

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

March 2024 *Step, Tradition, and Concept Three*

Step Three

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

God and I go way back, and I had mixed feelings. On one hand, I believed in a loving, caring God who only wanted the best from us and for us. But the other side of me was mad. I didn't feel loved and cared for. I felt rejected, disappointed, and hurt. I am not one who has ever believed that everything happens for a reason - (I still don't) - yet the part of me that needed to assign blame to things had chosen God as the scapegoat. I knew that if I wanted to do this step

thoroughly, I had to do some searching. Step two had been easy. The word I needed was right there: *could*. Yes, a power greater than myself *could* restore me to sanity. But *would* it? I wasn't so sure, but luckily it didn't matter. Now, however, I had to figure out who or what I was supposed to turn my will and my life over to. How could I do this if I didn't trust it? So I grabbed on to the part of the step that told me I could choose my idea of a higher power: *God as we understood Him*. I needed to come up with a God

I could get behind. Together with my sponsor, I made a list of the attributes my God would have. Words like loving and caring were definitely there, along with kind, compassionate, forgiving. I realized I had to let go of my previous notion that God was punishing me, that for whatever reason, he was mad. I had to reconcile the losses in my life to the idea that sometimes, things just happen. *It wasn't God's fault*. My new God was gentle, like a good friend who knows me and accepts me exactly as I am. He wasn't looking down, judging me. He was beside me, listening, comforting, and giving me a hug. I called him "Soft God." This was the God I could trust. I will never figure out exactly who God is, but there's serenity in giving up and knowing I don't have to. Maybe it's the universe or some cosmic being. I don't know. But I believe there's

something there, and I know that as soon as I started to trust it, my perception of the world started to shift. I started to see God in other people and even in myself. I saw it in nature. I started to lean into the beauty, the goodness of humanity, even the suffering. Some days I really have to look for it, but it always finds

a way to remind me it's there if I keep my eyes and my heart open. Turning over my will and my life is a daily practice. Sometimes life gets "lifey," and I lean in. I get

to take a deep breath and let go within God's embrace. Sometimes I just need to get out of my own way, and God gives me something even better than what I'm struggling to get or trying to achieve. I see it now as God doing for me what I could not do for myself, and I get to be grateful.

Kaelyn J. St. Paul



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 2024 is:

“Connecting with Love, Unity, and Service.”

Happy daylight savings time! It hardly seemed like a real winter this last year. But lighter later is uplifting for sure.

Minneapolis Intergroup has received donations of Grapevine past issues. They include issues going back several years. We want to share them with anyone who is interested. Come in anytime and choose “Three for Free.” The articles are timeless. Pick some up for your group to put out on your literature table.

I have been reading Dr. Bob and the Good Oldtimers with my sponsee. I was surprised to learn what Dr. Bob believed about anonymity. On page 264 he said, “There are two ways to break the anonymity Tradition: (1) by giving your name at the public level of press or radio; (2) by being so anonymous that you can’t be reached by other drunks.”

Last August, I was talking to Judy, the manager of Las Vegas Intergroup. She mentioned she had a volunteer that told her he used to volunteer at Minneapolis Intergroup. She mentioned his first name, he was elderly, etc. but I was not familiar with who he was. Many weeks later she called me and was worried sick about him because he had not shown up and she knew he was going

through serious health issues. He was not answering his phone, and could I help her find his last name? Ninety percent of the time she had all their personal information to reach them. For some reason, this time she didn’t. She knew generally where he lived, but not his last name. She was becoming frantic. She felt something was wrong. Erin remembered the White Pages had the reverse number look up. I quickly opened up an account and put in his phone number and got his last name!! Having his last name, Judy went over to the building she believed where he lived and asked the management to do a well check. He was found to be very unresponsive and was taken to the hospital. She called me to share the news and was overjoyed to say the least. We felt God worked through all us to reach this man. This is proof to me that we sometimes need to reach out to another member and it is okay to share your last name.

We welcome you to stop by the office anytime we are open. The coffee is always on.

