

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

Step One

January 2025 *Step, Tradition, and Concept One*

“We admitted we were powerless over alcohol—that our lives had become unmanageable”

Love is the core principle in the program of Alcoholics Anonymous. It took some time to realize that. The program is often very ‘paradoxical’ in nature, and it starts right out at Step One.

I attended my first A.A. meeting, not to get myself sober—but to help a friend who was having a problem (according to his wife). After diligently working the program for five years—it turned out he wasn’t an alcoholic. He just had some other ‘defects’ which needed addressing. That was not the case for me.

I would not have come to A.A. for myself for several reasons: I didn’t want to be known as an alcoholic, and I was afraid you would discover I was crazy. I had tried suicide some years before but was never able to go through with it all the way. So, I was on a ‘march to the grave’ in my own mind, eagerly looking forward to what I thought was the ultimate release from the hell drinking had become. By the time my friend left, I was deeply involved with A.A. But it was my love for another alcoholic, or one seeming to be one, that was the threshold for my entrance into the sobriety I have enjoyed for years now.

Love, I have discovered, is also at the core of my problem. As I said, this program has paradox after paradox. Love envelopes the entire issue. Of course, I wasn’t aware of that at first. Over the years I have come to understand it all more clearly. Just as the Big Book promises in the *A Vision for You* chapter: “*God will constantly disclose more to you and to us*”.

Like most of us, at first, I thought the problem was a ‘me against booze’—and I understood the First Step that way. But I have since had more disclosed to me about my problem. My problem is what psychiatrists and psychologists might call a “First Love problem”.

When I think about the first crush I had on a girl - it all fits perfectly. She could do no wrong. If there was ever a problem connected to her - well, it had to be someone or something else

that was the cause, never her. Just like my relationship with alcohol. The Big Book gave me a little hint about that - but it took years for me ‘get it’ and come to a new realization about my condition. In the same chapter mentioned earlier, it poses the question on our behalf, “*Have you a sufficient substitute*”? Then it goes on to describe what I might experience with practice of the A.A. program.

It was important for me to realize that they didn’t say ‘exchange’ - they said ‘substitute.’ In other words, ‘...a complete replacement for...’ At first what I had done was to use a ‘person (me) vs product (booze)’ approach. While it worked for that first year - it would have failed soon after, had I not had a spiritual experience. What the ‘substitute’ word meant to me was that I had to literally replace my First Love with a new First Love. In that sense it was what A.A. calls “principles before personalities.” I had to find a principle that was ‘higher’ than the First Love I had for alcohol. At first that meant a new Higher Power as well. As an old version of A.A.’s booklet *Came To Believe* suggested—I designed my own. Secondly, it meant—as our Big Book suggests—service to my fellow alcoholics. Sometimes service has been sufficient as the *Supreme Principle*, but there have been days when that alone was not enough. In Bill’s Story, he is very clear: *For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead*. Dr. Bob put it more simply when he said, “*Faith without works is dead*” That has been my experience. That has been through cancer in my family and the suicide of a child. My Higher Power, coupled with working with other alcoholics, must always be the Supreme Principle for me to stay sober and live. Together they form the doorway through which I enter sobriety every day.

Dennis B., Farmington

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 and Thursday 9am-7pm Saturday 9 am-1 pm

Notes from your Service Office:

The General Service Theme for 2025 is: “Working Together, Increasing Trust.”

Happy January 2025!

We have been very busy around here. Our participation in Founder's Day was wonderful thanks to our Hospitality Suite Chair Cassie M. and Co-Chair Bryson J. along with our Board members on this event, Gabriella R. and Mark S., their hard work and planning made it all possible. A special thanks to all the volunteers that helped in our suite as well as at the literature sales table, it most definitely is a WE program that makes any of this possible.

The Winter Open House was another great event with fellowship, food, and a few sales thrown in for good measure. A huge thank you to Pam N., Board Member, she did an incredible job putting together this Open House in the middle of our staff transitions.

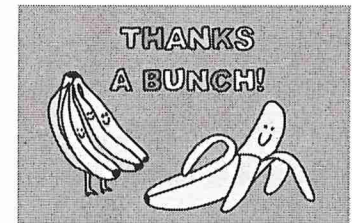
I am honored and excited to start this new year serving as your Intergroup Manager. I have had the privilege of working as a staff member here for the past 5 years with the incredible Gail S., whose commitment, grace, and dedication as Intergroup Manager is more than admirable.

