

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

April 2024 *Step, Tradition, and Concept Four*

Step Four

"Made a searching and fearless inventory of ourselves."

I was approaching 5 years sober and I was getting ready to go back out. In my mind I was twirling an ice cube in an old fashion glass looking for a reason to add Scotch. I was still beset with unresolved anger, aka resentments. Anger towards those that had "done me wrong". Fear was directing my life. Fear of not getting what I wanted. Even fear of success. Success, a term not in my personal vocabulary at that time. I was burdened by the weight of my "shuilt". The powerful combination of shame and guilt. Shame and guilt for causing the destruction of my marriage. Deep shame and guilt for choosing alcohol over fatherhood. Shame and guilt at being judged defective, a loser. My emotional sobriety was non-existent.

I had attempted a fearful, shallow 4th Step. Locked myself away with no one to help and tried to write about things that were deeply painful. Events and actions in my life that I was denying, justifying, running from and yes, drinking over. I met with my sponsor [I at least had a sponsor] to give him my 5th Step. When I was finished, he looked at me and said "are you kidding me?" To say the least he was less than impressed with my efforts. Then, one of the recovery angels that exist in the rooms told me about a guided 4th Step workshop.

A Joe and Charlie style workshop facilitated by members who understood what was needed to be searching, fearless and thorough in this quest for my truth. It was a game changer. That point where I truly began to turn sobriety into recovery. I listed who or what I was angry at and why. I wrote about my fears. I took that necessary hard look at the harms I had done with special attention to harms done in my relationships, my sex conduct. Then things took an unexpected turn. I was directed to identify my part in all this. My part, give me a break. I was the victim here, right? Wrong! It became painfully apparent that I had a part in starting and/or continuing many of these inventoried items. The truth shall set me free- with a footnote that at first it will sting!

The lasting value of this 4th Step experience is that it has provided me with information I would need in going forward. Insight into the character defects I would be working on in Steps 6 and 7. A list of my harms was right there in plain sight, allowing me to begin the amends process of Steps 8 and 9. It gave me a format to use for the continuing inventory called for in Step 10.

Step 4 became the foundation, the bedrock upon which I could and have built a sober life.

Tom S., Brooklyn Center



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

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.”

We are so excited for the 41st Annual Gratitude Night to be here soon. Saturday, April 6th at the Minneapolis Convention Center. We hope you can join us. It is a great night!

Along with the Spring season comes more great activities! Your Group and Member Services Committee is set to launch the Annual Outreach Program 2024. Each year we select seventy groups in a specific area and ask a volunteer to visit one group and bring a packet of information to share with them about Minneapolis Intergroup. Your service will support Minneapolis Intergroup in two important ways.

- ♦ Assuring that our meeting directory information is correct.
- ♦ Inform members about the opportunities to carry the AA message through Intergroup’s 12 Step services.

Do we have the right information listed for your group? We want to help the newcomer be able to find you, where a miracle can happen. **We will kick-off the program with two training sessions on Saturday, May 4th and May 11th, at 11:00 am, immediately after the Saturday Orientation Meeting. Come to Bethlehem Lutheran Church, 16023 Minnetonka Blvd., Minnetonka 55345.** If you would like to participate, attend one of the two sessions to be assigned a group to visit. If you cannot be at one of the two sessions, contact the office to get the information and what groups are available to visit. We would love your help!

The buzz has begun about Gopher State Roundup XLIX, The Road to Recovery that will take place on May 24th, 25th and 26th at the DoubleTree by Hilton in Bloomington. We have registered for Hospitality Suite 215! We are hearing from groups already that are interested in hosting a two-hour time slot to bring food to share. We are thankful to all the groups that participate. To find out what timeslots are available, call the office at 952-922-0880 and ask for a member of the staff. It is a wonderful opportunity for fellowship. Stop by the suite and see us!

