

# Step Four

April 2023 Step, Tradition, and Concept Four

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

Step 4 can be a scary one for many reasons – for starters, it's the first action step. Prior to reaching step 4 in the AA program, we've admitted things (we were powerless over alcohol and our life had become unmanageable), we've came to believe (in a Higher Power greater than ourselves) and we've made the decision (to turn our will and our lives over to the care of God  $\alpha s$  we understood Him) but we haven't really taken any actions. This changes with the  $4^{th}$  step.

Upon reflection, I believe my 4<sup>th</sup> step began the moment I walked into my first AA meeting in late March of 2014. I was 25 years old, super vulnerable and fed up with myself and up until then, I thought everyone hung out in bars or drank in their homes. Walking into that meeting (Fox Hall), full of fear and doubt that this would work, I was taken aback by how many people were there. As I looked around the room, I took inventory of what I saw – I expected to feel judgement or pity but these people seemed different, they were beaming with joy, laughter and comradery. There was a whole different world that existed within these rooms and I was ready to be a part of it. This was just the beginning of the many inventories I was about to take.

That first meeting changed the course of my life. From there, I found a sponsor and began working the steps. Making it to step 4 felt like an accomplishment on its own – I finally was starting to connect to my higher power on a spiritual level. However, I still hadn't learned much about myself but the fog was starting to clear to I was willing to put pen to paper. There are many ways to do a Step 4, just ask Google and you'll receive many different formats and opinions on how to do it. Since my sponsor was an old school AA'er, I was going to do it the exact same way the book told me, the way they had been doing it for almost 100 years. I bought a special notebook, I made columns and put a lot of time into it. I wanted it to be perfect. I didn't want to forget anyone or anything. This was a fact-finding mission and I was not going to fail.

I started with people closest to me, the people I felt the most wronged by and went from there. The first three columns were so easy, I could write about how people did me wrong all day. I could feel myself getting worked up (yet again) over these things in my past. Little did I realize in that moment that "my

part" would have to come into this – the columns, as outlined on page 65 in the Big Book, were only just the start of the inventory. When my sponsor and I continued reading and got to the part which states, "Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely look for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened?" (Pg. 67 Alcoholics Anonymous).

Uh oh, this was different than I thought... And I'm so glad it was! Without looking at my part of these things, I never would have grown into the person I am today – I would have continued trying to be perfect and blaming other people when things went wrong. To be able to see where I was stubborn or arrogant, where I was only looking out for myself, or when I was leading with fear, was what changed my life. I learned things about myself that I never knew before. I was able to see patterns in my behavior and the consequences they created. And best of all, I was able to start correcting these character defects. Slowly (key word), but surely I began to become a better person. I had a grasp on what my patterns, defects or bad character habits were and could actively try to avoid them, or right them when they did occur.

By the way, I have never done a perfect inventory nor do I ever have to. The pressure I was putting on myself throughout my first inventory to get everything out was intense. It was also silly because life would continue, I would make mistakes and have to take inventory of my actions/ reactions all over again anyways. Throughout my (almost) 9 years of sobriety, I have taken many inventories — big ones and daily ones. Each time I learn something new about who I am now. Each time I give more grace to myself and to others. Each time I become more grateful for each and every day that my Higher Power gives me.

Kelly K, Excelsior



**Greater Minneapolis Intergroup • Alcoholics Anonymous ®** 

# **Notes from your Service Office:**

## The General Service Theme for 2023 is:

# "A.A.'s Three Legacies – Our Common Solution."

In existence for 55 years, Minneapolis Intergroup carries the message of Alcoholics Anonymous, currently serving 915 groups in the Minneapolis metro and suburban areas. We also list 81 online-only meetings. In 2022 we averaged about 20 Twelve Step calls a month. Listing your group on our website so someone looking can find you and when a person takes that life saving step and calls looking for help, there is an alcoholic answering the phone. These are just two ways we are reaching out to the still suffering alcoholic.

We are grateful to all who have and continue to respond to our message from last October of needing your groups continued support. Your support has been overwhelming. Thank you to everyone who has contributed to Minneapolis Intergroup. This reassures me the AA community is aware of the vital services we have and the importance of keeping the doors open.

I shared at the Intergroup Rep meeting last month the news the price of all AAWS books will increase by 20% on April 3<sup>rd</sup>. I wanted to give groups the opportunity to purchase literature your group needs before that date. AAWS has not increased their prices since 2014. We understand their circumstances mirrors ours and leaves them no choice if they want to continue to sustain all their services.