In that time my love and respect for the program and the work we get to do in this office have continued to grow, a blessing I cherish deeply. I could never have imagined that I would get to go to work every day for the program and fellowship that has given me so much more than I could have ever dreamed, the promises in abundance no doubt! With a very grateful heart I strive to continue to grow with and serve our fabulous A.A. community. Along with our amazing part time staff members Terri N. and Scott F., we also get to welcome a wonderful new full-time staff member, Meg H., who has already added an abundance of joy and knowledge to our intergroup team. Please stop in the office for a cup of coffee, meet the staff, and don't forget to ask about all the ways you can get involved and support your Minneapolis Intergroup.

In Love and Service,

Erin D.

Office Manager



Notes from Your Board Chair:

I want to welcome a new year with a renewed spirit of gratitude and optimism for 2025.

Gratitude for all the hard work of our office staff with all the transitions they have experienced. Gratitude for our groups and group representatives that provide the financial support and guidance vital to Intergroup's mission. Gratitude for our many volunteers for their spirit of service in giving of their time, resources, and funds.

Optimism that our greatest success day-to-day is how much we cherish and support the lifesaving 12 Step work Minneapolis Intergroup provides. Optimism that because of this, no matter what challenges we may face in trying to fulfill this awesome mission, we will face it together as a loving fellowship of people in AA with the common purpose of helping the still suffering alcoholic.

Jeff A.

Intergroup Board of Directors Chair



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

42nd Annual Gratitude Night

Saturday, April 26th, 2025

6:30pm - 12:00am

Minneapolis Convention Center

1301 Second Avenue South, Minneapolis
Ballroom A-Across from Dunn Bros

Al-Anon Speaker, T.B.A.

AA Speaker, Rose E., Tampa, FL

About Intergroup/Volunteer Countdown/Sobriety
Countdown/Area 36 Service Committees Info
Tables/DJ and Dance/Photo Booth

*Tickets: \$20.00

Available at the Intergroup Office and IG Representatives

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

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

Alcoholics Anonymous Concept 1: The Importance of Unity

The final responsibility and the ultimate authority for A.A. world services should

always reside in the collective conscience of our whole Fellowship.

Writing a monthly Concepts article for the MIRUS while rotating in as your Panel 75 Delegate to our General Service Conference will help me learn more about and understand our Concepts at a deeper level to serve you better. Thank you, Minneapolis, Intergroup for the opportunity to do so.

In thinking of my article, I went to my bookshelf and saw my 1994-1995 edition of The AA Service Manual and was reminded of being 'railroaded' early in sobriety by my home group into becoming a GSR for my home group after the group had not had one for some time. When I asked if I was ready for the job, I was told that the group would have confidence in me to do the right thing on communicating both the group's wishes forward as well as back to the group with what I have learned to bring back to the group. I read about Concept 1 in that service manual to prepare for this.

We are also reminded of Tradition 2 by Bill W. while looking at Concept 1." For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern." In our society of the upside-down triangle, we all serve our groups and the collective voice of the conscience together that start at the groups to help form our thoughts. "The main principles of Tradition Two are crystal clear: The AA groups are to be the final authority; their leaders are to be entrusted with delegated responsibilities only."

Furthermore, Concept 1 serves as a reminder of the importance of service within AA. Members are encouraged to take on responsibilities within the fellowship, whether as group leaders, event organizers, or general volunteers. This service-oriented mindset reinforces the idea of unity, as we work together towards the common goal of helping one another achieve and maintain sobriety. Engaging in service not only benefits the individual but also strengthens the entire group, as it cultivates a sense of ownership and accountability.

There is no 'they' in Alcoholics Anonymous, 'we' is all there is. We are in this together, if all of us participate we will get to the

group conscience on whatever topic or issue we are working on. I have always had a strong commitment to the group conscience, we elect our peers as trusted servants and with a commitment to that group conscience they will come to the best right decisions on our behalf. After all, we are all in this life saving precious journey together.

