

INTERGROUP ASSOCIATION
7204 W. 27th St., Suite 113
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MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

July 2015 Step, Tradition, and Concept Seven

Step Seven

“Humbly asked him to remove our shortcomings.”

By the time I reached Step Seven; I was feeling pretty low. After completing my Fifth Step, the gravity of my total self-focus and self-centered, harmful actions lingered with me for months. I had completed Step Six—I was ready to have all my character defects removed but how? My sponsor told me Step Seven was my answer.

I analyzed the word “humbly” and ran to a dictionary for the definition of humility. Being battered and broken from the mess I had made of my friend and family relationships, I was sure I must have humility. But I did not. I wallowed in my self-deprecating thoughts and in conversation detailed my “worse than others” actions. It was almost a game of sorts to “one up” someone else in talking about my terrible defects. I felt badly and wanted relief from the pain of my past, and would tell most anyone at a meeting about my wrong-doings, my shortcomings and defects.

Until one day my sponsor pointed out to me that dwelling on and speaking of my defects was in itself prideful and probably driven by fear. Yikes! I was still not humble. It was the same self-obsession I was trying to let God remove. She explained the concept of Reverse Pride: where talking badly of myself and my actions is still a form of fear and pride. The same defect, but with a new twist. Wham. I was hit between the eyes with my lack of humility and gained a new perspective.

My sponsor recommended I say the Seventh Step prayer daily until its meaning became clear.

My Creator,
I am now willing that You should have all of me,
good and bad.
I pray that You now remove from me every single defect of
character which stands in the way of my usefulness to You
and my fellows.
Grant me strength, as I go out from here,
to do Your bidding.
Amen

It may have taken a year or two; but eventually two key concepts of the prayer became my guideposts: “usefulness to YOU” and “to do YOUR bidding”. Asking God to remove my defects of character so I could achieve spiritual bliss, nirvana or be seen as an “all around great person”, was not what this step intended. The sole purpose for asking for the removal of my obstacles/shortcomings is to serve Him and my fellows more thoroughly and effectively.

For me now true humility is quietly waiting on my Higher Power to help me become the person He wants me to be. It is not despairing; nor is it demanding. It is speaking less and listening more. Like the peeling the layers of an onion, this step is a process – I will never “arrive” at humility or be free of shortcomings because I am a human being striving for spirituality and meaning. There is no graduation from this step. The power is in the asking.

Nancy W, Minneapolis for the MIRUS

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INTERGROUP'S 15TH ANNUAL

UNITY

OPEN HOUSE

SATURDAY AUGUST 15, 2015

9AM - 1PM

9AM-11AM DOUGHNUTS & COFFEE * 11AM-1PM HOT DOGS & CHIPS
KIDS FUN AREA ALL DAY



NEED A SERVICE OPPORTUNITY? LEARN ABOUT...

Phone Volunteering: Daytime Phones, Group Phones, Early Birds and Night Owls
Southern Minnesota Area 36 Temporary Contact Program
Southern Minnesota Area 36 Correctional Facilities Contact Program
“An opportunity for all AA members to connect into service”



GREATER MINNEAPOLIS INTERGROUP

7204 West 27th Street, Suite 113
St. Louis Park, MN 55426

map & directions at www.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."

A.A.'s Legacy of Service

Our Twelfth Step - carrying the message – is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.

From A.A.'s Legacy of Service by Bill W.

As Bill further describes service is anything whatever that helps us to reach a fellow sufferer. A great service opportunity is available every September, which is an important month for Greater Minneapolis Intergroup, as every year four of our twelve-member Board, all members of Alcoholics Anonymous, rotate off after having served their three-year term, and four new Board members are elected. The election takes place at the Intergroup Representatives Meeting, and votes are cast by group representatives, reflecting the wishes of their groups. The 2015 election will be on September 24th.

Notes from Your Board

"Where humility had formerly stood for a forced feeding on humble pie, it now begins to mean the nourishing ingredient which can give us serenity."

Twelve Steps and Twelve Traditions, p. 74

Conceding that maybe somebody else might know better than I do; and then following that person's direction on a continual basis has been an enormously important decision for me. It has saved my life.

If you or someone you know have five years or more of sobriety and might consider becoming a candidate for the Board, a copy of a resume form is inserted in this month's MIRUS, available at the Intergroup office, and on the website under Announcements and Events. The backside of the resume has some important aspects of the service opportunity. Feel free to call the office and ask for the Manager if you need further information about the duties. I know if you ask any of our current Board members they would be happy to share their experience of serving on the Intergroup Board.

