MIRUS
Minneapolis Intergroup: Recovery, Unity, Service
April 2017 *Step, Tradition, and Concept Four*

Step Four

"Made a searching and fearless moral inventory of ourselves."

I came into AA on June 14, 2010 with a sincere desire to stop drinking and a willingness to take direction from others, born out of defeat from my own attempts stay stopped on my own. Up until this point, I had been on and off the drinking-then-dry roller coaster for 20 years. I was able to plug the jug temporarily, but at some point my disease would tell me when it was ok to go back out and drink and I'd think, "This time it'll be different."

Each time I would go back out, I'd realize in short order that I would arrive at the same place of despair as I was in the last time I quit. Why do I keep going back out? I knew that my life was better by removing alcohol from the equation, but I still kept going back to it.

At the time I was not sufficiently armed with the facts about my disease in having an allergy of the body followed by an obsession of the mind. Regardless, my Higher Power disrupted the cycle and helped me to see that all of my best efforts couldn't keep me sober. I then understood that I needed help from others who truly have had success. I knew a lot of sober AAs and knew that's where I needed to start.

Coming in brand new, I knew that I needed to get a sponsor who would take me through the first 164 pages of our Big Book and take me through the steps. I found said sponsor and we began working together in earnest.

I had already taken Step One when I made a decision that I wanted to stop drinking, that I couldn't do it on my own, and that I'd reach out for help. Step Two was easy for me as I always had a belief in a power greater than myself, which I wasn't at odds with, and I believed my Higher Power could restore me to sanity, as I could not do it on my own. Finding the faith to practice Step Three took me a bit, but I could trust the experience of others who had the spiritual awakening promised in Step Twelve, and borrowed their faith to keep moving forward. Then I landed on page 64 where it reads, "Therefore, we started upon a personal inventory."

I looked forward to uncovering every nook and cranny of my being as it relates to my resentments, fears, and sex conduct. For me, an inventory is a matter of fact snapshot of where I am at, in that place and time. There's no requirement to suffer while conducting an inventory by negatively judging myself with every item I uncover or discover. The point is to get everything down on paper so I can look at it honestly and comprehensively, to the best of my ability, so I can use this inventory as a reference for the steps that follow. When I approach an inventory from this perspective, it takes the fear out of doing it which would otherwise lead to procrastination, enabling me to continue holding onto my guilt, shame, fear, and resentments, and thereby paving a clear path to falling out and taking the first drink.

Continued on page 6

Notes from your Service Office:

The General Service Conference Theme for 2017 is: "Supporting Our Future."

Office Notes...

We hope you are finding our new website easy to use. I would like to point out a new tab we added a few months ago. Under the "Meetings" tab we now have "Meeting Alerts." If your group has to move temporarily for one week to a different location, we can post a note with that information. This will also be helpful to post meeting notices for groups that will be closed due to a holiday or inclement weather in the winter.

Minneapolis Intergroup is very excited to have the Event Calendar on the website to post all the events happening in A.A. If your group has an anniversary pot luck or is hosting a workshop please send us a flyer you would like to put on the calendar. You can email a PDF of your flyer to info@aaminneapolis.org and we will post it on the website.

Gopher State Roundup XLIV will be happening on May 26, 27, and 28th. Intergroup will host the Hospitality Suite 215 again. If your group is interested in hosting a two hour time slot please call during the office hours and ask for a staff member. They can tell you the times available and sign your group up over the phone. We appreciate the group support each year! Intergroup will be selling literature this year. We are looking for volunteers to work a two hour time slot!

Please visit us at Minneapolis Intergroup. We always have the coffee on!