Inside whatever group we allow the minority opinion to help us get to the collective wisdom of the group conscience and after there is no 'well I disagreed and voted differently or had a different thought; we made this decision together.

Alcoholics Anonymous is built on a foundation of unity among us members, which is primarily articulated in its Twelve Concepts of Service. Concept 1 emphasizes this crucial aspect, stating: "The A.A. groups today hold ultimate responsibility and final authority for our world services — those special elements of over-all service activity which make it possible for our Society to function as a whole. The groups assumed that responsibility at the St. Louis International Convention of 1955."

At the heart of Concept 1 is the belief that the strength of AA lies in its collective unity. that every member plays a vital role in shaping its direction and decisions. I am excited to learn more about our processes while serving you on Panel 75.

In a world where our disease can often lead to isolation, the unity found in Alcoholics Anonymous offers hope, strength, and a sense of belonging that is invaluable for those on the road to recovery.

Doug H.

Panel75 Delegate

Southern Minnesota Area 36



Intergroup Board

Board Officers

Chairperson Jeff A.
 Co-Chairperson Maverick M.
 Secretary Andy D.
 Treasurer Mark S.

Board Members

Kelli B. Melissa A.
 Crissy H. Karleen K.
 Pam N. Thomas D.
 Angelique P. Gabriella R.
 Erin D. Office Manager, Ex-Officio

General Service District Board Liaisons

District 7 Gabriella R.
 District 13 Andy D.
 District 14 Pam N.
 District 17 Thomas D. Angelique P.
 District 18 Melissa A.
 District 19 Karleen K.
 District 20 Linda M.
 District 21 Crissy H.
 District 22 Kelli B.
 District 24 Mark S.
 District 25 Maverick M.

Intergroup Staff

Erin D. Office Manager
 Meg H. Office Staff
 Terri N. Office Assistant
 Scott F. 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.

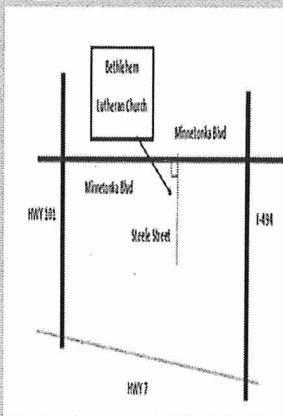
The MIRUS represents the experience of A.A. members. Their thoughts, expressed herein, are not to be attributed to Alcoholics Anonymous as a whole, nor does publication imply endorsement by either Alcoholics Anonymous or Greater Minneapolis Intergroup.

The Intergroup Rep Meeting will be held at

Bethlehem Lutheran Church
 16023 Minnetonka Blvd.

Minnetonka, MN 55345

This is a HYBRID meeting.
Thursday, January, 23rd at 6:30pm



Metro District General Service Meetings

- District 7** Second Monday, 6:30 pm
Zoom Meeting ID: 851 2052 3806
Passcode: District7
- 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 NW, Buffalo, MN 55313
- District 17** Second Tuesday, 7:30 pm
Lighthouse Assembly of God
10478 Bell Ave., Plato, MN 55370
- District 18** Second Thursday, 6:30 pm
Meeting on Zoom
Please email dist18@area36.org for info
- 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, 7:00 pm
Pilgrim United Methodist Church_
4325 Zachary Lane, Plymouth, MN 55442
- District 22** Second Wednesday, 7:00 pm
Vista Lutheran Church
4003 Wooddale Ave. St. Louis Park, MN 55416
- District 24** First Wednesday, 6:30 pm HYBRID
Shakopee Community Center
1255 Fuller Street Shakopee, MN Downstairs
Zoom Meeting ID: 836 0086 5659 Passcode: h5XNU1
- District 25** Second Wednesday, 7:30 pm
Woodlake Lutheran Church
2120 W 76th St., Richfield, MN 55423

Intergroup A.A. Orientation Open Meetings

The Saturday Orientation Open Meeting takes place every week at 10 A.M. In person at Bethlehem Lutheran Church 16023 Minnetonka Blvd. Minnetonka, MN

- 1/4 Step Twelve / Tradition Twelve
His Story
- 1/11 Importance of Having an A.A. Home Group
Her Story
- 1/18 Step One / Tradition One
Her Story
- 1/25 Staying away from the First Drink
His Story



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

**42nd Annual
Gratitude
Night**

Saturday, April 26th, 2025

6:30pm - 12:00am

Minneapolis Convention Center

1301 Second Avenue South, Minneapolis
Ballroom A-Across from Dunn Bros

Al-Anon Speaker, T.B.A.