Please join us at our annual Unity Open House at Intergroup on Saturday, August 15 from 9:00 a.m. to 1:00 p.m. You can meet our Board and staff members while enjoying food and fellowship. Bring the family – there will be a Kids Fun Area. The Al-Anon office will also have their Open House at the same time. We hope to see you!

Your Office Manager, Gail S.

The Intergroup AA Information committee is in need of new volunteers willing to speak at the facilities we provide this service for. Please contact the office.

This MIRUS will be published while many of us will be in Atlanta. I'm pretty darned excited about that!

Hope to see many of you there.

Robert S., Board Chair

Group Contributions – May 2015. Thank you all, in the Spirit of Hope.

2218 Squad 1 Depth and Weight	Chunks & Measures Squad 88 at 2218	Gratitude Group	Prospect Park AA Group	The Hand of AA
A Levelers Group	Colfax Tuesday AA Group	Groveland Group	Rich/Blmngtn Alano Squad 6E	Third Tradition Group of AA
Alliance AA	Cornerstone in Buffalo	Happy Hour Squad 27	Rockford Riverview AA Group	Thursday Happy Hour 5:30pm
Andover Alano Squad 4	Crushed Grapes	homeboyz Squad	Rojo Group	Thursday Nite Victory AA
Andover Alano Squad 7	Dakota Alano 1145am Thurs.	It Might Have Been Worse	Rule 62 AA	Tradition Five
As Bill Sees It - Delano	Dakota Alano Sunday 8 pm Group	Ladies Night Happy Hour-Sahara Club	Sahara 6pm Wed Big Book	Tradition One
Basic Principles	Dakota Alano-Saturday 11am	Lake of the Isles Men's Tues PM	Sahara Groups	Tradition Three AA at St. Joseph Church
Basic Twelve	Design for Living	Minnetonka Senior AA	Saturday Morning Men's AA	Tradition Three Group Waconia
Beltline Groups	Design for Living (Coon Rapids)	Monday Night Mens	Saturday Night Live Group	Tues. Morning Discussion Group AA
Boiler Room Squad	Elders Big Book Stories-Friday	Nomandale AA Group	Serenus AA Group	Unknown AA Group
Bridges-Shakopee	Excelsior Wednesday Night Group	Oasis Group -- Shakopee	Silver Lake AA Group	Up the Creek Big Book Group
By Grace Group-Mound	Foreword XIX Group	Open Men's Mtg Sat 7:15am Sahara	Southwest Women's Group	Valley View AA Group in Edina
Candlelight Group--Chaska	Fourth Dimension AA Group	Plymouth II Groups Sun BB	Squad Five @ St. Lukes	West Moore Lake AA Group
Cavalier Club Mainstreeters	Foxhall Chapter 7 Group	Study 5:30pm	Steps to Serenity Group	Woman's Big Book Study Group Buffalo
Cavalier West Mens Thurs 8pm Group	Fridley Alano Squad 19	Primary Purpose Group	Suburban North Alano Squad 1	
Central Pacific Group	Gloria Dei AA	(noon m-w,bmsvl)	Temple Wed. AA Group	

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.

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

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

Special Events

July 2-5, 2015
2015 International Convention
Atlanta, Georgia

August 15, 2015
Unity Open House
Minneapolis Intergroup, St. Louis Park, MN
9 am – 1 pm

September 11-13, 2015
25th Annual Heartland Roundup
Park Rapids, MN
www.heartlandroundup.com

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

General Service Announcements

August 8, 2015
Area Committee Meeting
Standing Committee Meetings
Area Committee Meeting
At Best Western, North Mankato, MN
9:30 am – 11:30 am / 1:00 pm – 5:00 pm

August 21-23, 2015
West Central Regional Forum
Parkway Plaza Hotel, Casper, WY

October 17, 2015
Area Assembly
Hutchinson Event Center
North Mankato, MN
9:00 am – 5:00 pm

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

FRIDAY, JULY 3RD
SATURDAY, JULY 4TH
Phones answered by Night Owls

AA Pamphlet of the month:

The Jack Alexander Article About A.A.