In love and service, Gail S., Office Manager

Notes from Your Board Chair:

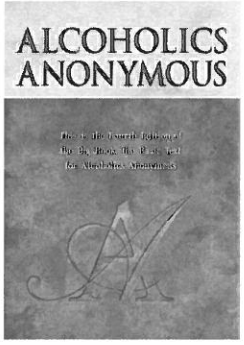
Spring has sprung! Or at least almost. This is the time of year I become grateful for the transition from cold dark nights to warm spring days. It is all about renewal. And so I wonder, "Am I still growing in AA? Am I resting on my laurels?"

Outside of my own recovery and involvement in AA, I work in a profession where I encounter people who are struggling with alcohol abuse. I can't say all of them belong in AA, but I know for myself that once I surrendered to being an alcoholic, I started to grow in every area of my life. Yes, I got sober, and the obsession to drink was lifted, but my whole world opened up to new possibilities. Now I need to remember that I have to continue to work this program so I can continue to grow.

Bill W. said this in the July 1965 Grapevine, "The essence of all growth is a willingness to change for the better and then an unremitting willingness to shoulder whatever responsibility this entails." I have to remember that with recovery comes responsibility, and today I am willing to accept that.

In love and gratitude,

Sooze H., Board Chair



AA Pamphlet of the Month:

Do You Think You're Different?

AA Book of the Month:

Alcoholics Anonymous - Hard Cover

Grapevine Book of the Month:

Into Action

Minnetonka Big Book Study Group
of
Alcoholics Anonymous

presents its

23rd Annual Serenity Breakfast
Sunday May 21, 2017

Guest AA Speaker
Rich B. from Ocean City, MD
Speaker will be ASL interpreted

Breakfast: 8:00 am to 10:25 am
Big Book meeting: 9:00 am to 10:00 am
Speaker: 10:30 am to Noon

Only $8.00 advance ~ $10.00 at the door
(Speaker only = Seventh Tradition)

14600 Minnetonka Blvd ~ Minnetonka, MN

Intergroup Board

Board Officers

Chairperson	Sooze H.
Co-Chairperson	Ron C.
Secretary	Jennifer M.
Treasurer	Jamie M.

Board Members

Donny H.	Mitch K.
Jack J.	Jeanie O.
Dave A.	Michael H.
Melanie Y.	Michael M.

Gail S. Office Manager, Ex-Officio

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District 13	Michael H.
District 14	Jack J.
District 17	Dave A.
District 18	Jeanie O.
District 19	Donny H.
District 20	Robert S., Doug H.
District 21	Michael M.
District 22	Mitch K.
District 24	Jamie M.
District 25	Melanie Y.

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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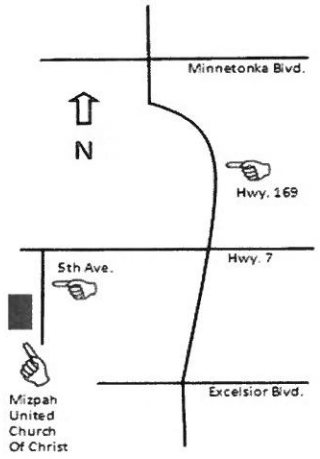
NOTICE • NOTICE



Intergroup Reps Meeting

Thursday, April 27th

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'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

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.

4/1	Staying Away from the First Drink Her Story
4/8	Step Two / Tradition Two His Story
4/15	Importance of Having a Sponsor Her Story
4/22	Step Three / Tradition Three His Story
4/29	Importance of Singleness of Purpose Her Story

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

Concept IV:

"Throughout our Conference structure, we ought to maintain at all responsible levels a traditional 'Right of Participation,' taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge."

Short Form: "At all responsible levels, we ought to maintain a traditional 'Right of Participation,' allowing a voting representation in reasonable proportion to the responsibility that each must discharge."