We want to give back to all of you, our AA community, for your generous support. We will be purchasing a large quantity of conferenced approved literature before the prices increase. We will not raise our book prices on April 4<sup>th</sup>. Minneapolis Intergroup's literature prices will remain the same until the inventory we stocked up on has been sold to you. This should continue throughout the summer and possibly early fall. We will let you know when the time comes the prices will need to go up.

As it has always been true, that when you purchase literature from Minneapolis Intergroup you are making a contribution, as the sale of literature is one way we keep our lights on and the door open.

Yours in Love & Service, Gail S., Office Manager



## **Notes from Your Board Chair:**

When I was still drinking the thought of April brought nothing but fear and trepidation. In addition to being too fearful to even go through my outstanding bills, it was impossible for me to prepare my tax returns. I used to have one massive pile of unopened letters, from creditors, along with two very near stacks of letters on my dining room table. One of those stacks was letters from the IRS. The other stack of letters was from Minnesota Revenue.

This fear was one of the reasons I drank. I am so grateful that I don't have to do that anymore. When I got sober in the summer of 1993, I was filled with resentments, fear, guilt and remorse. Some of that fear was the result of my unwillingness to do an inventory of my life, including my financial obligations. So, after I'd been sober for a few months, my sponsor gave me some direction related to the piles of letters I had in my dining room.

He said that he sponsored a guy that was also a CPA and he told me to call him up, make an appointment, expect to pay him for his time and to get this "mess" straightened out. Not what I wanted to hear.

So, I took all of my tax "stuff" over to Gary's house and we went through all of the letters, one at a time. And the letters weren't pretty. The IRS wanted to be paid plenty, and they wanted the money now. Then Gary started to enter my tax information into a tax application so that I could comply with the IRS's demands. I hadn't filed my taxes for the previous year.

When he was done inputting all of the data and my return had been completed he turned to me asked me how much I thought I owed the IRS? I remember that I told him that I had no idea, I couldn't even guess. He then looked at me like I had two heads and told me that I owed the IRS \$18.

So the point of all this is that it is important to work with a sponsor and to do a thorough inventory when we get to the 4<sup>th</sup> step. As a result of doing that inventory and subsequently making proper amends, I don't have to live in fear of the IRS anymore. In all honesty, I should say that I don't look forward to tax season, but its just another responsibility in my life that I now can handle and for that I am so grateful.

Mike A., Board Chair



### **Intergroup Board**

#### **Board Officers**

Chairperson Michael A.
Co-Chairperson Betsy G.
Secretary Grace C.
Treasurer John M.

#### **Board Members**

Tanya L. Steve S.

Jeff A. Mark M.

Christina M. Dan S.

Maverick M. Kelli B.

Gail S. Office Manager, Ex-Officio

#### **General Service District Board Liaisons**

District 7	Grace C.
District 13	Maverick M.
District 14	Steve S.
District 17	Kelli B.
District 18	Betsy G.
District 19	Jeff A.
District 20	Cory S.
District 21	Dan S.
District 22	Mark M.
District 24	Tanya L.
District 25	Christina M.

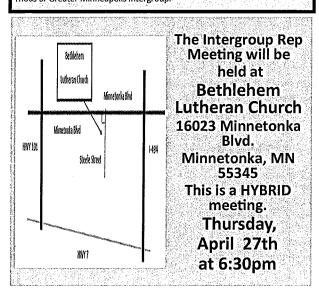
### **Intergroup Staff**

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.

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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: 894-9573-7082

Password: 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

4/1 Step Two/ Tradition Two

Her Story
4/8 Importance of Having a Sponsor

His Story
4/15 Step Three / Tradition Three

Her Story
4/22 Importance if Singleness of Purpose

His Story
4/29 Step Four/ Tradition Four

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.

Concept IV provides for participation for all members of A.A. through "voting representation" in all A.A. affairs. What on earth does this mean, and how on earth does it work? In our early days all of the decision making power was granted to, and held, by the Board of Trustees. They governed over all A.A. affairs directing staff members to carry out their wishes. Therefore the responsibility fell to staff members, separating the decision makers from those carrying out the decisions. As in all of A.A., experience soon showed this was neither practical nor sustainable. This "top down" method of management may work very well in the corporate world, but A.A. is anything but corporate. Guided by spiritual principles we found our way to Concept IV through much trial and error. It was found that all involved in the work should have a say in the decisions, deepening the commitment to the continuation of A.A. The current Conference Charter says this:

2. Composition: The Conference (U.S. and Canada) shall be composed of area delegates, the trustees of the General Service Board, directors of A.A. World Services and AA Grapevine, and staff members of the Grapevine and General Service Office.

