

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

August 2024 *Step, Tradition, and Concept Eight*

Step Eight

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

Early in sobriety I thought Step 8 was simply an administrative activity. i.e. make a quick list and get on with Step 9. Today, I know that Step 8 is one of the most consequential steps in my recovery. Let me explain.

Steps 6 & 7 get one paragraph each on page 76 of the Big Book. These two steps, where our focus turns from inward to outward and our lives begin to change in ways we could have never imagined, couldn't possibly have less coverage. My first time through the steps, my experience with 6 & 7 was predictable. After completing Step 5, I took an hour to read the book and contemplate these steps. Was I ready (Step 6)? Yes. Did I ask God to remove my defects (Step 7)? Yes. Done. I was sober 9 months, in my mid-20s, and thought removal of my defects would be magical. Boy, was I in for a shock! Today, I'm sober over 40 years and know that removal of my defects is a life-long project.

The 'magic' of it lies in the work I do in the remaining 5 steps...8 - 12, with Step 8 being pivotal. Like many of the steps, the simple language in the second half of this step...'and became willing to make amends to them all'...has deeper meaning and implications. At least it does for me. To be truly willing to make a sincere amend, I first need to understand and own my part in the harm done. In Steps 4 & 5 I identify and explore what drives my misguided behaviors...primarily fear and shame. In the second half of Step 8 I come to understand the impact that my behavior has had on others. Without this, I'm doomed to repeat the harms, over and over.

I have several powerful examples of this in my recovery, let me share one: A few years into recovery, I met and befriended another sober fellow named Donny. We attended the same meeting on Wednesdays and started golfing together. After several hundred rounds, Donny and I had become fast friends. In 2016, amid an emotional and divisive political season, we found ourselves in opposite camps. This was no surprise, as we always knew we had different political leanings...but this time was different. One evening out for fellowship after our meeting, we got into a 'debate' about the election, something we'd done

before. I have a tendency toward self-righteousness and imperious behavior...and it was in full force that evening. Suddenly, Donny threw down his dinner napkin and said 'I'm out of here,' and got up and left.

Things changed after that. Even though we apologized to each other, we were never the same. Soon after, he found another meeting and we stopped golfing together. Over the next several years I made attempts to mend the relationship, to no avail. It appeared the friendship was over. I felt a great sense of loss, as I had come to love this friend.

One time I went to hear a renowned social scientist give a talk. His topic was the acute state of divisiveness in our country. His thesis was that the two sides of our political spectrum had, over the last several years, shifted from disagreement to actual contempt for one another. He defined contempt as believing that you are completely right, and the other person is completely wrong. That those who disagree with you are either stupid or somehow less than you.

I suddenly realized what I had done to Donny. I had treated him with contempt; had implied that his ideas were stupid and completely wrong. I didn't try to understand his point of view, or respect his right to have his own point of view. I finally understood how my actions had made him feel.

We got together for coffee shortly after that, during which I made a completely different amend. I told him the whole story of the talk I heard, and that I now understood the impact of my behavior. I apologized. He accepted my explanation and thanked me. I was hopeful we could rekindle our friendship. Unfortunately, my dear friend suffered a major stroke two weeks later and passed away.

I never got to rekindle that friendship, but feel that I repaired it as best I could. And just as importantly, I understand the impact my words can have on other people. Today I am vigilant against contempt; my contempt for the opinion of others. I hope I never cause such harm again.

Thank you, Peter S., Minneapolis

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.”

Our Annual Summer Outreach had the best results ever! Fifty-three groups were visited out of seventy. We received so many updates to our meeting directory. For example, we received over forty new group member contacts, thirty-nine meeting type updates, one online meeting deleted and ten group name changes. But most importantly two meetings we deleted because they no longer existed. Thank you to all the volunteers that participated in the Annual Outreach Program. You have made our website more accurate for those searching for a meeting. Thank you!

I hope to see you at the 24th Annual Unity Open House on Saturday, August 10th from 9:00am to 1:00pm. We have a lot of activities planned. Doug H., our Area 36 Chair and Meg H. our Area 36 Delegate will be grilling hotdogs on a charcoal grill for you. Stop by for some food and great fellowship.



Once a year the opportunity to be of service on the Minneapolis Intergroup Board happens at the monthly Intergroup Rep meeting, Thursday, September 26th when the annual Board elections take place. The only requirement is to have five years sobriety. Current Board members will be available at the Unity Open House on Saturday, August 10th to share information and answer any questions about what it is like to be a Board member.