AA Speaker, Rose E., Tampa, FL

*About Intergroup/Volunteer Countdown/Sobriety
Countdown/Area 36 Service Committees Info
Tables/DJ and Dance/Photo Booth*

***Tickets: \$20.00**

Available at the Intergroup Office and IG Representatives

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

“Why should not each of us tell himself: ‘Yes, we were once a burden on everybody. We were ‘takers.’ Now that we are sober, and by the grace of God have become responsible citizens of the world, why shouldn’t we now about-face and become ‘thankful givers’!
Yes, it is high time we did.”

Bill W., *Language of the Heart*, p. 86
originally published in the April 1958 Grapevine
reprinted with permission of *The A.A. Grapevine, Inc.*

The Central Office helps carry the A.A. message to the alcoholic who still suffers by coordinating the following services:

- ✓ **Answer Phones 24 Hours a Day**
- ✓ **Information & A.A. Meeting Location Calls**
 - ✓ **A.A. 12-Step Calls**
 - ✓ **A.A. Literature—English & Spanish**
 - ✓ **A.A. Grapevine Publications**
 - ✓ **A.A. Orientation Meeting**
- ✓ **A.A. Group Evening Phone Answering**
- ✓ **MIRUS Newsletter...the Shared Voice of IG**
 - ✓ **Public Information/CPC Resource**
 - ✓ **Intergroup Information Committee**
 - ✓ **Intergroup Sponsored Events**
 - ✓ **Meeting Directories**
 - ✓ **Daytime Office Volunteers**
- ✓ **Night Owl/Early Bird Phone Committee**
 - ✓ **Cooperation with Outside Agencies**
 - ✓ **Web Site—Meetings Updated Weekly**
 - ✓ **Special Event Information**

The Twelve Traditions - How They Apply In Our Lives

Tradition One

“Our common welfare should come first, personal recovery depends on A.A. unity.”

The long form of Tradition One reads:

Each member of Alcoholics Anonymous is but a small part of a great whole. AA must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.—Long form of Tradition One, *Twelve Steps and Twelve Traditions*

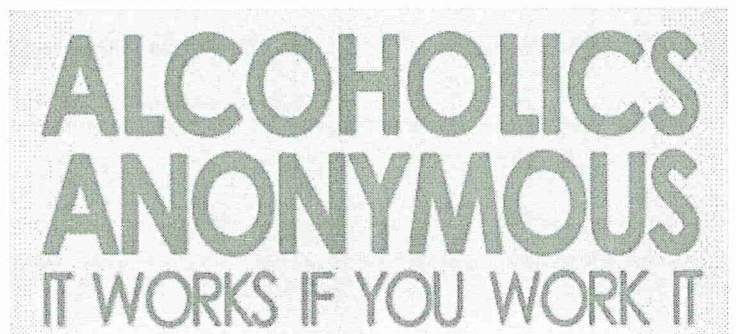
The January 2002 the Grapevine reprinted an article from 1947 on Tradition One, by Bill W., in which he said:

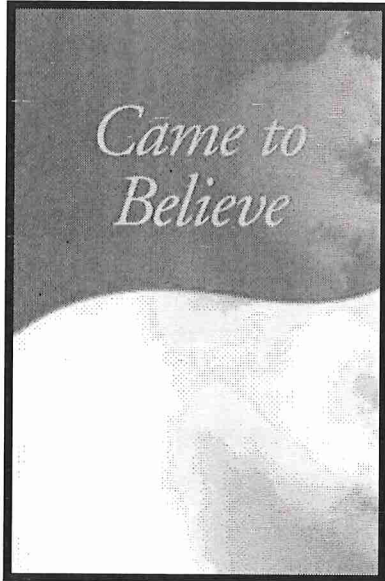
“Our whole AA program is securely founded on the principle of humility—that is to say, perspective. Which implies, among other things, that we relate ourselves rightly to God and to our fellows; that we each see ourselves as we really are—”a small part of a great whole.” Seeing our fellows thus, we shall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