Each participant in the Conference has an equal voice and an equal vote, granted through the "Right of Participation". This ensures that all participants have skin in the game, if you will. Everyone has a stake in the process, not just in implementing the outcomes. This applies to staff members and trustees alike, in equal measure. No one holds ultimate authority over another, Tradition Two makes that abundantly clear:

2. 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.

Individual members of A.A. also have the responsibility to participate. While we don't all go to the General Service Conference, we do all participate in learning about the Conference Agenda items and preparing our delegate to attend, through sharing our group conscience with them. One upcoming participation opportunity is April 9, 2023, when Area 36 will hold its Delegate's workshop in Rosemount, MN. This will also be available virtually, so there are ample ways to join in, and I hope to see everyone there. Concept IV says this:

There is another good reason for "participation," and this one has to do with our spiritual needs. All of us deeply desire to belong. We want an A.A. relation of brotherly partnership. It is our shining ideal that the "spiritual corporation" of A.A. should never include any members who are regarded as "second class." Deep down, I think this is what we have been struggling to achieve in our world service structure. Here is perhaps the principal reason why we should continue to ensure "participation" at every important level. Just as there are no second-class A.A.'s, neither should there be any secondclass world service workers, either.

The "Right of Participation" is therefore a corrective of ultimate authority because it mitigates its harshness or misuse. It also encourages us who serve A.A. to accept the necessary disciplines that our several tasks require. We can do this when we are sure that we belong, when the fact of our "participation" assures us that we are truly the "trusted servants" described in A.A.'s Tradition Two.

I can think of no better reason for participation than nurturing the spiritual needs of myself, and my fellows, thus ensuring the continuation of A.A. for those who will need us in the future. It is a privilege to serve Area 36 and A.A. as a whole, and I look forward to hearing your input and conscience on the agenda items. See you all in Rosemount or virtually!!

Meg H. Area 36 Delegate, Panel 73



# Group & Member Services Committee Greater Minneapolis Intergroup Annual Outreach Program

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

Become a part of the 2023 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 6 or May 13

(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)

MEN AT WORK
PRESENTS

MONDRY, JUNE 19TH

A Charity
GOLLE

All proceeds to benefit Minneapolis Area Intergroup 12:00 p.m. Shotgun start / dinner following

FIRST 120 GOLFERS \$165.00 EA.

BENT CREEK GOLF COURSE 14490 Valley View Rd. • Eden Prairie, MN 55344 "Split the \$\$ Pot Raffle"

CONTACT: RICHARD M. 612-670-3898 BRAD R. 612-508-6211

# The Twelve Traditions - How They Apply In Our Lives

#### **Tradition Four:**

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

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 guerrilla politics? Stay on, even when it's apparent that the group conscience has left you behind?

None of the above are constructive to serenity or good AA. 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 longtime home group--I'll call them the Whiz Bangs--had strayed down paths that we didn't want to follow.

It was a strong group, with many longtime sober members. But a cadre of devoted, nonrotating 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 meetings 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 ten minutes with rambling announcements. By then it was 8:20. When the members broke up 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 grassalogues and cokealogues. The treasurer insisted in 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 barebones 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 fifty-five solid minutes of discussion in between. One way we achieve this is by eliminating nonvital 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 gracious 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're 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. Offices 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.

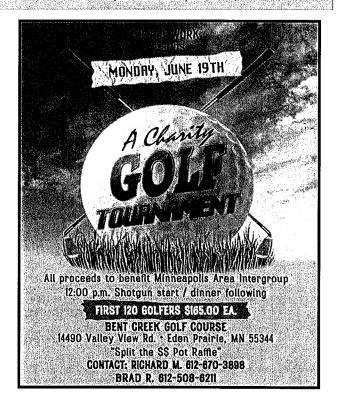
We're a small group, but we outdo some of the larger ones in the size and regularity of our contributions to intergroup, to the General Service Office, and to the church where we meet. In some ways we sound hardline, but our meetings are friendly and usually filled with laughter. We enjoy AA, sobriety,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

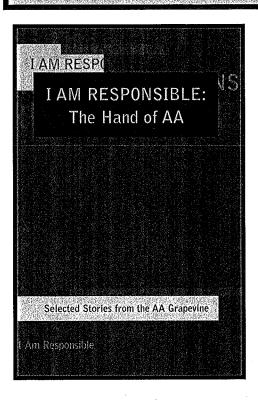
Anonymous, Indian Rocks Beach, FL.