In Love and Service,

Gail S., your Office Manager

Notes from Your Board Chair:

It is hard to believe it is March already and if you believe the groundhog then spring is right around the corner. It has not felt like winter in Minnesota as the temperatures have been fairly mild and we have had very little snow. March is also the third month which means this MIRUS is about Step, Tradition, and Concept Three. I have struggled turning my will and my life over to my Higher Power at times throughout my sobriety so I am grateful the founders of Alcoholics Anonymous wrote the Third Step in the very specific way they did: Made a decision to turn our will and our lives over to the care of God as we understood Him. This allows us to choose our own concept of God, or Higher Power. It allows AA to be all inclusive which is also the spirit of Tradition Three: The only requirement for A.A. membership is a desire to stop drinking. According to Alcoholics Anonymous Comes of Age, “...we do not wish to erect the slightest barrier between ourselves and the fellow alcoholic who still suffers. We know that society has been demanding that he conforms to its laws and conventions...If he is anything, the sick alcoholic is a rebellious nonconformist. How well we understand that; every member of Alcoholics Anonymous was once a rebel himself. Hence we can offer to meet him at any halfway mark. We must enter the dark cave where he is and show him that we understand.”

The people in A.A. met me where I was at when I came into the rooms. They embraced me with open arms and loved me until the broken pieces were put back together. I like to think of myself as a rebel or a reformed rebel and I certainly don’t like being told what to do so I appreciate that there are no membership rules for me to break. The Traditions are in place to protect the fellowship, but even the Traditions are suggestions rather than rules. However, I do try to follow the Traditions because I want to protect the fellowship that saved my life. A.A. is the only place I have ever been where everyone is accepted without question. It is an amazing fellowship to be a part of and I am grateful I found all of you.

Speaking of being grateful, the 41st Annual Gratitude Night is coming up on Saturday, April 6th, 2024! This event is hosted by Greater Minneapolis Intergroup and is our opportunity to thank all those who have volunteered in any capacity and/or served on the Board or as a Representative for their commitment and service over the years. The “AA Prom”, as Gratitude Night is also called, begins at 6:30pm at the Convention Center and tickets are \$15. There will be an AI-Anon speaker, AA speaker, and a dance. Please join us – I will meet you on the dance floor!

Yours in Service,

Intergroup Board Chair, Kelli B.

Intergroup Board

Board Officers

Chairperson Kelli B.
 Co-Chairperson Jeff A.
 Secretary Maverick M.
 Treasurer Christina M.

Board Members

John M. Steve S.
 Grace C. Mark S.
 Pam N. Thomas D.
 Andy D. Gabriella R.
 Gail S. Office Manager, Ex-Officio

General Service District Board Liaisons

District 7 Pam N.
 District 13 John M.
 District 14 Steve S.
 District 17 Christina M.
 District 18 Gabriella R.
 District 19 Jeff A.
 District 20 Linda M.
 District 21 Andy D.
 District 22 Mark S.
 District 24 Thomas D.
 District 25 Grace C.

Intergroup Staff

Gail S. Office Manager
 Erin D. Office Assistant
 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.

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

- 3/2 Step Two / Tradition Two
Her Story
- 3/9 Importance of Having a Sponsor
His Story
- 3/16 Step Three/ Tradition Three
His Story
- 3/23 Importance of Singleness of Purpose
Her Story
- 3/30 Step Four / Tradition Four
His Story

The Intergroup Rep Meeting will be held at Bethlehem Lutheran Church 16023 Minnetonka Blvd. Minnetonka, MN 55345. This is a HYBRID meeting. Thursday, March 28th at 6:30pm

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

Concept III

As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of Decision."

Bill has this to say in his essay on Concept III:

"Our entire A.A. program rests squarely upon the principle of mutual trust. We trust God, we trust A.A., and we trust each other. Therefore we cannot do less than trust our leaders in service. The "Right of Decision" that we offer them is not only the practical means by which they may act and lead effectively, but it is also the symbol of our implicit confidence."

It is no accident that Tradition Two so often comes to mind as we study the Concepts. Our "Ultimate Authority" is the driver of everything we do for A.A. as trusted servants, and gives us the Grace of, and for, the right of decision. It is incumbent upon all of us to bring open minds to all discussions of A.A. and our beloved Fellowship. An open mind is one that can absorb new information, a different point of view, a mind that can hear a brand new thought or concept. Not only that; an open mind can apply new information to a decision. We, all of us, did that the day we first didn't drink, the day we committed to asking for help, the day we began the Steps.

