

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

December 2023 *Step, Tradition, and Concept Twelve*

Step Twelve

“Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

Seventeen years ago, my life was unrecognizable from the one I lead today. Grippled by the chains of alcoholism, I couldn't envision a life of sobriety, much less one where my heart overflowed with gratitude and love. The road to recovery was not a straight path; it wound through the acceptance, awareness and action that the 12 steps of Alcoholics Anonymous offer. Now, with the clarity that sobriety has granted me, I reflect on the significance of Step 12 and the vital prerequisite of working through the preceding 11 steps to arrive at a place where one can genuinely carry the message of recovery to others and practice these principles in all my affairs.

Step 12 reads: “Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.” This step is not an end but a gateway to lifelong growth. It represents the point where the personal becomes communal, where the solitary struggle blooms into fellowship and service. But to embrace Step 12, I must first understand the transformation of the preceding 11 steps.



SORRY, SON... THERE'S NO APP FOR THAT

My journey began with an admission of powerlessness over alcohol - the foundation upon which recovery is built. It progresses through a process of believing in a power greater than myself, making a decision to turn my will over to this higher power, and taking a moral inventory. Each step is a building block, fostering humility, courage, and self-awareness. As I proceeded to admit my wrongs, I became ready to have my shortcomings removed, and to make amends. I was not merely preparing myself for sobriety but for a new way of life.

Steps 10 and 11 require continuous self-appraisal coupled with prayer & meditation, reinforcing my commitment to personal growth and spiritual connection. It's all these steps that solidify transformation, leading me to a spiritual awakening. This term “spiritual awakening” is elusive, and for me, it was not a lightning bolt but a sunrise — a gradual illumination of a world beyond my drinking, where life's challenges became opportunities for growth rather than excuses for drinking. Or more simply when I became a giver.

The work of the first 11 steps is fundamental to the genuine execution of Step 12. Without self-examination, acceptance, and spiritual awakening, we cannot fully appreciate the depth of our recovery or the joy in helping others. My message would lack the “depth & weight” of lived experience and the conviction of personal change.

Step 12 is not simply about sponsorship or sharing in meetings; it is about a profound alteration in my reaction to life. This definition of recovery extends beyond the mere “putting a plug in the jug”. It implies a life lived with purpose, usefulness and gratitude, a life where I meet challenges with serenity rather than fear or anger. Through the work of the steps, I have developed a new perspective, where my past becomes my greatest asset in helping others.

Step Twelve Continued On Page 5

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 2023 is:

“A.A.’s Three Legacies— Our Common Solution.”

I hope you all had an enjoyable Thanksgiving Holiday and found peace and serenity amidst the busy holidays with family and friends. During the holidays it's easy to feel pressure to keep up with the extra activities that take up a lot of time, energy and money. Especially if you are newer to sobriety and in the throes of mending the past and adjusting to experiencing your first holiday being sober! It is a lot! Many of us, no matter how many years of sobriety, struggle with finding balance during the holidays. Be sure and read Kelli's article below. She shared some great tips to be aware of to help you through this time of the year.

We invite you to drop into Minneapolis Intergroup anytime we are open to be in a safe place to regroup when insanity is trying to take over and take up too much space in your head.

Join us for our Winter Open House on Saturday, December 16th from 9:00 am to 1:00 pm. It is a great time to take a break from the hustle and bustle and have some food and great fellowship. We have a discount for one day only. Good time to buy some Christmas presents.

We just completed a major renovation. The Staff, Erin D., Terri N., and Scott F. worked hard in prior weeks marking boxes, removing pictures from the walls, clearing out their desks and organizing where to place literature in our spare room to find it for a

purchase. We want to thank all the volunteers that came and helped us box up the remainder of the literature on Saturday, October 28th. They were Jack B., Jace G., Nick C., Danielle J., Mike S., Tim B. By the end of the day, we had the entire office ready to move as much as we could, down the hall to an open office space. On Sunday, October 29th, between Bennie J. and Toby L., they gathered close to twenty volunteers. They showed up at 10 am and we moved everything down the hall in forty-five minutes. What a gift! Instead of working for hours as was the plan, I got home in time to watch the football game. We can't thank them enough for their service!

Monday, October 31st, painting took two days and carpeting took two more days. Sunday, November 5th we started the process of moving it all back in. It is definitely a “We” program.

Thanks to the federal government, ERTC program we had funds available to do this.

Stop in and see the improvements we have made. The coffee is always on.

In Love and Service,

Gail S. Your Office Manager

Notes from Your Board Chair:

The holidays can be a challenging time for alcoholics. I'd like to share some of my favorite tips to help stay sober through the holiday season from an article in the December 1989 Grapevine titled “12 Tips for Sober Holidays”:

1. Line up extra AA activities
2. Be host to friends, especially newcomers, at home or at a coffee shop
3. Keep your AA telephone list with you at all times
4. Find out about holiday meetings or celebrations at your local groups
5. Don't project about holiday temptations; remember “One day at a time.”
6. Carry the message. Give the joy away, and it will be yours to keep

(Adapted from Box 4-5-9)

You can find out what AA activities are happening in your area on the Minneapolis Intergroup website at <https://aaminneapolis.org/> under the Events tab. If your homegroup has an event you would like to post you can email Intergroup a flyer at manager@aaminneapolis.org. There is no reason to be alone when you have the fellowship of Alcoholic Anonymous all around you.