Our A.A. program gives us a path to relating rightly to God and to our fellows; if we work the steps to the best of our ability, we are certain to change; to be changed. What gives us the space and time to let the God of our understanding transform us is Tradition One. When I got to A.A. there were people in my home group who understood our common welfare. They were people who demonstrated the principles for me. They welcomed me,

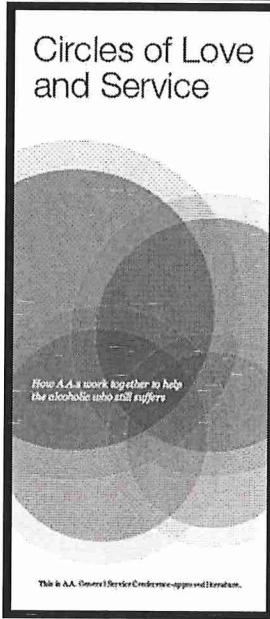
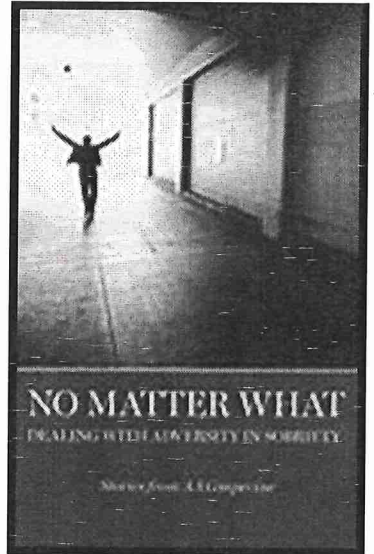
listened respectfully to each other, held regular business meetings where the group conscience was reached, and let God guide them as trusted servants. I didn’t know that what they were showing me was dedication to our common welfare, but I surely benefitted from it as an individual. If I had come into a room where there were power struggles and gossip going on I would not have stayed, or, I would have stayed only as long as things were going my way. They taught me to sit still, let all voices be heard, to ask for the minority opinion, and to reconsider if something was said that changed my heart. I learned from them the power of “we.” Those guys used to tell me “You get drunk, we stay sober.” I didn’t fully understand what they meant by it, but I knew I wanted to be a part of that “we.” And to be a part of the “we,” I did the things they did as a group. I went to the meetings; that group met seven days a week; I went to coffee, and I went to business meetings. I did all those things without understanding the demonstration of Unity they presented. It was dedication to our common welfare. They taught me to speak and act and behave as if lives depended on it, because, in fact, they did and do. Without unity, A.A. will cease to be. Not right away perhaps, but eventually we will succumb to our own individual opinions and factions, coming apart at the seams. Tradition One reminds me that, as an individual, I cannot afford that. And, as a part of the “we,” I am working for the common welfare of all alcoholics, in the rooms and out, to ensure that the hand of A.A. is always there.

Meg H., St. Paul





A.A. Pamphlet of the Month:
Circles of Love and Service



AA Books of the Month:
Came to Believe

Grapevine Book of the Month:
No Matter What:
Dealing with Adversity in
Sobriety

Group Contributions - November 2024 Thank you all, in the Spirit of Hope.

- | | | | |
|---------------------------------|--------------------------------|-------------------------------------|--------------------------------|
| 12 Steppers Audubon Park | From the Heart | NERR Friday 7am | Turning Point |
| 7-Hi Group | Good Samaritan Group | New Hope Alano Squad 10 | Wayzata Women's Thursday Group |
| Andover Alano Squad 4 | Gratitude Group | Norwood Young America AA | We Think Not |
| Anoka Today Alano Squad 164 | Great Blessings | Oasis Group -- Shakopee | Wednesday Lunch Bunch |
| As Bill Sees It - Delano | Happy, Joyous and Free | Practical Experience | Women of Wisdom |
| Basic 12 Golden Valley | Hope's on Penn | Rule 62 Cavalier | Women's 12 x 12 on Central |
| Basic Principles | Howard Lake-Waverly AA | Sahara Tuesday 8pm Men's | |
| By The Book AA | Insite and Hope | Saturday Morning Fever | |
| Carry the Message | Isanti Thursday Night Big Book | Saturday Night Live Group | |
| Cavalier West Thursday Group | It Might Have Been Worse | Senior Men's Barn Group | |
| Common Solution Big Book Study | Kenwood Group | St. Martin's Group | |
| Continuous Action | Kozy's Noon Men's AA | Suburban North Alano Squad 86 | |
| Coon Rapids Alano Squad 11 | Lakers Big Book Meeting | Third Tradition Group of Northfield | |
| Excelsior Wednesday Night Group | Minnetonka Big Book Study | Thursday Night Women's Group | |
| First Class | Minnetonka Senior AA | Tonka Alano Society | |
| Foreword XIX Group | Monday Noon Friends | Tradition Five | |
| Foxhall Chapter 7 Group | Monday Primary Purpose Group | Tradition One | |

