

Step Eight

August 2023 Step, Tradition, and Concept Eight

"Made a list of all persons we had harmed, and became willing to make amends to them all ."

Step 8 is an action step! We've got to get out the paper and pencil again and do some reflecting and writing. One of the things that I thought and that I've heard others share about Step 8 is the ominous foreshadowing of Step 9. Step 9 states "made direct amends wherever possible except when to do so would injure them or others". I found it helpful to keep my attention on the Step being worked (as much as possible!). You want to be "fearless and thorough" and not hold anything back. Step 8 emphasizes making the list and becoming willing!

Steps 4 and 5 tee us up for Step 8n that we have already made a list of our character defects and discussed them with our Higher Power and another human being. The list of people that we harmed are the "personification" of our defects giving us real world examples of how our defects present themselves in our behaviors. It's one thing to acknowledge that we are selfish people; it's much more specific to list the times that we were a no show for family functions due to our selfishness.

For me, Step 8 helped me really understand what taking responsibility meant. I did so many awful things to others when I was drinking – it was easy to just broad brush the behavior and never take an up-close and personal look. Step 8 focuses on the exact brutish behavior that occurred and the individual person impacted. I had to slow down and remember what I had done and it was so much more real.

Having made the list, the next difficult part for me was becoming willing. It is typical to hear people say that they had (at least mentally) divided their list into three buckets:

Willing to make amends to them right now.

Will pray for the willingness to make amends.

Absolutely never going to make that amend.

I had to pray for a long time for the willingness to make amends to my parents. There was so much disfunction in my upbringing that I struggled to stay focused on my part; it was much easier to focus on what THEY had done to ME. But, Step 8 is clear that we are to focus on our behaviors and actions without justifying what we did or blaming others. I used to love the idea that people "made me" behave the way I did. If you were treated the way I was treated, you would lash out, too! I no longer think that way — in so many

ways I have grown up and assumed responsibility for my own actions. I take just a moment of pause (most of the time!!) to think before I speak. For me, emotionally charged sharing is the kiss of death and most of the time leads to an amends in my future.

The principles of humility and accountability are at the forefront of Step 8. We humbly account for the actions that we took that caused harm to others; we do not justify our actions nor do we deflect blame. We simply admit what we did – we become accountable for our actions. And then we ask our Higher Power for the willingness to make it right!

Barb S., Hopkins



Notes from your Service Office:

The General Service Theme for 2023 is:

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

I hope you have been enjoying the hot summer days. When you figure out a way to make them last, please let me know. I cannot comprehend August is around the corner as we prepare this newsletter.

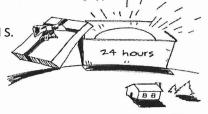
Our annual Outreach Program went great this year. As some of you know we select 70 groups each year in a different area of Minneapolis and the surrounding suburbs. The area we focused on this year was the northern suburbs such as: Blaine, Fridley, Robbinsdale, Anoka, Coon Rapids, Annandale, Maple Grove, East Bethel, Cambridge, etc. We received 52 group update forms back. Thank you to all the volunteers that signed up to visit a group and return an updated form to the office. I really enjoyed visiting a Big Book group in Annandale. I met some great new people. We received 39 new group contacts, 30 meeting type changes, 2 meetings were deleted because they no longer exist, and 1 meeting address update. Our meeting directory is more accurate than before with all of you that participated. Thank you again for your service!

I am excited for the 23rd Unity Open House on Saturday, August 12th from 9:00 am to 1:00 pm at the Intergroup Office. This year

we are looking to tap into your competitive nature with bean bag throwing, axe throwing and ball throwing skills! Our Chair, Betsy G. and Co-Chair, Maverick M. are lining up and looking for volunteers to man the games we are preparing for you to show off your skills! Join us for coffee and donuts in the morning and hot dogs after 11a.m. It is tradition to have our Area 36 Chair and our Area 36 Delegate cook the hotdogs for you. On a charcoal grill, no less. They will be here. Let the Intergroup staff know if you are interested in volunteering or even donating a cake for the Cake Walk! We will have a table of information about service in the areas of answering phones during the day, with a group, or being a night owl or early bird. Learn what it means to be of service on the 12th step list. You can also find out what it means to be a temporary contact for someone leaving a treatment center or correction facility. It's a day full of fun, fellowship and service!

In Love and Service,

Your office manager, Gail S.