As we make our way through the Concepts, we learn more and more about how our groups delegate their responsibility and authority for A.A. World Services (A.A.W.S.) to the General Service Conference (G.S.C.). Concept Four adds a new principle – all trusted servants who serve together at the G.S.C. level should have an equal "Right of Participation." In this context, "Participation" means having a vote. When he explains his thinking about this Concept, Bill W. is clear that no one group or class of trusted servants should have absolute authority over any other. The groups he's talking about are our Trustees on the General Service Board, our Delegates from across Canada and the U.S., volunteer non-Trustee Directors of A.A.W.S. and The Grapevine, Inc., and certain paid staff members of the General Service Office and The Grapevine. These different groups or classifications make up the voting members of the G.S.C.

To prevent any one group from having absolute power, the "Right of Participation" tells us that if you take on a service role, you get a voice in the decision-making. If you serve at a certain level or on a certain body, you vote at that level or on that body. Our level of engagement is matched with a proper level of authority. This principle can be applied at the G.S.C., in our Area, at our District, on other committees, and in our home group. If you serve, you vote.

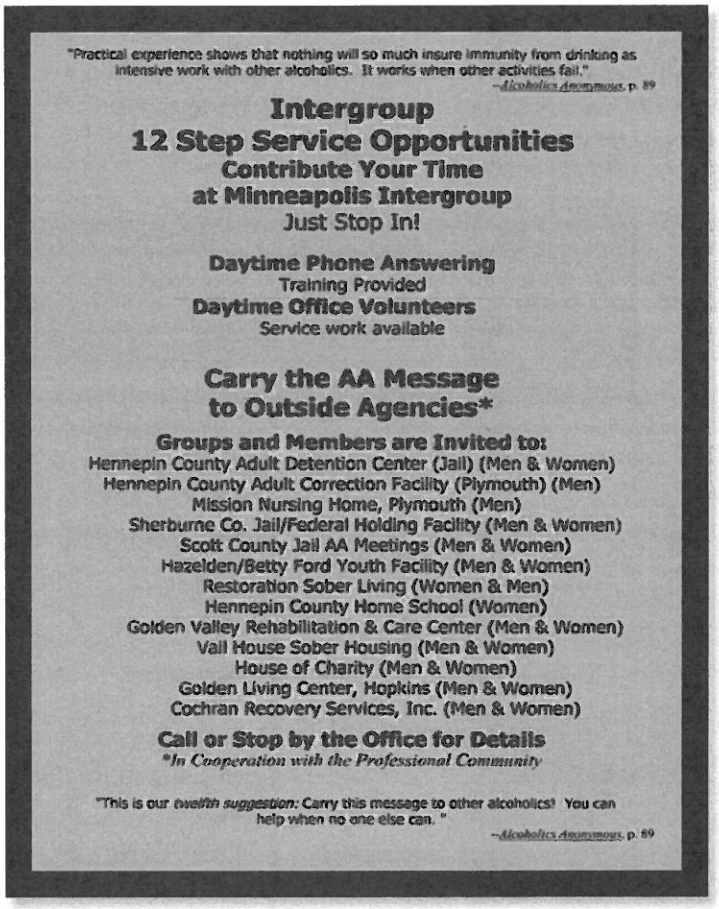
One great benefit is that a wide variety of experiences and perspectives are involved in making decisions for A.A. as a whole. Our non-alcoholic class A Trustees bring broad perspectives from the legal, financial, educational, medical, and religious professions. Our alcoholic class B Trustees bring perspectives from the geographic regions of North America. Our Delegates bring wide-ranging perspectives from 93 Areas in Canada and the U.S., having been chosen directly by the Fellowship. Our non-Trustee Directors are often appointed to our corporate boards based on specific expertise and so bring valuable insight to our decision-making. Our dedicated employees of the General Service Office and The Grapevine have deep understanding of the practical day-to-day delivery of our world services.

Concept Four points out other benefits to the "Right of Participation." We have the best chance for unity when all the various groups affected by a decision have a voice in it. If all the people who serve at a given level have a vote, we have the best chance of arriving at decisions and solutions that meet the needs of the entire Fellowship. Participation also allows each member of a body, a committee, or a group to feel as if they belong. Belonging is a spiritual need. It is our collective responsibility to make sure all our members are given the opportunity to participate and belong.