AA Book of the month:

A.A. In Prison – Inmate to Inmate

Grapevine Book of the month:

AA Around the World: Adventures in Recovery

Concept Seven

This Concept at first appears to set up a conflict – the trustees are given full legal authority, but Concept VII acknowledges that without the backing of the Conference and through it the funds and support of the local groups, the trustees could not, as a practical matter, go completely off on their own. However, Concept VII attempts to clarify the relationship and "balance of powers" between the Conference and the General Service Board (GSB).

Concept VII spells out the spiritual and legal relationship between the Board (legal) and the Conference (spiritual). The Board (GSB) is a legal component in that it is incorporated and has By-Laws. The Board can own property, hire people, sign contracts, etc. The Conference is related to the Board by the Charter, which is not a legal document but more of a mission statement. A local comparison is the Area Committee (SMAA, Inc. – legal) and the Assemblies (spiritual). The Board (in our local context SMAA, Inc.) ensures that the A.A. Society or Fellowship is not encumbered by legal bindings.

"The Conference is, in the final analysis, superior to the legal power of the board. This superior power derives from the traditional influence of the Conference Charter itself; from the fact that the delegates chosen by the groups always constitute more than two thirds of the Conference members;" and finally from the ability of the delegates to cut off financial support by the groups. "Theoretically, the Conference is an advisory body only; but practically speaking, it has all the ultimate power it may ever need."

The "recommendations" of the Conference direct the board and the board executes these recommendations. The board does have the legal authority to veto a Conference recommendation - but in actual practice, it has never done so. As Bill tactfully puts it, the trustees "simply refrain from using their legal right to say 'no' when it would be much wiser, all things considered, to say 'yes'".

"If, in the years ahead, the Conference will always bear in mind actual rights, duties, responsibilities and legal status of the General Service Board; and if the trustees in their deliberations will constantly realize that the Conference is the real seat of ultimate service authority, we may be sure that

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

The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A. A. purse for its final effectiveness.

neither will be seriously tempted to make a 'rubber stamp' out of the other. We may expect that in this way, grave issues will always be resolved and harmonious cooperation will be the general rule.

In summary, Concept VII allows the Fellowship or A.A. Society to detach in order to focus on carrying the message to the still suffering alcoholic expressing the spiritual principles of Purity and Love. The spiritual principles of Unselfishness and Honesty are also expressed in how the GSB consults with the Conference and abides by the Conference guidance even though it is within their legal rights to do as they wish. The spiritual principle of Humility is expressed in both the Board and Conference understanding their respective roles in order to work in harmonious action.

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_the_twelveconetps.pdf

Yours in Love and Service,

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

Group Contributions/Birthday Plan** May 2015

Foxhall Chapter 7 (2)

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.

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.
Doug H. 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

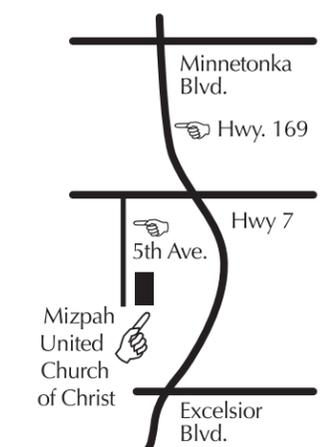
Gail S. Office Manager
Claudia S. Office Assistant
Terri D. Office Assistant
Drew H. Office Assistant

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,
July 23rd
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.

- | | |
|-------|--|
| 07/04 | Step Four / Tradition Four
His Story |
| 07/11 | What are AA's Three Legacies?
Her Story |
| 07/18 | Step Five / Tradition Five
His Story |
| 07/25 | The History of AA and it's Founders
Her Story |

December 1986, Vol. 43 No. 7 AA's Tradition of Self-support Reprinted from the Oct. 1967 Grapevine

AA's far-flung Twelfth Step activities, carrying the message to the next sufferer, are the very lifeblood of our AA adventure. Without this vital activity, we would soon become anemic; we would literally wither and die.

Now where do AA's services--worldwide, area, local--fit into our scheme of things? Why should we provide these functions with money? The answer is simple enough. Every single AA service is designed to make more and better Twelfth Step work possible, whether it be a group meeting place, a central or intergroup office to arrange hospitalization and sponsorship, or the World Service Headquarters [now the General Service Office] to maintain unity and effectiveness all over the globe.