Notes from Your Board Chair:

To experience the removal of the obsession to drink is but one of the great miracles of Alcoholics Anonymous. Another is the ability to help other alcoholics. The Big book says, "But the ex-problem drinker who has found this solution, who is properly armed with facts about himself, can generally win the entire confidence of another alcoholic in a few hours."

This is what we like to call twelve step work: helping the still suffering alcoholic. Minneapolis Intergroup doesn't do twelve step work, but it helps to make twelve step work possible. When I first came into A.A. I began attending a meeting once a week but I wasn't really participating in those meetings. I would show up at the starting time and leave as soon as the meeting was over. I didn't get to know anybody at those meetings.

About that time someone suggested to me that I should call Intergroup to get a sponsor. I now know that Intergroup doesn't provide sponsors. So, I called Intergroup and a guy called me back and said that he'd pick me that night and take me to a meeting. That call put me on a totally different trajectory of recovery. I started to get to know other men in A.A., one became my sponsor, and I started to participate in this program of recovery. Thankfully, I've stayed in the middle of A.A. from that time.

So, Minneapolis Intergroup does a number of things to help make twelve step work possible:

- The "Hot Line" is answered 24 hours a day, 365 days a year, by a live member of Alcoholic Anonymous.
- The Meeting Directory is maintained on a continuous basis.
- The Intergroup website is available for information about meetings, other A.A. events and connections with other A.A. sites.
- Orientation Meeting every Saturday at 10:00 AM.
- The MIRUS, our monthly newsletter,
- AA Literature is available during normal office hours.

So, please join me in helping the still suffering alcoholic as we trudge the Road of Happy Destiny.



Intergroup Board

Board Officers

Chairperson

Michael A.

Co-Chairperson

Betsy G.

Secretary Treasurer Grace C. John M.

Board Members

Tanva 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

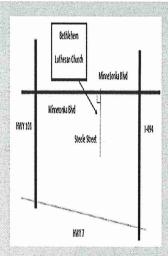
Scott F.

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.



The Intergroup Rep Meeting will be held at Bethlehem Lutheran Church 16023 Minnetonka Blvd.
Minnetonka, MN 55345
This is a HYBRID meeting.
Thursday,
August 24th 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

8/5

Step Eleven/ Tradition Eleven

Her Story

8/12

Anonymity as a Spiritual Principle

His Story

8/19

Step Twelve/ Tradition Twelve

Her Story

8/26

26 Importance of Having an A.A. Home Group

His Story

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

CONCEPT VIII

The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

Concept VIII offers a roadmap for continuing services to A.A. as a whole, in order to carry the message.

The Concept VIII essay in the Service Manual begins with this paragraph:

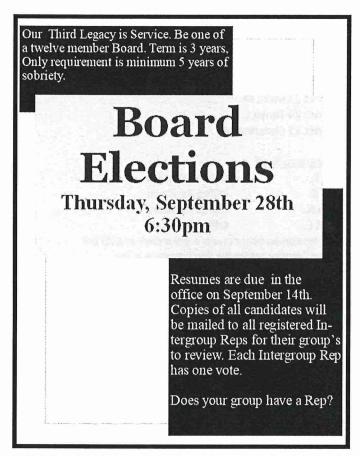
Since our Trustees bear the primary responsibility for the good conduct of all our world service affairs, this discussion deals with the basic concepts and methods by which they can best discharge their heavy obligations. Long experience has now proved that our Board must devote itself almost exclusively to the larger and more serious questions of policy, finance, group relations, public relations and leadership that constantly confront it. In these more critical matters, the Board must of course function with great care and deliberation. Here the Board is expected skillfully to plan, manage, and execute.

This underscores the need for good stewardship of our world service affairs. Along with the practical understanding that the General Service Board simply cannot devote themselves to the day-to-day operations, they need their time to oversee the larger functions of our two corporations; A.A. World Services and the Grapevine. This they do through the two additional boards, one for each corporation. Serving on each Board are Trustees, who are directors of services. Each corporate entity has its own board, employees, charter and working capital. The employees of each entity are empowered to carry out the duties and tasks required to serve A.A., without answering to the Board for every small decision. The Board(s) in turn serve the function of "custodial oversight" rather than "management" duties, thus ensuring our financial well-being, as well as our service endeavors now and for the future.

UNITY SERVICE RECOVERY This wisdom comes after early attempts and downright failures to concentrate control and oversee everything!

Sometimes managing everything makes certain nothing gets done, and it became clear to our Founders that oversight and execution would have to be separated in order to provide the services the Fellowship needs and wants, to fulfill our primary purpose. Concept VIII is a clear and succinct separation of responsibilities that allows full functioning of our service entities with the appropriate Board oversight.