As you know, I have the honor of being your Delegate to the General Service Conference coming up in late April in New York. I will be fully participating as a voting member of the Conference, along with the Trustees of the General Service Board, Non-Trustee Directors, and certain staff members of the General Service Office and The Grapevine. We will all be exercising our right of participation in service to A.A.

More information about the Concepts can be found in The A.A. Service Manual at http://www.aa.org/assets/en_US/en_bm-31.pdf

Thank you for all your service,
Curt K.
Delegate, Panel 67
Area 36 - Southern Minnesota
delegate@area36.org



Our Twelve Traditions

Greater Minneapolis Intergroup has received permission to use excerpts from the new AA Grapevine book, *"Our Twelve Traditions."*

TRADITION FOUR

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

Whenever two or more alcoholics are gathered to practice A.A. principles, they can call themselves a group.

Bare-bones AA

May 1992

When you're unhappy with your home group, how should you handle it? Stage a revolt? Grumble and moan? Form a faction and engage in guerilla politics? Stay on, even when it's apparent that the group conscience has left you behind? None of the above are constructive to serenity of good A.A. But there's another choice: Quietly depart from the group and start a new one.

That's what a dozen or so of us did five years ago after our long -time home group – I'll call them the Whiz Bangs – had strayed down paths we didn't want to follow. It was a strong group, with many longtime sober members. But a cadre of devoted, non-rotating officers, plus a handful of my-way-or-the-highway bleeding deacons, had locked the group into a format that robbed its former upbeat atmosphere.

The meeting alternated between dictatorship and anarchy. After each meeting opened with the moment of silence, the Serenity Prayer, the Preamble, and "How It Works," the secretary took up to 10 minutes with rambling announcements. By then it was 8:20. When the members broke into four subgroups, you couldn't be sure whether chairpersons would be on hand for each one. Cross-addicts—many of them dropped off at the door by our local rehab centers—were allowed to engage in grassalogs and cokealogs. The treasurer insisted on keeping $600 or more in cash reserves at all times.

Am I describing inferior AA? Not at all. The Whiz Bangs had a right to set their own policies. The group was--and still is—well attended. But for a few of us, the former magic was gone. So we quietly split. Sometimes it's better to switch than fight.

We found another meeting place on a different night of the week, and established a closed discussion group with a bare-bones format. It may not be mainstream AA, but it seems to work for us.

We start at eight o'clock. We close at nine sharp. We try for 55 solid minutes of discussion in-between. One way we achieve this is by eliminating non-vital announcements and "How It Works."

We open with the Serenity Prayer and the Preamble, to which we tack on these words: "This group has determined that our discussion will be limited to AA, alcoholism, and sobriety. We therefore ask that you please refrain from references to addictions other than alcoholism." This cuts out the grassalogs without actually discouraging attendance by cross-addicts (of whom we have several).

The discussion doesn't open until someone volunteers, loud and clear, to chair next week's meeting. The chair must provide his or her own subject. We have zero tolerance for the "Does anyone here tonight have a problem?" nonsense, which allows thousands of AA discussion meetings to be derailed by members who think a love spat or burned toast are suitable topics.

We welcome visitors. Same for AA newcomers, but we don't devote entire meetings to them. You'll understand why, if you've ever seen a brand-new member –usually hungover and shaking— subjected to an hour of preaching by a roomful of old-timers who think they are inspiring the new guy with details of their own recovery.

We don't give out chips or birthday cakes, either for newcomers or old-timer anniversaries. We hold infrequent business meetings and short ones, at that. Officers rotate often. The set-up person has light duties, and for one month only. But if he or she doesn't show, or fails to get a substitute, there is unshirted hell. It's happened only once since our meeting was founded.