In Love and Service,

Gail S. your Office Manager



APRIL

Notes from Your Board Chair:

April is upon us, and I have a touch of spring fever. Nothing beats the excitement and energy of spring time in Minnesota. It is infectious. April is also the fourth month which means the MIRUS discusses Step, Tradition, and Concept Four. Tradition Four is one of my favorites! The short form of this tradition reads, “Each group should be autonomous except in matters affecting other groups or A.A. as a whole.” The founders of Alcoholics Anonymous knew that most alcoholics do not get really excited about rules and regulations and tend to do the opposite of whatever an authority figures tell us to do. I can say this is very true for me. The founders knew that alcoholics needed to learn through their own experience but would eventually adhere to the principles that would ensure the group’s survival. According to the Twelve Steps and Twelve Traditions, “We had discovered there was perfect safety in the process of trial and error. So confident of this had we become that the original statement of A.A. tradition [long form of Tradition Four] carried this significant sentence: ‘Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that as a group they have no other affiliation.’” Essentially, every group had the right to be wrong.

A former sponsor of mine studied the traditions extensively and I learned a great deal from her about how to apply the A.A. Traditions to my personal life. Whenever I would call her about something I was struggling with she would ask me, “What

tradition can help you with this?” I almost always guessed Tradition Four and I was usually correct. If Tradition Four meant that every A.A. group has the right to be wrong then it means that every individual has the right to be wrong as well – both inside and outside the rooms of A.A. Understanding this helped me immensely in both my personal and professional life. Sometimes people are going to let me down and that is because people are human and make mistakes. The good news is that this applies to me as well. I am human and make mistakes too. Another important part of Tradition Four is that qualifying statement, “except in matters affecting other groups or A.A. as a whole.” When applying this to my personal life it means that I get to make my own decisions unless those decisions affect a relationship or team I am part of. Then I need to consult the other people impacted by that decision. Wait, I should consider other people besides myself? What a concept! It is amazing how much better my relationships with those around me are when I consider how my actions may affect them before actually taking any action. Applying the principles of Tradition Four to my personal life certainly has certainly made my Step Four resentment lists a lot shorter.

Continued On Page 5

Intergroup Board

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Secretary	Maverick M.
Treasurer	Christina M.

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

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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.

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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.

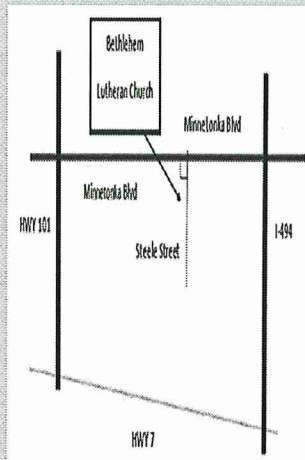
Metro District General Service Meetings

District 7	Second Monday, 6:30 pm Zoom Meeting ID: 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

4/6	What are A.A.'s Three Legacies? His Story
4/13	Step Five / Tradition Five Her Story
4/20	The History of A.A. & Its Founders His Story
4/27	Step Six / Tradition Six Her Story



The Intergroup Rep Meeting will be held at Bethlehem Lutheran Church 16023 Minnetonka Blvd. Minnetonka, MN 55345 This is a HYBRID meeting. Thursday, April 25th at 6:30pm

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 March 23, 2024, when Area 36 will hold its Delegate's workshop in Rosemount, MN. Come Participate! 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!

Meg H.

Area 36 Delegate, Panel 73

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 Four:

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

1. Do I insist that there are only a few *right* ways of doing things in AA?
2. Does my group consider the welfare of nearby groups in its actions and decisions? Of AA as a whole?
3. Do I judge or criticize other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I ever criticize certain groups because I think they don't do things how I believe AA should be done?

Board Notes Continued From Page 2

A few events are coming up in April. One is the 30th Annual Sunlight of the Spirit Weekend on April 19th-21st in Fairmont, MN. The theme is "Becoming a Part of the Common Solution," and registration is \$20. The Way Out Group is hosting the 12th Annual Anniversary Celebration of The Spiritual Experience Workshop with Kenny D. from Seattle, WA. This will be held at the Central Lutheran Church in Elk River, MN from Friday, April 19th-Saturday, April 20th. Three Legacies will be having their 41st Anniversary Meeting on Friday, April 26th at 6pm at Cross of Glory Church in Hopkins, MN. There are many other fun events happening in April and early May so please check out the Events tab on the Intergroup Website at <https://aaminneapolis.org/events/>. Yours in Service,

Intergroup Board Chair, Kelli B.

What are Faithful Fivers?

Faithful Fivers are A.A. members who graciously contribute five dollars or more* each month to support Minneapolis Intergroup.