You can fill out a resume on our website in two places. Click on the tab “About Intergroup.” (under the picture of the hands stacked on one another) or click on “Intergroup Representatives” (see below under Annual Board Elections). On the backside of the resume form you will find more details about what the commitment consists of. Contact me anytime if you have any questions!

Yours in Love and Service,

Gail S., your Office Manager



Notes from Your Board Chair:

One of my meetings has a custom of asking the meeting leader to share their experience on one of the Three Legacies of AA which are: recovery, unity, and service. Last week the leader shared his experience on service. He mentioned that when he first got sober he was new to the Minneapolis area so he reached out to Minneapolis Intergroup for help. Intergroup connected him to another sober member of AA in his area and that member was very involved in service which led to the leader’s own journey in service to Alcoholics Anonymous. His share was a reminder of how important it is to have someone answering the phones at Intergroup and volunteers on the Intergroup 12 Step List who can reach out to the still suffering alcoholic when they need our help. We are uniquely qualified to help other alcoholics find the solution that we have found. You can sign up for these service commitments by completing a Contribute Your Time form on the Minneapolis Intergroup website at aaminneapolis.org/contribute-your-time-signup/. There are other service opportunities you can check out at aaminneapolis.org/about-intergroup/service-opportunities/. You can also visit Intergroup at our Unity Open House on August 10th from 9am-1pm and talk to the Board and Staff members about these service opportunities.

The 47th Annual Cornhusker Roundup is happening at the end of August in Omaha, NE. The roundup is on Friday, August 16th through Sunday, August 18th and will be held at the Liberty First Credit Union Arena. Pre-Registration is \$30 and you can register online at AA-Cornhusker.org. Registration at the event will be \$35. You can find this flyer, other event flyers and a calendar showing upcoming events under the Event tab on the Intergroup website.



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.

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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

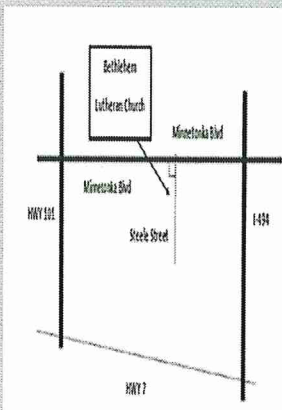
The Saturday Orientation Open Meeting takes place every week at 10 A.M. In person at Bethlehem Lutheran Church 16023 Minnetonka Blvd. Minnetonka, MN

8/3	Step One / Tradition One His Story
8/10	Staying Away from the First Drink Her Story
8/17	Step Two / Tradition Two His Story
8/24	Importance of Having a Sponsor Her Story
8/31	Step Three / Tradition Three 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, August 22nd at 6:30pm



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.

I started my essay last year on Concept VIII with the above sentence, and I think it is appropriate to start this year's the same way, as it is so very important.

We ask a great deal of our Trustees. We entrust them with the “**primary responsibility for the good conduct of all our world service affairs**” (Service Manual Concept VIII essay). We ask them to undertake this responsibility, as well as providing the Fellowship with the literature, service pieces, pamphlets, guidelines, etc., which we use to carry the message. Alcoholics Anonymous has two corporations, A.A. World Services (A.A.W.S.), and the Grapevine. Each are overseen by a separate board, which brings the total number of boards serving A.A., as a whole, to three, when you include our General Service Board. It is good to remember that those serving on our boards, as Trustees or Non-Trustee Directors, do so for no compensation. They do it because they love Alcoholics Anonymous, whether they be alcoholic or non-alcoholic members of those boards.

They address matters of finance and policy, public relations, and communication with groups and individual A.A. members. They keep our books, pay our bills, maintain relationships with vendors and businesses, and share with us how our 7th Tradition money is being used. They do these things to serve A.A., so we, as individuals and home group members, can carry the message to the still suffering alcoholic.

Our Trustees, along with the paid staff in New York, make the continued health and growth of A.A. possible. And we participate by bringing our voices to our home group, to our district, to our Area, and to the General Service Conference through our Delegate. This is how we participate directly in the decision-making process for A.A. Our Trustees are assisted by

talented and dedicated staff, along with our two additional boards, to do the things that the Fellowship simply cannot manage day-to-day. They do this so the Fellowship can do what we do best. Carry the Message.