We're a small group, but we outdo some of the larger ones in the size and regularity of our contributions to intergroup, to the General Service Office, and to the church where we meet. In some ways we sound hardline, but our meetings are friendly and usually filled with laughter. We enjoy AA, sobriety and each other.

After we left the Whiz Bang Group, many of its members looked on us as traitors. But now some of them are drifting into our meetings, and like it. We have no argument with the Whiz Bangs or anyone else. We're neither the best AA group around, nor the worst.

We're just a small band of men and women who were out of step with an established AA group, and who elected to move on rather than stay behind and play dog in the manger. The end result was a plus for everyone concerned.

Anonymous

Indian Rocks Beach, Florida

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Continued from page 1

I wrote down my inventory, pen to paper, by first splitting up the page into four columns with the following headings: I am resentful at; the cause; affects my; my mistakes. Then I would begin by filling out the columns. I wrote down who I was resentful at, the cause of the resentment (what I perceived they did), and how it affects me (self-esteem, security, ambitions, personal relations, or sex relations). I would then say a prayer at this point with each entry I would make, "God, this is a sick person. How can I be helpful to them? Please save me from being angry. Thy will be done." Finally, I wrote down what was my part or role in it under "my mistakes." I kept on adding people, places, and things I resented until I felt an internal nod that agreed I had identified them all, to the best of my ability. I did the exact same process with fear, sex conduct, and those I've harmed which did not fit into the prior three categories.

I did not complete my inventory in one sitting, nor can I say the specific inventory I am referring to was, in fact, comprehensive. I came to find later, after I did my Fifth Step and even into my Ninth Step, that there were items I had somehow glossed over or completely forgot about. No harm no foul, I just added these to my inventory, shared them with another person, and continued onward. I am grateful that my sponsor had told me that I don't have to be perfect and that I just need to do this inventory to the best of my ability. Ultimately, only I would really know if that were true or not.

The step reads, "Made a searching and fearless moral inventory of ourselves." Again, I came into AA looking for a solution to help me stay sober and not to go back out drinking. Completing my Fourth Step inventory was a big deal for me to do and get past. The fact that I had completed it gave me self-esteem at time where I had very little if any. The beautiful thing for me was that the mystery of why I felt the way I felt, and did what I did, had been removed. Previously, these items on my inventory were collectively eating my lunch for me on a minute by minute basis and alcohol was my solution to get them to leave me alone. Today, now that I have this knowledge of who I am, what I've done, and a true path to clear up my side of the street as the result of doing a Fourth Step inventory, gives me another tool in my tool box in defense against taking that first drink, one day at a time.

Bret J., Minneapolis, MN. For the MIRUS

Group Contributions - February 2017. Thank you all, in the Spirit of Hope.