As a Faithful Fiver, you support efforts to carry the A.A. message of hope to still-suffering alcoholics in the Greater Minneapolis Area.

"When we meet and defeat the temptation to take large gifts, we are being prudent. But when we are generous with the hat, we give a token that we are grateful for our blessing and evidence that we are eager to share what we have found with all those who still suffer."

Bill W., Language of the Heart

* Contributions are limited to \$5,000 per member per year† and are tax deductible under Internal Revenue Code §501 (c)(3).

†Page 9—Self-Support Pamphlet

You can easily setup your Faithful Fiver contribution by calling or stopping in the Minneapolis Intergroup Office or online at aaminneapolis.org

PLEASE POST ON BULLETIN BOARD

"Road to Recovery"

GOPHER STATE ROUNDUP XLIX

May 24th, 25th & 26th 2024



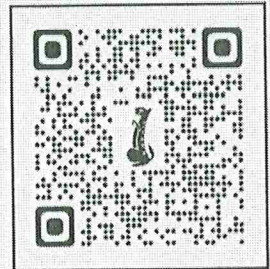
Activities and Accommodations:

DoubleTree by Hilton Hotel,
Highway 100 & 494 • Bloomington, MN

MEETINGS • SPEAKERS • FELLOWSHIP • HOSPITALITY ROOMS • A.A. FILMS
REGISTRATION – \$30.00 Contribution (Ages 13 & Over)
Scholarships Available On-site

Register in Advance

Guaranteed Special Room Rates Register early for the best rate. Details at www.gopherstateroundup.org or directly with DoubleTree by Hilton at 800-222-8733. Mention Gopher State Roundup for a special rate.



Gopher State Roundup is a special A.A. conference with Al-Anon participation. Gopher State Roundup is self-supporting.

**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.

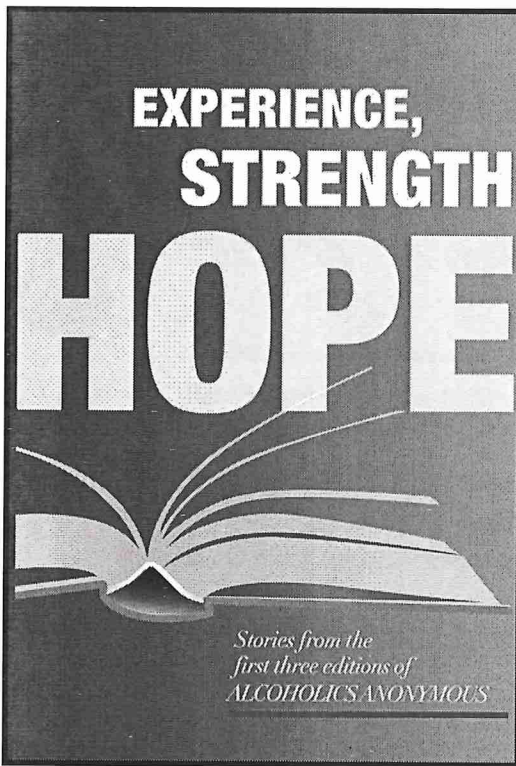
KICK OFF MEETING and Group Assignments

When: Saturday, May 4 or May 11
(Pick one Saturday to attend)

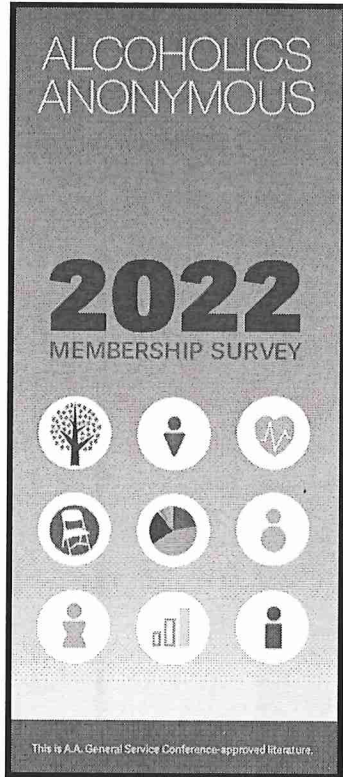
Time: 11:00 am to 11:30 am

Where: Bethlehem Lutheran Church
16023 Minnetonka Blvd.
Minnetonka, MN 55345

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



**A.A. Pamphlet of the Month:
Alcoholics Anonymous
2022 Member Survey**



THE BEST OF BILL
Reflections on Faith, Fear, Honesty,
Humility, and Love
Plus Bill's Classic Essay on Anonymity