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail” (Alcoholics Anonymous, page 89). Minneapolis Intergroup has a number of ways you can be of service. You can fill out a “Contribute Your Time” form online or in person at the office and sign up for one or more of the following: Intergroup 12 step list, daytime office volunteers, daytime office phone volunteers, night owl phones, early bird phones, and General Service opportunities.

I wish all of you a happy, safe, and sober holiday season!

Kelli B., 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: 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

- 11/4 The History of A.A. & Its Founders
Her Story
- 11/11 Step Six/ Tradition Six
His Story
- 11/18 A.A. Literature— The A.A. Grapevine
Her Story
- 11/25 Step Seven/ Tradition Seven
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, November 16th at 6:30pm

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

CONCEPT XII *General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.*

I think it prudent to include a bit of text here directly from Concept XII itself, as Concept XII has different parameters than the other eleven:

The Concept here considered consists of Article 12 of the Conference Charter. There are good reasons for placing it in this context. Taken as a whole, our Conference Charter is the substance of an informal agreement which was made between the A.A. groups and their Trustees in 1955. It is the agreed basis upon which the General Service Conference operates. In part, the Charter is an elastic document; its first eleven Articles can be readily amended by the Conference itself at any time. But Article 12 of the Charter stands in a class by itself. An amendment or a cancellation of any of its vital Warranties would require the written consent of three-quarters of all the directory-listed A.A. groups who would actually vote on any such proposals, and the considerable time of six months is allowed for careful deliberation. Although changes in the Warranties of Article 12 thus have been made difficult, they have not been made impossible. It is clear that all of these Warranties have a high and permanent importance to A.A.'s general welfare. This is why we believe we should permit change in them only upon positive evidence of their defectiveness and then only by common consent of the A.A. groups themselves. We have ranked them therefore with A.A.'s Twelve Traditions, feeling that they are quite as important to A.A.'s world services as the Traditions are to A.A. as a whole.

The warranties outlined in this concept give all of us, from the home groups at the top of our triangle to the bottom, where we find the General Service Board, the reminders and road map to do the work requested and needed, by the Fellowship:

Warranty One: "The Conference shall never become the seat of perilous wealth or power."

Warranty Two: "Sufficient operating funds, plus an ample Reserve, should be its prudent financial principle."

Warranty Three: "None of the Conference members shall ever be placed in a position of unqualified authority over any of the others."

Warranty Four: "That all important decisions be reached by discussion, vote, and, whenever possible, by substantial unanimity."

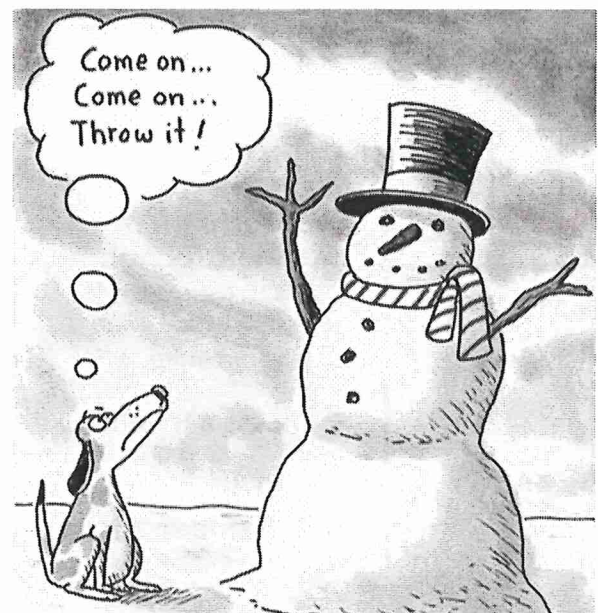
Warranty Five: "That no Conference action ever be personally punitive or an incitement to public controversy."

Warranty Six: "That though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in action and in spirit."

These ideas have all been discussed in these articles this past year, and space does not permit further discussion here, but let us all take these reminders with us into our roles as trusted servants and remember, above all, we serve A.A. as a whole, so that the newcomer may always find the lights on, the coffee available, and the message of hope.

Meg Huston

Delegate Area 36/Panel 73



INTERGROUP ONLINE
MEETING DIRECTORY AT:
aaminneapolis.org

MEETING ALERTS TAB

Keep in mind we are coming up on the holiday season and snowy days.

