much? Is he to be swallowed up, dominated by the group?"

No, it doesn't seem to work out that way. Perhaps there is no society on earth more solicitous of personal welfare, more careful to grant the individual the greatest possible liberty of belief and action. Alcoholics Anonymous has no "musts." Few A.A. groups impose penalties on anyone for non-conformity. We do suggest, but we don't discipline. Instead, compliance or non-compliance with any principle of A.A. is a matter for the conscience of the individual; he is the judge of his own conduct. Those words of old time, "Judge not," we observe most literally.

"But," some will argue, "if A.A. has no authority to govern its individual members or groups, how shall it ever be sure that the common welfare does come first? How is it

possible to be governed without a government? If everyone can do as he pleases, how can you have aught but anarchy?"

The answer seems to be that we A.A.s cannot really do as we please, though there is no constituted human authority to restrain us. Actually, our common welfare is protected by powerful safeguards. The moment any action seriously threatens the common welfare, group opinion mobilizes to remind us; our conscience begins to complain. If one persists, he may become so disturbed as to get drunk; alcohol gives him a beating. Group opinion shows him that he is off the beam, his own conscience tells him that he is dead wrong, and, if he goes too far, Barleycorn brings him real conviction.

So it is we learn that in matters deeply affecting the group as a whole, "our common welfare comes first." Rebellion ceases and cooperation begins because it must; we have disciplined ourselves.

Eventually, of course, we cooperate because we really wish to; we see that without substantial unity there can be no A.A., and that without A.A. there can be little lasting recovery for anyone. We gladly set aside personal ambitions whenever these might harm A.A. We humbly confess that we are but "a small part of a great whole."

Bill W

*(All of the editorials by Bill covering the 12 Points of Tradition appear in the new 48-page Tradition pamphlet, along with the 12 Points themselves. Copies of the new pamphlet were distributed free during November by the Alcoholic Foundation through the group secretaries. Extra copies may be had at 10 cents each by addressing requests to: Alcoholic Foundation, P.O. Box 459, Grand Central Annex, New York 17, N. Y.)*

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I attended my first AA meeting in 1979. My oldest brother had gotten sober and became rigorously honest. In doing so, he informed my parents about his contributions to my brothers and my use. Mom decided it would be good to take us all to the monthly open meeting at his halfway house. I heard speakers, learned the steps off the wall, saw people get their medallions, watched grown men hug, and decided AA was fundamentally a good thing, for all of you. When my brother graduated from his halfway house I never saw another AA meeting until I was ready. The day I went back, 18 years later, I had always known you were there. AA was always in the back of my mind as my disease progressed.

When I think of my story I am so grateful for AA unity. I had a group of successful recovery stories to look at. Evidence that a bum like me could do better. I think of Bill in the lobby of the Mayflower Hotel. Would I have been able to figure out the solution to my drink problem without AA as he did? Luckily I don't have to answer that question; none of us do. God, working through Bill and Dr. Bob has answered it for us. We have AA.

My recovery has been as a result of being a part of the AA group and conforming to their way of doing things. "Rarely have we seen a person fail who has thoroughly followed our path." Those who came before us forged the path. Alcoholics Anonymous as a whole is that path. The success of each personal recovery depends upon it. AA needs to be there, now and in the future.

*Step One continued from front cover*

and full of hopelessness. I told her if she surrendered, this is the worst she was going to feel and promised her things would be better and that she had a chance for a new life. I was remembering feeling exactly how she felt and couldn't believe God and AA had brought me this far. I have been sober for 17 years.

Someone once told me that 'We grow by subtractions, not additions'.

*Anonymous, Bloomington, MN, for the Mirus*

"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:**

Scott County Jail in Shakopee (Men & Women)  
Hennepin County Adult Detention Center (Men)  
Mission Nursing Home, Plymouth (Men & Women)  
Waseca Federal Women's Prison (Women)  
Sherburne Co. Jail/Federal Holding Facility (Men & Women)  
Augustana Health Care (Men & Women)  
Pride Institute (Men & Women)  
Smith Lodge Transitional Housing (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

An AA meeting is the lifeline many people need to make it. Any single AA group can't be sure that the newcomer will find them the day they are ready. Unity between groups is needed to ensure this. The structure of AA central offices' and the General Service Office in New York tie them all together.

Whether a newcomer finds AA through a local group, a phone being answered at an intergroup office, AA literature, or a letter to GSO doesn't matter. What matters is that we keep the welfare of AA first so the next suffering alcoholic has the same chance we had to recover.

*Angela N., Minneapolis for the Mirus  
Reprinted from January 2003*

June 1973; Volume 30 Number 1

## Nobody Knew

*Around the Tables...*

AROUND THE TABLES, thank God, each can be himself. That means a fantastic freedom, but one built on the recognition of the inherent freedom of others.

Driving back from a luncheon with a friend and client, I was listening to a rendition of "Universal Prisoner," and I realized how aptly that song describes the alcoholic prior to AA. The gist of the song is that the universal prisoner makes his own prison, and it describes many of the characteristics which are well-known attributes of an alcoholic. One of the closing lines is "Worst of all, he doesn't even know." Isn't that the niftiest indictment of alcoholism?

Obvious to me now is how obvious my problem was to all but me. This point was made clear to me today. The luncheon spot was one where I did a vast quantity of drinking; in fact, until AA, I was never really sober there. But my conduct on those many occasions never caused a problem there. Many of the regulars were surprised when I joined AA. "You don't have a problem. Why, I've never seen you out of line." They didn't know, either. How could they? If they had known, then they wouldn't have been there themselves. My joining AA was bothersome to them because it made them think, "If he has a problem. . ."

Were the bar companions the ones who counted for me? Of course they were. Didn't I spend all my time being a big shot for them? Didn't they buy me drinks? "Worst of all, he doesn't even know."

I am truly impressed with the insidiousness of alcoholism, for I was a prisoner of the bottle and its real companions--fear, sickness, loneliness, anxiety, trouble. But I am much more impressed with AA and what it can do. For now I know. Isn't that what being free does for us?