Meg H.

Delegate Area 36/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 Eight: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

1. Does my own behavior accurately mirror the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. Do I know where my local meeting directory comes from?
7. In my own AA life, have I had any experiences which illustrate the wisdom of this Tradition?
8. Have I read the book Twelve Steps and Twelve Traditions? How about the pamphlet “A.A. Tradition—How It Developed”.
9. Can my group rely on me to fulfill my service responsibilities without someone checking on me?

Would you like to learn what it
takes to keep the front
door open?

Consider Serving as a
Minneapolis Intergroup Board
Member!

You will:

- ♦ Make many new connections in the fellowship of A.A.
- ♦ Be a part of Intergroup events throughout the year.
 - ♦ Have 3 meetings a month to participate in Minneapolis Intergroups' partnerships in service and carrying our message of hope!
- ♦ Serve on Committees like Group and Member Services, Info/ technology, and Orientation meeting.

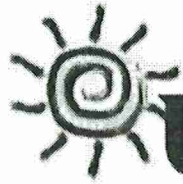
Applications can be found at the Intergroup Office or website .

Elections are September 26th, 2024 at the Monthly Intergroup Rep Meeting

Greater Minneapolis Intergroup

Mission Statement

Intergroup's primary purpose
is to assist the AA Groups
of Minneapolis and the Suburban Area
in carrying the Alcoholics Anonymous message
to those who suffer from alcoholism.



INTERGROUP'S 24TH ANNUAL UNITY OPEN HOUSE

JOIN US IN CELEBRATING 56 YEARS OF SERVICE

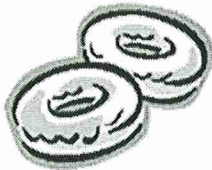
SATURDAY AUGUST 10, 2024

9AM - 1PM

9AM-11AM DOUGHNUTS & COFFEE * 11AM-1PM HOT DOGS & CHIPS

AXE THROWING—LADDER BALL—BAG TOSS

CAKE WALK—PRIZES



NEED A SERVICE OPPORTUNITY? LEARN ABOUT...

Serving on the Intergroup Board, Phone Volunteering, Early Birds and Night Owls

Southern Minnesota Area 36 Temporary Contact Program

Southern Minnesota Area 36 Correctional Facilities Contact Program

"An opportunity for all AA members to connect into service"



GREATER MINNEAPOLIS INTERGROUP

7204 West 27th Street, Suite 113

St. Louis Park, MN 55426

map & directions at www.aaminneapolis.org

A.A. Pamphlet of the Month:

*If You Are a Professional/
Health Care Professional/
Faith Leaders*

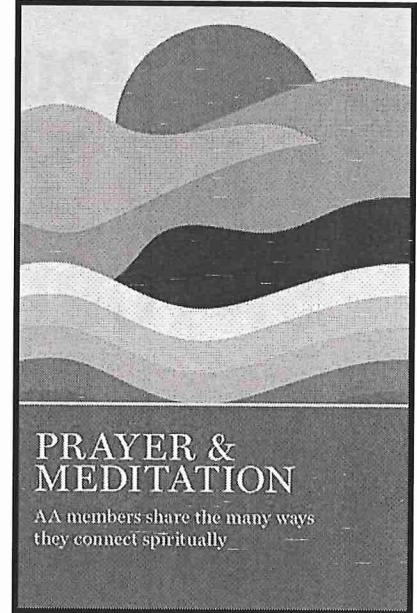
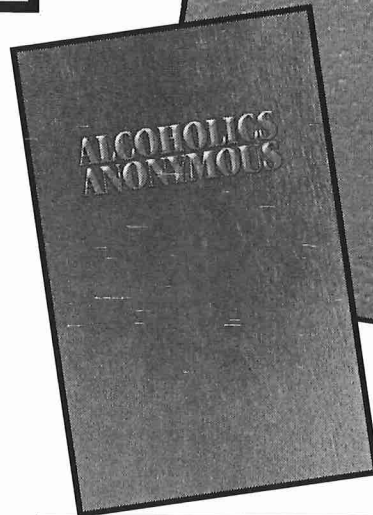
Grapevine Book of the Month:

Prayer & Meditation – AA members share the many ways they connect spiritually

If You
Are a
Professional...

Alcoholics Anonymous
wants to work
with you

This is A.A. General Service Conference-approved literature.