It is the same in service. Change in A.A. comes slowly, through thoughtful discussion, being careful to hear all voices. And change comes through prayer, through seeking and listening to the voice of our Ultimate Authority. Listening to all voices, and to our Higher Power, often brings a change of heart, in my experience. There have been many times when I thought I understood an issue, and knew my vote, only to receive something new that changed everything. It is here that accountability comes into play. We do have the Right of Decision, and with that comes the responsibility to report back to, and share with, those whose voice we carried; not only the outcome of any specific question or issue, but how we voted and why. This is what makes the Right of Decision so powerful and spiritual, in my opinion.

We will be receiving the General Service Conference agenda items, along with the background material, in the next few weeks. The first weekend in March is our West Central Regional A.A. Service Conference, in Minot, ND. And our Area 36 Assembly/Delegate's Workshop will be held on March 23, 2024. GSRs will be asking their groups to consider these agenda items, or some of them. I hope all of us will participate as we are able, so that the voice of Area 36 is clear as I prepare for the GSC. In turn, my responsibility to our Fellowship is to be fully accountable and transparent, to fulfill the true scope of Concept III. Indeed I can do no less as a Trusted Servant, serving Area 36 and A.A. as a whole.

Meg H. Area 36/Panel 73 Delegate

The Twelve Traditions - How They Apply In Our Lives

These questions * were originally published in Grapevine in conjunction with a series of articles on the Twelve Traditions that ran from November 1969 to September 1971. While they were originally intended as suggestions for individual use, many AA groups have since adopted them and use them as a basis for wider discussion.

Tradition Three:

The only requirement for AA membership is a desire to stop drinking.

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I overimpressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

Group & Member Services Committee Greater Minneapolis Intergroup Annual Outreach Program

An Invitation to join our Committee!
This Spring help carry the Intergroup Service message to those who may not be informed what services IG provides.

Become a part of the 2024
GMSC Group Outreach

We ask that you have some idea as to how Intergroup serves the AA community.

So, you can be better informed, we ask members who want to serve on this committee to attend the Group Assignment & Kick Off Meeting.

KICK OFF MEETING and Group Assignments

When: Saturday, May 4 or May 11
(Pick one Saturday to attend)
Time: 11:00 am to 11:30 am
Where: Bethlehem Lutheran Church
16023 Minnetonka Blvd.
Minnetonka, MN 55345

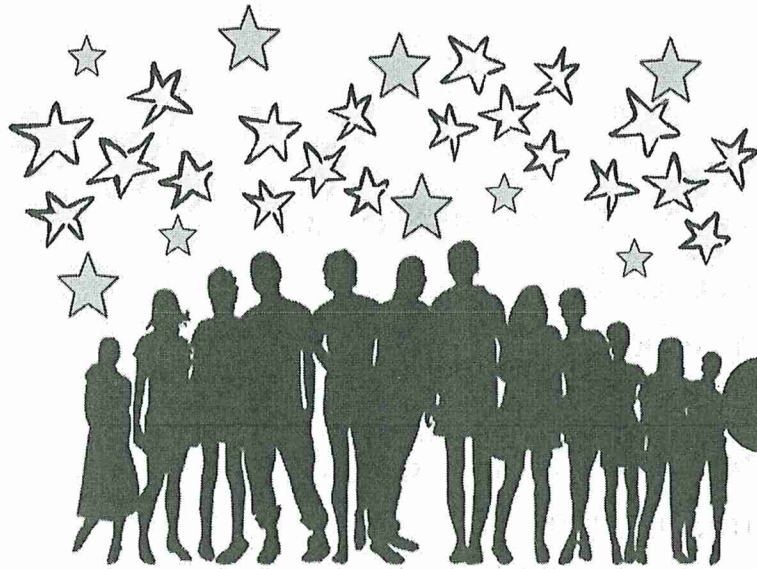
(After the Saturday Orientation Meeting)
(Outreach Area is yet to be determined)

Your service will enhance Intergroup's efforts in two ways:

1. Assuring that our meeting directory information is correct.
2. Informing members about opportunities to carry the AA message through Intergroup 12 Step Services.