Meg H.
Delegate Area 36/Panel 73





St Paul & Suburban Area Intergroup (SPI) is hiring a Full-Time Office Manager.

SPI's primary purpose is to assist the AA groups of Saint Paul and the Suburban area in carrying the message of Alcoholics Anonymous to those who still suffer. SPI derives its legitimate authority from and is responsible to the member groups it serves. In all its activities, policies, and proceedings, Intergroup observes the practice and spirit of AA's Twelve Traditions and Twelve concepts for World Service, as well as its three legacies of Recovery, Unity, and Service.



The Office Manager is the primary person who makes the Intergroup function. The Office Manager works directly under the supervision of the Intergroup Board of

Directors. All matters of business and human relations are performed under the bylaws of St Paul Intergroup as a 501 (c)(3) non-profit corporation. Work involves managing the intergroup store, helping customers purchase products, ordering and restocking inventory, and managing outgoing orders placed on the online store. It also includes supervising volunteers and part-time staff, preparing bank deposits, and managing incoming contributions and other essential services to help the still-suffering Alcoholic.

Hours: Full-time/40 hours per week Exempt – 9:30 AM-5:30 AM

Pay: Approximately 50k annual salary with accruing PTO. Exempt.

Requirements:

- 3 Years of continuous sobriety, active in the AA Program of Recovery.
- Working knowledge of AA 12 Steps, 12 Traditions, and 12 Concepts of World Service.

Preferred Qualifications:

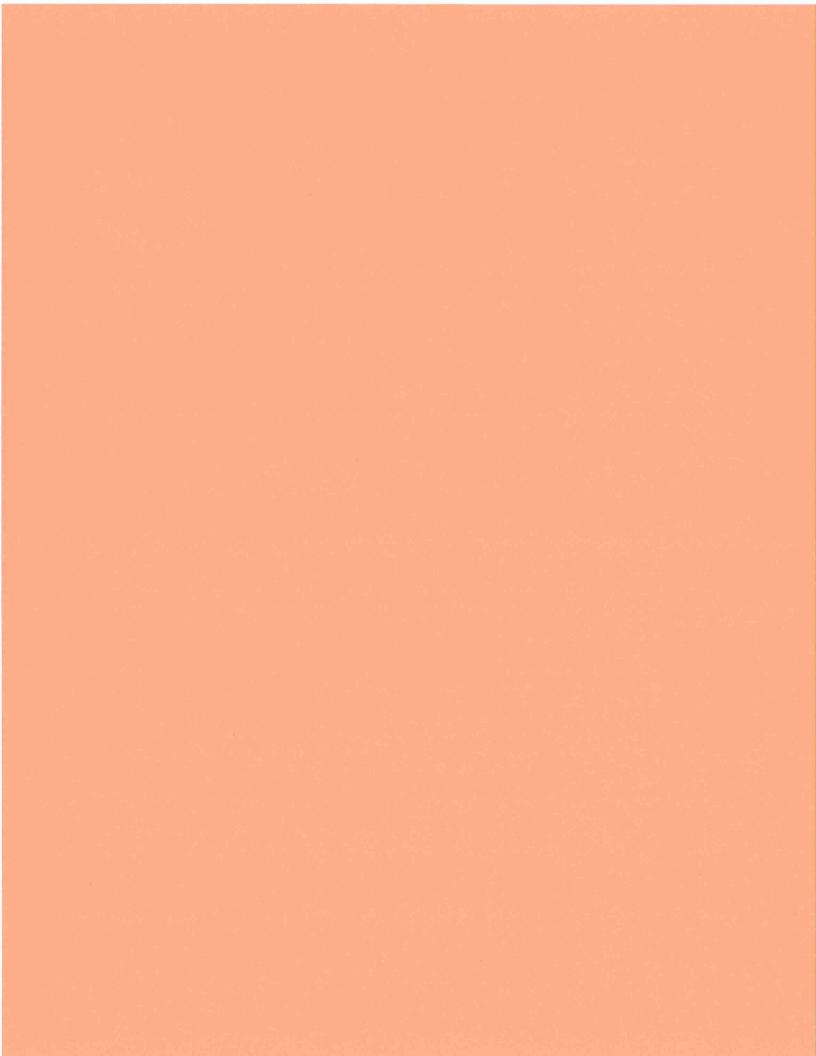
- Prior Experience with Administrative tasks or Office Management.
- Proficient with typing and technologies like MacOS, Windows, Microsoft Office (Excel, Word), Adobe InDesign, Google Docs, Google Sheets, Zoom, printers, phone systems, and point-of-sale systems.
 - Knowledge of QuickBooks online or experience with another accounting software is desirable.