AA Books of the Month:
Pocket Big Book and
Twelve Steps & Twelve
Traditions

PRAYER &
MEDITATION

AA members share the many ways
they connect spiritually

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

2218 Squad 73	Happy Destiny	St. George Thursday AA Group
A New Day Lakeville	Howard Lake-Waverly AA Group	Steps to Serenity - Westwood
A New Freedom	Isanti Thursday Night 530 Big Book	Sunday Night AA - Buffalo
An Unsuspected Inner Resource	It Might Have Been Worse	The Contingency Plan
Andover Alano - Squad 10	Kozy's Noon Men's AA	Third Tradition Group of AA Northfield
Andover Alano Squad 4	Ladies Night Happy Hour	Three Legacies
As Bill Sees It - Delano	Lakers Saturday Morning AA	Thursday Night Big Book-Northfield
Back to Basics Coon Rapids	Medina AA Group	Tonka Alano Society
Back To Basics Women's Group at St Luke's	Minnetonka Big Book Study	Tradition Five
Better than Gold	Minnetonka Senior AA	Turning Point Women's
Cavalier West Thursday Men's	NE Recovery Room 12X12	Valley West AA
Changing Lanes AA	New Hope Alano-Squad 16	Victory AA
Chaska Monday AA Group	Parkway AA Group	Wed Knight Avenue Group
Clearwater Groups	Polaris Group	Westwood AA Group
Common Solution Big Book Study	Practical Experience	Women Living Sober
Desire Meeting	Primary Purpose- Burnsville	You Are Not Alone
For Today Group	River Valley AA Group	
Foxhall Chapter 7 Group	Rojo Group	
From the Heart Friday Delano	Saturday Night Live Group	
Golden Valley Group	Senior Men's Barn Group	
Gratitude Group	Squad 7 - Blaine Alano	

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 2024

Tradition Five & Living Sober Chanhassen

**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:

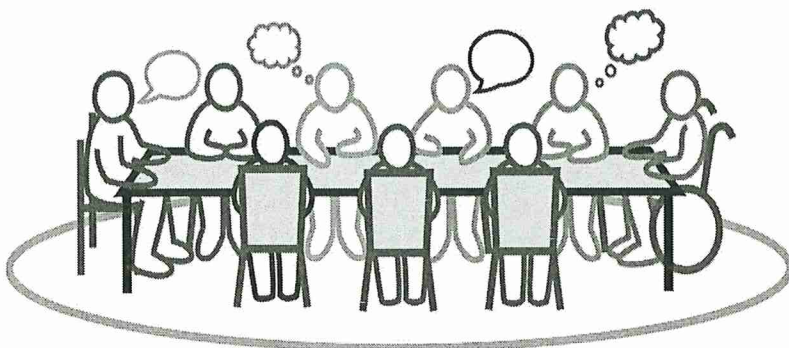
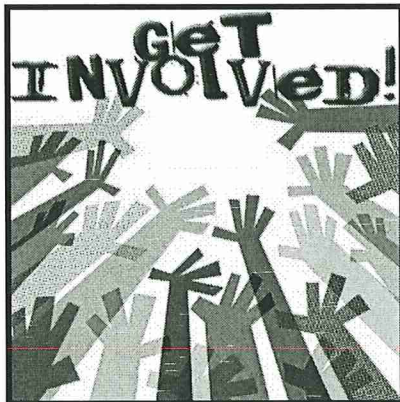
A.A. Orientation Meeting 10:00 AM
Bethlehem Lutheran Church
16023 Minnetonka Blvd., Minnetonka, MN 55345

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



August 10th

24th Annual Intergroup Unity Open House
7204 W 27th Street, #113
St. Louis Park
9:00am to 1:00pm

August 16th

Desire AA Anniversary Potluck & Meeting
Spirit of Christ Community Lutheran Church
5801 Minnetonka Blvd, SLP
5:30pm to 8:00pm

General Service Announcements

August 3rd

Area Committee Meeting
On-line Only
Committees 9:30am – 11:30am
Area Committee 12:30pm – 5:00pm

October 19th

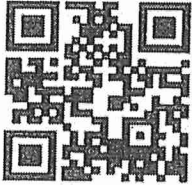
Area Assembly – Budget & Elections
New Ulm Conference Center
2101 South Broadway
New Ulm 56073
9:00am – 5:00pm
(In -Person)



INTERGROUP ASSOCIATION
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