Basics of Group Outreach:

1. Visit the group.
2. Complete Group Update Form.
3. Notify office of which group you visited and the date.



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

41st Annual **Gratitude Night**

“ Also known as the A.A. Prom”

Saturday, April 6th, 2024

6:30pm - 12:00am

Minneapolis Convention Center

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

Al-Anon Speaker, Lisa D., Minneapolis, MN

AA Speaker, Kent C., Sandusky, OH

(Speakers ASL Interpreted)

About Intergroup/Volunteer Countdown/Sobriety

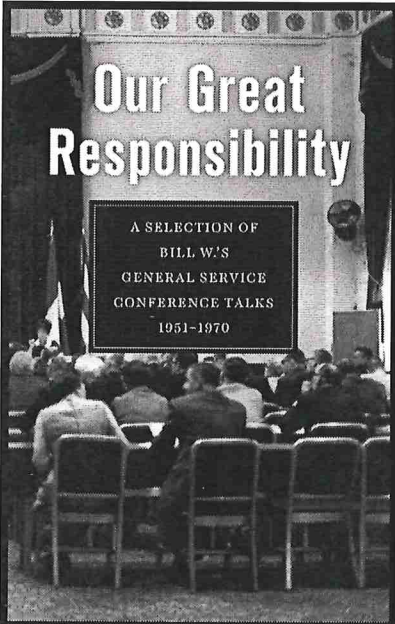
Countdown/Area 36 Service Committees Info

Tables/DJ and Dance/Photo Booth

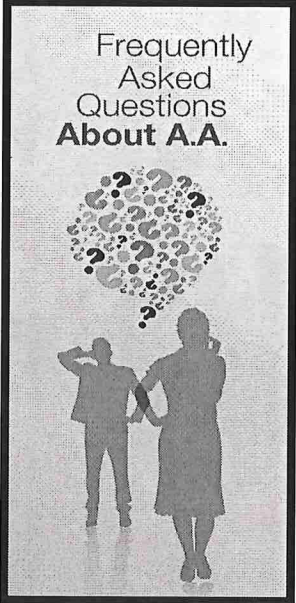
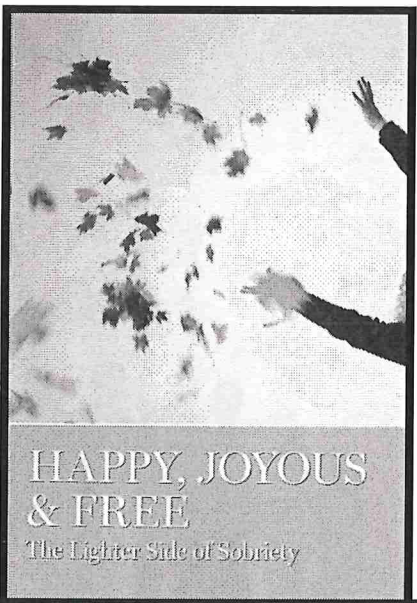
***Tickets: \$15**