**AA Book of the Month:
Experience, Strength &
Hope**

**Grapevine Book of the Month:
The Best of Bill,
Reflections on Faith Fear,
Honesty, Humility, and Love**

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

- | | | | |
|--------------------------------|----------------------------------|-----------------------------------|--------------------------------------|
| Agnostics In Recovery | Early Risers Group | Minnetonka Big Book Study Group | Sisters in Step |
| Amazing Grace | Elko New Market Wednesday Group | Monday Night Group Hanover | St. George Thursday AA Group |
| Amigo's Group | Foxhall Chapter 7 Group | Monday Primary Purpose Group | St. Louis Park Sunday Night AA Group |
| Back to Basics Coon Rapids | Fridley Alano "Route 66" | New Hope Alano-Squad 16 | Sunday Morning Group Prior Lake |
| Basic 12 Golden Valley | Fridley Alano Squad 14 | New Life AA Squad 14 | Sunlight of the Spirit - Female Id. |
| Basic Twelve & Twelve | Happy Destiny | No Bull Big Book-Squad 164 | The Way Out Group |
| Belle Plaine AA Group | Hillside AA Group | Practical Experience | Third Tradition Group of AA |
| Blaine Alano Squad 3 | Howard Lake-Waverly AA Group | Ramsey AA (NowThen AA) | Thursday Night Womens Group |
| Bridges AA Group | Isanti Alano Squad 12 | Rich/Blmngtn Alano Sunday Speaker | Turning Point Women's Big Book |
| Buffalo Sun Nite AA Group | Isanti Friday 12x12 | River Valley AA Group | Wayzata Women's - Thursday Group |
| Cavalier Thursday Big Book | It Might Have Been Worse | Road To Freedom | We Are Not Saints |
| Cavalier Thursday Men's Group | Kozy's Noon Men's AA | Rock Solid 8pm Sahara | Wednesday Lunch Bunch |
| Common Solution Big Book Study | Ladies Night Happy Hour | Sahara Thursday Men's | Worthy Women's Big Book Study |
| Continuous Action | Lakers AA Thursday | Sahara Tuesday Men's | You Are Not Alone |
| Crushed Grapes | Lindstrom Big Book 12 x 12 Group | Saturday Morning Fever | |
| Desire Meeting | Lynnhurst AA Group | Saturday Night Live Group | |
| Eagan Tuesday Nite AA | McRae AA Squad | Senior Men's Barn 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 February 2024**
Foxhall Chapter 7, Minnetonka Big Book Study, Monticello Alano Squad 10, Primary Purpose Elk River
 **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:

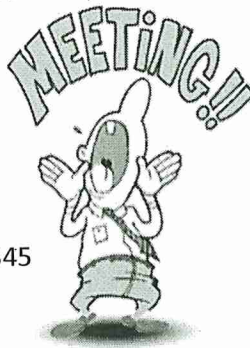
A.A. Orientation Meeting 10:00 AM
Bethlehem Lutheran Church
16023 Minnetonka Blvd., Minnetonka, MN 55345

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



April 19th – April 21st

13th Annual Sunlight of the Spirit Weekend

Best Western, Fairmont, Minnesota

www.sotsweekend.org

April 19th & April 20th

The Spiritual Experience Workshop

by The Way Out Group of A.A.

Central Lutheran Church in Elk River

Contact: Adam 651-269-0560

April 26th

41st Anniversary of Three Legacies

Cross of Glory Church in Hopkins

6:00pm – Potluck

7:30pm - Speaker

General Service Announcements

April 21st -27th

74th Annual General Service Conference

New York Marriott at the Brooklyn Bridge

Delegate Attends

May 4

Area Committee Meeting

Committees 9:30am – 11:30am

Area Committee 12:30pm -5:00pm

Online Only – go to Area36.org

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

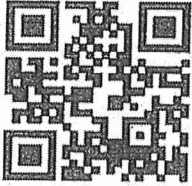
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