Job Description:

- Managing the Intergroup store.
- Assisting customers with sales.
- Order and restock inventory.
- Manage outgoing orders that are placed on the online store.
- Publish and mail the monthly Lifeline newsletter.
- Work closely with Web Servant to notify when there are any meeting updates and changes.
- Manage and update printed meeting directory for St. Paul and Suburban Area.
- Attend all St. Paul Intergroup events and assist with tech setup and tear-down.
- Manage QuickBooks online Accounting and prepare bi-weekly payroll using ADP.
- Prepare and deposit receipts.
- Supervising volunteers and part-time staff.
- Manage incoming contributions.
- Attend and help organize SPI Board and Representative Meetings on the 3rd Tues of every month.
- Other responsibilities required to keep Intergroup operating effectively.

Position Open until Filled.

Please send resume and letter of introduction to: Eliot W., Chair of the Board at chair@aastpaul.org



The Twelve Traditions - How They Apply In Our Lives

TRADITION 8 - Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Throughout the world AAs are twelfth-stepping with thousands of new prospects a month. Between one and two thousand of these stick on our first presentation; past experience shows that most of the remainder will come back to us later on. Almost entirely unorganized, and completely nonprofessional, this mighty spiritual current is now flowing from alcoholics who are well to those who are sick. One alcoholic talking to another; that's all.

Could this vast and vital face-to-face effort ever be professionalized or even organized? Most emphatically, it could not. The few efforts to professionalize straight Twelfth Step work have always failed quickly. Today, no AA will tolerate the idea of paid "AA therapists" or "organizers." Nor does any AA like to be told just how he must handle that new prospect of his. No, this great life-giving stream can never be dammed up by paid do-gooders or professionals. Alcoholics Anonymous is never going to cut its own lifelines. To a man, we are sure of that.

But what about those who serve us full time in other capacitiesare cooks, caretakers, and paid intergroup secretaries "AA professionals"?

Because our thinking about these people is still unclear, we often feel and act as though they were such. The impression of professionalism subtly attaches to them, so we frequently hear they are "making money out of AA" or that they are "professionalizing" AA. Seemingly, if they do take our AA dollars they don't quite belong with us AAs anymore. We sometimes go further; we underpay them on the theory they ought to be glad to "cook" for AA cheap.

Now isn't this carrying our fears of professionalism rather far? If these fears ever got too strong, none but a saint or an incompetent could work for Alcoholics Anonymous. Our supply of saints being quite small, we would certainly wind up with less competent workers than we need.

We are beginning to see that our few paid workers are

performing only those service tasks that our volunteers cannot consistently handle. Primarily those folks are not doing Twelfth Step work. They are just making more and better Twelfth Step work possible. Secretaries at their desks are valuable points of contact, information, and public relations. That is what they are paid for, and nothing else. They help carry the good news of AA to the outside world and bring our prospects face to face with us. That's not "AA therapy"; it's just a lot of very necessary but often thankless work.

So, where needed, let's revise our attitude toward those who labor at our special services. Let us treat them as AA associates, and not as hired help; let's recompense them fairly and, above all, let's absolve them from the label of professionalism.

Let us also distinguish clearly between "organizing the AA movement" and setting up, in a reasonably businesslike manner, its few essential services of contact and propagation. Once we do that, all will be well. The million or so fellow alcoholics who are still sick will then continue to get the break we sixty thousand AAs have already had.

Let's give our "service desks" the hand they so well deserve.

Bill W. (from the July 1948 Grapevine)

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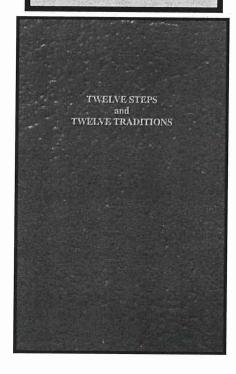
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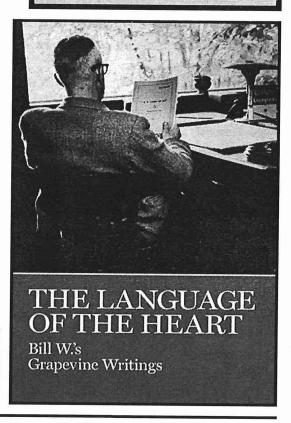
Usefulness Prayer

God, please help me today to find the balance between my character defects and the principles of our program so as to be useful to You, other people and myself. AA Book of the Month: Twelve Steps and Twelve Traditions (Gift Edition)





A.A. Pamphlet of the Month: A.A. and the Armed Services Grapevine Book of the Month:
The Language of the Heart
(SC)



Group Contributions - June 2023 Thank you all, in the Spirit of Hope.