Available at the Intergroup Office and IG Representatives

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



**A.A. Pamphlet of the Month:
Frequently Asked
Questions About A.A.**



**AA Book of the Month:
Our Great Responsibility**

**Grapevine Book of the Month:
Happy, Joyous & Free,
The Lighter Side of
Sobriety**

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

- | | | | |
|---------------------------------|---------------------------------|----------------------------------|--|
| 8 to 80 Group | Fridley Alano Squad 7 | Monday Primary Purpose Group | St. Lukes Saturday Men's Group |
| Amazing Grace | From the Heart Friday Delano | Monticello Alano-Squad 2 | Step Sisters |
| Amigo's II Group | Golden Valley Group | New City Women's AA Group | Suburban North Alano Squad 7 |
| Andover Alano Squad 4 | Halfway There | New Freedom - Chanhassen | Suburban North Alano Squad 86 |
| Andover Squad 8 | Happy Destiny | New Hope Alano Squad 20 | Suddenly the Thought |
| As Bill Sees It - Delano | Hope AA Lakeville | Oasis Group -- Shakopee | Sunday Grapevine AA |
| Bar None Tues/Thurs Groups | Isanti AA Squad 3 | Pax Christi Thursday Night | Sunday Night Grace |
| Better than Gold | Isanti Thursday Night Big Book | Practical Experience | TGIF Women's AA Group |
| Blaine Alano Squad 10 | It Might Have Been Worse | Promises at Knox | The Becker Group |
| Bridges AA Group - Prior Lake | It's Noon Somewhere | Prospect Park AA Group | The Hand of AA |
| Brothers of AA | Kozy's Noon Men's AA | Rich/Blmngtn Alano Sun Speaker | There is a Solution |
| Bryant Lake Group | Ladies Night Happy Hour | River Valley AA Group | Third Tradition Group of AA Northfield |
| Central Pacific Group | Lake of the Isles Men's Tues PM | Rock Solid 8pm Sahara | Three Legacies |
| Common Solution Big Book | Lakers AA GROW Group | Rule 62 Cavalier | Thursday Night Big Book-Northfield |
| Continuous Action | Lakers Alano | Sat Morning Fellowship | Tuesday Morning Step Group |
| Dead On Arrival | Lakers Tuesday | Saturday Classes | Turning Point Women's |
| Depth and Weight | Lakeville Sat Big Book Meeting | Saturday Morning Buffalo 12 X 12 | Waconia Friday Nite AA Group |
| Dunn Sober AA Groups | Life is Good AA Group | Saturday Night Live Group | Watertown AA - Wednesday |
| Elk River Alano Squad 5 | Living in the Solution | Saturday Night Open Speaker Mtg | Wayzata Women's Group |
| Excelsior Wednesday Night Group | Lynnhurst AA Group | Saturday Sisters | We Agnostics In Recovery |
| Foreword XIX Group | Medina AA Group | Savage Unity AA Group | Women's Big Book Study Buffalo |
| Foxhall Chapter 7 Group | Minnetonka Big Book Study | Senior Men's Barn Group | Wooddale Avenue AA |
| Friday Men's Step Meeting | Minnetonka Senior AA | Squad 2 A Design For Living | You Are Not Alone |
| Fridley Alano Squad 32 Vets | Mixed Hazelnuts Big Book | St. George Thursday AA Group | |

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 January 2024
Foxhall Chapter 7 (3), Lake of the Isles Monday Night, Minnetonka Big Book Study**

**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.

UPCOMING Events

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

March 22nd, 23rd, 24th

Aim For Ames Roundup "Follow The Path"

Quality Inn & Suites – 2601 E 13th Street

Ames, Iowa

Preregister Online at: www.AimForAmes.org

General Service Announcements

March 1st – 3rd

West Central Regional Service Conference

Grand Hotel

1505 N Broadway

Minot, ND 58703

March 23rd

Area Assembly/Delegate's Workshop

Rosemount Steeple Center

14375 South Robert Trail

Rosemount, 55068

9:00 am – 5:00 pm

April 21st -27th

74th Annual General Service Conference

New York Marriott at the Brooklyn Bridge

Delegate Attends



Minnetonka Big Book Study Group
of
Alcoholics Anonymous

presents its
30th Annual Serenity Breakfast
Sunday May 19, 2024

at the Minnetonka Community Center
14600 Minnetonka Blvd ~ Minnetonka, MN 55345



Guest AA Speaker



Christina G. from Brecksville, OH

Speaker will be ASL interpreted, building is Handicapped Accessible

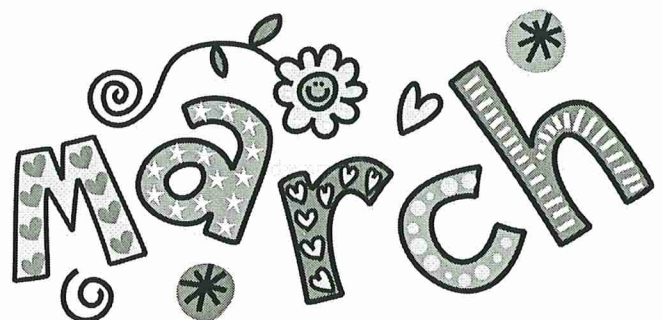
Breakfast: 8:00 am to 10:25 am

Speaker Meeting: 10:30 am to Noon

Only \$18.00 in advance ~ \$20.00 at the door

(Speaker only = Seventh Tradition)

Map and directions on the back of this flyer



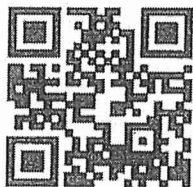
INTERGROUP ASSOCIATION
7204 W. 27th St., Suite 113
St. Louis Park, MN. 55426

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 _____