2218 Squad 3
A New Day - Lakeville
Amazing Grace
Andover Alano Squad 4
Andover Alano Squad 77
As Bill Sees It - Chaska
As Bill Sees It - Delano
Back to Basics - Coon Rapids
Basic Principles
Basic Twelve
Better Than Gold
Blaine Alano Squad 3
Bryant Lake Group
Buffalo Wednesday Group
But A Symptom Monday Night
Cavalier West Men's Thursday 8 PM
Cavalier West Thursday Night
Cavalier West Thursday Big Book
Chaska River Valley AA
Chunks & Measures Sq 88 @2218 (3)
Common Solution Big Book Study
Continuous Action
Dakota Alano Society
Design for Living @ St Mark's
Edina Open Speaker Meeting
Elders Big Book Stories Friday (2)
Elders Big Book Thursday (2)
Elders Steps & Traditions Tuesday (2)
Elders Topic Sunday 10 AM (2)
For Today Group
Foreword XIX Group
Fourth Dimension South Dakota
Foxhall Chapter Seven
Fridley Alano Squad 43 Vietnam Vets
From the Heart Friday - Delano
Glencoe Group
Gratitude Group
Groveland Group
Happy Destiny
Happy Hour Squad 27
Happy, Joyous, Free - Columbia Hts
It Might Have Been Worse
Lakeville Saturday Big Book Meeting
Last Call Spiritual Solution
Live and Let Live AA
Men's Problem and Solution Group
Minnetonka Big Book Study Group
Minnetonka Senior AA Group
New Hope Alano Squad 30
No Bull Big Book
Normandale AA Group
Queer Ideas of Fun
Ramsey NowThen AA
Regent AA St Gerard's
Richfield Bloomington Alano Sq 6G
Rich/Blmngtn Alano Sunday Spkr Mtg
Ridge Runners I Group
Ringmasters AA Group
Rosemount AA Group
Rule 62 AA Group
Sahara 6 PM Wednesday Big Book
Sahara Sunrise Wednesday 6:30 AM
Saturday Night Live Group
SDSG
Sisters in Step
Sober on Saturdays Group (2)
Sunday 10 AM Group @ 2400 Club
TGIF AA Group
The Bright Spot
Third Tradition Group of AA
Three Legacies
Tradition Five
Up the Creek Big Book Group
Watertown AA Group - Monday
Wayzata Sunday Night Step Group
Wayzata Women's Thursday Group
Women's Serenity Thursday 10 AM

Every AA group that sends a 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. Upon inquiry your AA group can request a contribution summary.

Group Contributions/Birthday Plan** February 2017

Foxhall Chapter 7 • Bridges - Shakopee • Continuous Action • Tradition Five • Common Solution • Lakers Alano • Basic Twelve

***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 S. 12th St., Minneapolis

Foxhall Chapter 7 Group, 7:30 PM
Wooddale Church, 6636 Shady Oak Rd., Eden Prairie
A sign language interpreter is provided each week.

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 Open Speaker Meeting, 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 Rd., 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 St. & Hennepin Ave., downtown Minneapolis
Free parking in the ramp across 16th St.
Wheelchair accessible

Tradition One, 7:30 PM
Pilgrim United Methodist
4325 Zachary Ln., Plymouth

Saturday Night Open Speaker Meeting, 8:00 PM
2218 1st Ave. S., Minneapolis

Sunday:
Step & Speaker Open Meeting, 7:00 PM
First Baptist Church
1021 Hennepin Ave., Minneapolis

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

Special Events

April 7th - 9th, 2017
MNYPAA VI Conference
Sheraton Minneapolis West Hotel
12201 Ridgedale Drive, Minnetonka, MN
www.mnypaa.org

April 21st - 23rd, 2017
Sunlight of the Spirit Weekend
Holiday Inn, Fairmont, MN
Registration Opens at 5:00 P.M.
sotsweekend@gmail.com

May 21st, 2017
23rd Annual Serenity Breakfast
by Minnetonka Big Book Study Group
Minnetonka Community Center, Minnetonka, MN
Breakfast: 8 A.M. to 10:25 A.M.
Big Book Meeting: 9 A.M. to 10 A.M.
Speaker: 10:30 A.M. to Noon

May 26th - 28th, 2017
Gopher State Round Up XLIV
Double Tree by Hilton, Bloomington, MN
www.gopherstateroundup.org

General Service Announcements

April 1st, 2017
Delegate Workshop / Area Assembly
Bethel Lutheran Church, Northfield, MN
Break-Out Sessions to Discuss Agenda Items
Delegate Discussion Time

April 23rd - 29th, 2017
67th Annual General Service Conference
New York, N. Y.

May 6th, 2017
Area Committee Meeting
Mankato City Center Hotel, Mankato, MN
Standing Committee Meeting: 9:30 A.M. to 11:30 A.M.
Area Committee Meeting: 1:00 P.M. to 5:00 P.M.

June 17th, 2017
Area Assembly
Heritage Center, Lakeville, MN
9 A.M. - 5 P.M.

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

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