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 November 2024**

Foxhall Chapter 7, Lynnhurst AA Group

**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 Hybrid Meeting
511 Groveland Ave., Minneapolis, MN 55403
Foxhall Chapter 7 Group, 7:30 PM Hybrid Meeting ASL
Gethsemane Lutheran Church
715 Minnetonka Mills Rd., Hopkins, MN 55343

Friday:

From the Heart Open Speaker Meeting, 7:00 PM
St. Paul's Church of Christ
201 Buffalo St. Delano, MN 55328

Three Legacies, 7:30 PM Hybrid Meeting
Cross of Glory Church
4600 Shady Oak Rd., Hopkins, MN 55343

Saturday:

A.A. Orientation Meeting 10:00 AM
Bethlehem Lutheran Church
16023 Minnetonka Blvd. , Minnetonka, MN 55345

Saturday Night Live 7:30 PM
Basilica School 3rd floor (behind the church)
1601 Laurel Ave W., Minneapolis, MN 55403

Saturday Night Open Speaker Meeting, 8:00 PM
2218 1st Ave. S., Minneapolis, MN 55404

Sunday:

Open Speaker Meeting, 11:00 AM
Richfield Bloomington Alano
9321 Bryant Ave. S., Bloomington, MN 55420



January 17,18,19th, 2025

10th Annual Rule 62 Rendezvous
Rule62rendexvous.org

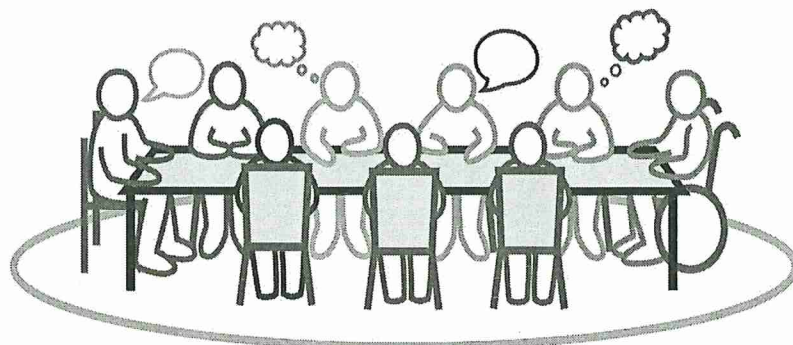
April 26th 2025

6:30-Midnight
42nd Annual Gratitude Night
Minneapolis Convention Center

General Service Announcements

January 17th to January 19th

Recovery, Unity & Service Conference
By Southern Minnesota Area Assembly Event
"Working Together, Increasing Trust"
Wyndham Mpls South Burnsville Hotel
7:00 pm Friday to Noon Sunday
See area36.org for event information



Minneapolis Intergroup Office will be closed on New Year's Eve and New Year's Day as well as Monday, January 20, 2025 in Observance of Martin Luther King Jr. Day.

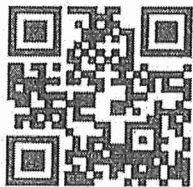
INTERGROUP ASSOCIATION
7204 W. 27th St., Suite 113
St. Louis Park, MN. 55426

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 and send to:

7204 West 27th Street-Suite 113 St. Louis Park, MN 55426-3112

Please print:

New

Renew

Name _____

Address _____

City _____ State _____ Zip _____

Email Address _____