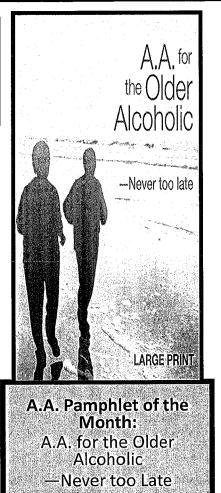
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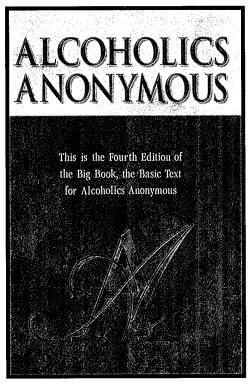


# **Grapevine Book of the Month:**I am Responsible: The Hand of AA





# AA Book of the Month: Jacketless format Alcoholics Anonymous Big Book



### **Group Contributions** - February 2023 Thank you all, in the Spirit of Hope.

Golden Valley AA Group II

A New Freedom - Excelsion A New Freedom - W.S. Alano Amigo's II Group Andover Alano - Squad 10 Andover Alano Squad 4 Anoka Today Alano Squad 164 **Beltline Groups** Breakfast Club-Saturday A.M. Bridges AA Group - Prior Lake By The Book AA Cavalier West Thursday Mens Common Solution Big Book Study **Continuous Action Crushed Grapes** Design for Living BB Study (Coon Rapids) Edina Thurs Men's Group I **Eternal Vigilance** Foxhall Chapter 7 Group

Gratitude Group Happy Destiny Hope AA It Might Have Been Worse Joe and Charlie Big Book Meeting Kozy's Noon Men's AA Ladies Night Happy Hour-Sahara Lakers Alano Wednesday Group Mainstreeters AA (Plymouth II Alano) McRae AA Squad Men at Peace Minnetonka Big Book Study Group Monday Primary Purpose Group New Freedom - Chanhassen New Hope Squad 6 Nicollet AA Group

Rich/Blmngtn Alano Speaker Mtg Ridge Runners II Group Ridge Runners III Group River Valley AA Group Rojo Group Rule 62 Cavalier Sahara Sunrise Virtual Meeting Sahara Thurs Men's Closed Group Sat Morning Fellowship Brooklyn Saturday Night Live Group Senior Men's Barn Group St. Louis Park Sunday Night AA St. Luke's Mon Nite AA Group Steps to Serenity Suddenly the Thought Sunrisers (Thursdays)

Nu-Life AA Group

The Friday Night Shift Group
The Way-Out Group
Third Tradition Group of AA Northfield
Thursday Night Women's Group
Tonka Alano Society
Tradition One
Tradition Three Group Waconia
Turning Point
Turning Point Women's BB Monday
Waconia Friday Nite AA Group
Wayzata Step Sisters
We Are Not Saints-Richfield
Wooddale Avenue AA

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 2023

### First Class, Monticello Alano Squad 10

\*\*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

<u>Central Pacific Group</u>, 7:30 PM Hybrid Meeting 511 Groveland Ave., Minneapolis, MN 55403 <u>Foxhall Chapter 7 Group</u>, 7:30 PM Hybrid Meeting

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

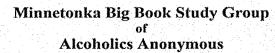
2218 1st Ave. S., Minneapolis, MN 55404

Sunday:

Open Speaker Meeting, 11:00 AM

Richfield Bloomington Alano

9321 Bryant Ave. S., Bloomington, MN 55420



presents its

# 29<sup>th</sup> Annual Serenity Breakfast Sunday May 21, 2023

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



Guest AA Speaker Bob D. from Las Vegas, NV



Speaker will be ASL interpreted

Breakfast: 8:00 am to 10:25 am Speaker Meeting: 10:30 am to Noon

Only \$15.00 in advance ~ \$18.00 at the door (Speaker only = Seventh Tradition)



April 21st, 22nd, & 23rd

29th Sunlight of the Spirit Weekend

Fairmont, MN

www.sotsweekend.org

April 27th

Foxhall Chapter Seven 30th Anniversary

Gethsemane Lutheran Church

Hopkins, MN

Potluck 6pm/Sponsoring Game7pm/Speaker 7:30pm

April 28th

Three Legacies 40th Anniversary

Cross of Glory Church

Hopkins, MN

Potluck 6pm / Speaker 7:30pm

### **General Service Announcements**

April 8th

Area Assembly / Delegate's Workshop

9:00 am - 5:00 pm

Rosemount Community Center

13885 South Robert Trail

Rosemount, MN (Banquet Room)

April 22nd - 29th

73 Annual General Service Conference

Brooklyn Marriott at the Bridge

Brooklyn, New York

**Delegate Attends** 

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KICK OFF MEETING and Group Assignments

When: Saturday, May 6 or May 13

(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)

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

**Change Service Requested** 



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