2218 Squad 73 8 to 80 Group Andover Alano Squad 5 Andover Alano Squad 9 Autonomous Big Book Basic Twelve & Twelve **Beltline Groups** Better than Gold **Bloomington Hyland Group** Bridges AA Group - Prior Lake **Bryant Lake Group** Cliffhangers VI at St. Ed's Colfax AA Group Thursday Night Common Solution Big Book Study **Continuous Action** Cottagewood Meeting AA **Crushed Grapes** Elko New Market Weds Group First Class Foxhall Chapter 7 Group

Golden Valley AA Group II **Great Blessings** Hayden Lake Rd. AA Hillside AA Group Hope AA - Richfield Hope Tuesday AA Lakeville Isanti Alano Squad 12 Isanti Alano Sunday Isanti Thursday Night Big Book It Might Have Been Worse Kozy's Noon Men's AA Ladies Night Happy Hour Language of the Heart Living Sober Group (Chanhassen) Lynnhurst AA Group Men at Work-Minnetonka Men's Problem & Solution Group Minnetonka Big Book Study Group Minnetonka Senior AA Monday Women's Big Book

Monday Night Women's Elk River Monday Primary Purpose Group **NERR Friday 7am** New City Women's AA Group New Freedom - Chanhassen New Hope Alano-Squad 16 New Prague Monday Night Norwood Young America AA Oasis Group -- Shakopee Pax Christi Thursday Night Ramsey AA (NowThen AA) Rich/Blmngtn Alano Sunday River Valley AA Group Saturday Classes Saturday Morning Men's AA Saturday Night Live Group Senior Men's Barn Group Serenity Seekers at Ridgewood Silver Lake AA Group SOS AA - Minneapolis

St. George Thursday Night AA St. Louis Park Sunday Night AA Suburban North Alano Squad 7 Suddenly the Thought Sunrisers (Thursdays) Third Tradition Group of AA Tonka Alano Society Tradition Three Group Waconia Tuesday Morning Step Group Turning Point Women's Big Book Valley View AA Group in Edina Voices Of Recovery Waconia Friday Nite AA Group Women's AA Group at Elim Women's Experience Strength & Hope Wooddale Avenue AA You Are Not Alone

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** June 2023

Foxhall Chapter 7

**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

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



August Events

August 12th

Unity Open House

Minneapolis Intergroup Location

9:00am to 1:00pm

(See flyer for details)

General Service Announcements

August 5th

Area Committee Meeting

Remote ZOOM Meeting

Committees 9:30am - 11:30am

Area Committee 12:30pm - 5:00pm

August 25th to 27th

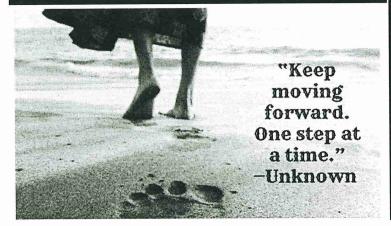
West Central Regional Forum

Hilton Garden Inn

new-NEW-NEW-NEW new

NOW ON aaminneapolis.org HOME PAGE

CHECK OUT THE NEW BIRTHDAY PLAN AND BECOME A **FAITHFUL FIVER ADDITIONS!**



Founder's Day Minnesota 2023 Saturday, November 25, 2023

Celebrating 83 Years of AA in the Upper Midwest and Honoring AA Members with One Year of Sobriety!

SAVE THE DATE

Founder's Day Minnesota is ON for November 25, 2023!

Join us for a full day of fellowship and celebration featuring:

- A.A. and Al-Anon Speakers
- History Panel
- Call-up Step Meetings
- Hospitality Suites
- Banquet
- Dance

Stay Tuned for More Exciting Details to Come

Activities and Accommodations at

DoubleTree by Hilton Bloomington-Minneapolis South, Bloomington, MN 7800 Normandale Blvd, Bloomington, MN 55439 • 952.835.7800 or 800.222.8733

As always, special room rates and Hospitality Suites will be available at the hotel.

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

Change Service Requested



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