Though not costly, these service agencies are absolutely essential to our continued expansion--to our survival as a Fellowship, Their costs are a collective obligation that rests squarely upon all of us. Our support of services actually amounts to a recognition on our part that AA must everywhere function in full strength--and that, under our Tradition of self-support, we are all going to foot the bill.

We have long known that Alcoholics Anonymous has no need for charitable contributions from any source. Our Fellowship is self-supporting. Neither do AA groups try to meet the rehabilitation expenses of thousands of newcomers. Long ago we learned that that was impractical.

Instead, AA offers to the new person a spiritual way of life that can eliminate the alcohol problem. With this accomplished, the new person, in the company of his fellow sufferers, can then begin the solution of his personal problems--including the financial one.

So AA groups themselves accept no charitable funds--and give none away. At first glance, this attitude may seem to be hard-nosed, even callous. An immense experience tells us otherwise. Money gifts--as a prerequisite of getting sober--are usually worthless when made a function of an AA group.

Of course, we see AA's primary charity in the Twelfth Step activities of tens of thousands of us as we daily carry the AA message to newcomers. We travel millions of miles; we absent ourselves from business and home. In the

aggregate, we lay out very large sums. As individuals, we do not hesitate to give temporary financial aid to the newcomer, if and when he seems to want sobriety first. Here, then, is money charity aplenty, always given on a very personal, face-to-face basis. And perhaps even this cannot be called wholly charitable, since every Twelfth Step effort means more certain sobriety and added spiritual growth for the sponsor.

Both these principles we understand: that AA wants no charity; that we support our own services. We understand--but we sometimes forget.

Bill W.

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Donations vs. Contributions

Donate: Give a Gift - Contribute: Help or assist

Some years ago I remember my mother telling me we had to collect all of our old unused household items because the local Salvation Army was sending a truck by to pick up our discards. She told me we were donating these items because it was for a worthy cause. On another occasion, I remember her going around the neighborhood and asking our neighbors if they wanted to donate money for the Tuberculosis Society (this was in the mid 50's).

My mother was always willing to help when it came to worthy causes. A number of years later she became a member of AA. Once while visiting her I asked her how much does AA cost? Her reply was, "I contribute to our group's 7th Tradition basket at each meeting I attend". This was 1969 and I knew she was going to a lot of AA meetings. So I asked her, "Mom, how much do you donate to that worthy cause"? Her reply was confusing -- she said she was a contributor, not a donator, in AA. Of course I was still drinking and didn't have a clue as to what she meant. Little did I know that she called the Intergroup Hotline in her city to find her first contact with A.A.

Almost a year later I followed her into AA. It was then that I began to understand the difference between a contribution and a donation. AA wasn't the Cancer Club

or the Red Cross, not that those organizations aren't worthy causes; they are. But in AA, if I was going to support its services, I needed to be a regular contributor to those services. Of course, there was a number of ways I could do that. I started by helping at my home group by supporting the services they provided to the alcoholic who was new to our group. I soon learned there was more to this AA service than my own home group and I found out later that the new person found our meeting because of a call she made to the Intergroup Hotline. I later found out she had gotten the AA Hotline number through a professional who had stopped by the AA information booth manned by a General Service CPC committee at a local convention for professionals. In addition to getting information about AA the professional took back to his office a stack of Intergroup cards that had both the Minneapolis and St. Paul Hotline numbers on them. I soon began to realize that AA services and carrying the AA message costs a little bit of money. So when our group treasurer announced one night that after expenses our group was able to contribute a certain amount

of money to the local service entities and to the General Service Office the group gave their applause. I began to notice that a number of our members were putting \$2, \$3 & \$5 into the basket. I learned that those contributions became spiritual when the funds contributed were used with the hope that another man or woman would find Alcoholics Anonymous.

I guess that's why they say "money and spiritually do mix". It became a contribution to help others and not a donation for a worthy cause. I found that my life and other lives depended on my willingness to be self-supporting, and to inform my Home Group of our continued responsibility.

Anonymous for the July MIRUS

Reprinted from July 2004

**Board
Announcement**
The Annual Board elections
will be held at the Intergroup
Reps meeting on
Thursday, September 24, 2015.

There will be four openings that are
a 3-year term.

3rd Legacy Procedure

Board Resumes are available
at the Intergroup Office,
at the IG Reps meetings,
or on our website at aaminneapolis.org.

"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)
Smith Lodge Transitional Housing (Men & Women)
Dakota County Jail (Men & Women)
Reedemer Health & Rehab (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