IF YOUR GROUP CANNOT
MEET CONTACT STAFF AT THE
INTERGROUP OFFICE DURING
OFFICE HOURS OF ANY
CHANGES/CANCELLATIONS TO
ADD TO THE
MEETING ALERT TAB
952-922-0880

**GREATER MINNEAPOLIS
INTERGROUP
ANNUAL**

WINTER OPEN HOUSE

Saturday, December 16, 2023

9:00 a.m. - 1:00 p.m.

*PLEASE JOIN IN CELEBRATING THE
GIFTS OF RECOVERY WITH DOOR PRIZE
DRAWINGS, Fellowship and Food!*

9 a.m.-11 a.m. Breakfast Goodies

11 a.m. - 1 p.m. Appetizers

**Greater Minneapolis Intergroup
7204 West 27th Street, Suite 113
St. Louis Park, MN 55426**

map & directions at www.aaminneapolis.org

The Twelve Traditions - How They Apply In Our Lives

TRADITION 12 Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Cowboy Boots and First Names

An AA considers the tradition of anonymity

I came into Alcoholics Anonymous in October 1977. I went to two-to-three meetings a day and grouped up with some very wonderful members in the program. During that time, anonymity was held to the highest standards. We were taught early on never to use last names. The result was that many of us didn't know each other's last names and only had each other's phone numbers.

Many years ago, a group of us from the Valencia Street meeting in San Francisco, Calif. went to the hospital to visit our beloved fellow member, Bob.

When we got there, we asked the woman at the information desk what room Bob was in.

"What's Bob's last name?" She asked.

We all looked at each other and our hearts fell to the floor.

We didn't know. All we could do was leave. We were all heartbroken.

The next day our "very tall friend who always wears cowboy boots," named Mike H., from the meeting got all of us together and said we are going to have to share our last names with each other so this could never happen again.

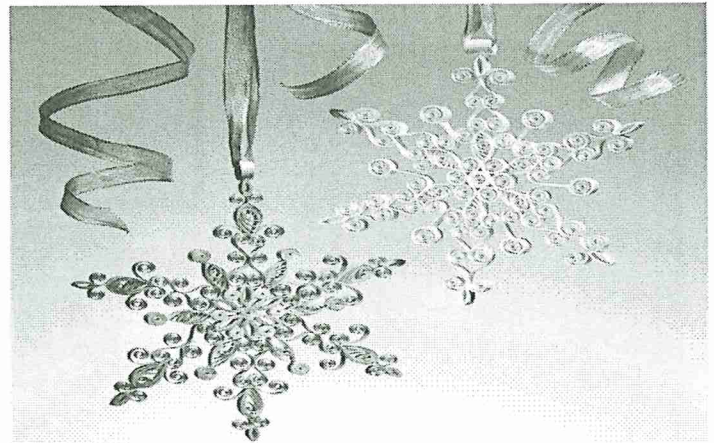
We wrote everyone's name down in our phone books. Before, we used to identify people by personal traits or details such as the example I gave above.

I wish you all a simple day.

BY: CYNTHIA M. | DAVIS, CALIFORNIA

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Step Twelve Continued From page 1

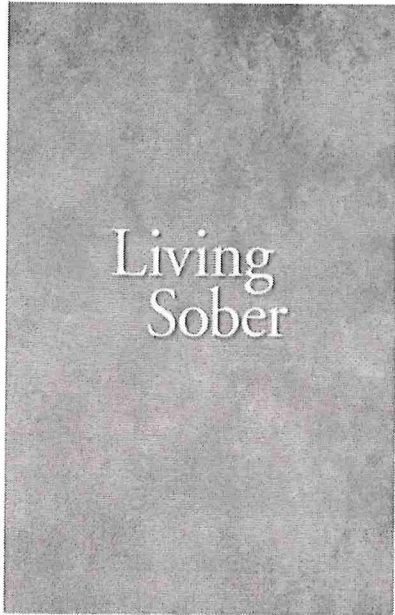
Carrying the message to the still suffering alcoholic is to offer hope, which may be setting up chairs or Zoom, making coffee or bringing a sponsee through the 12 Steps. It's in the act of sharing my experience, strength, and hope that the presence of my higher power is always present. This spiritual essence, which guides my recovery, becomes visible in the connection between recovering alcoholics and is a sacred exchange.

Moreover, practicing these principles in all my affairs extends the transformative power of the AA program into every corner of my life. My relationships, work, and daily interactions are all touched by the principles ingrained through the step work. This ongoing practice is what keeps me grounded in my recovery.

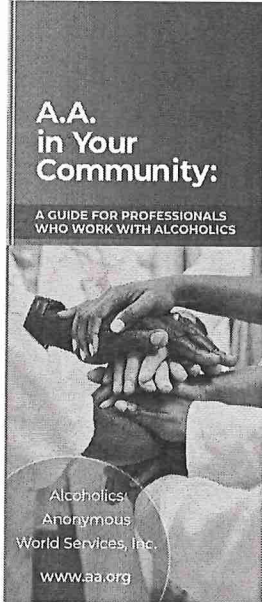
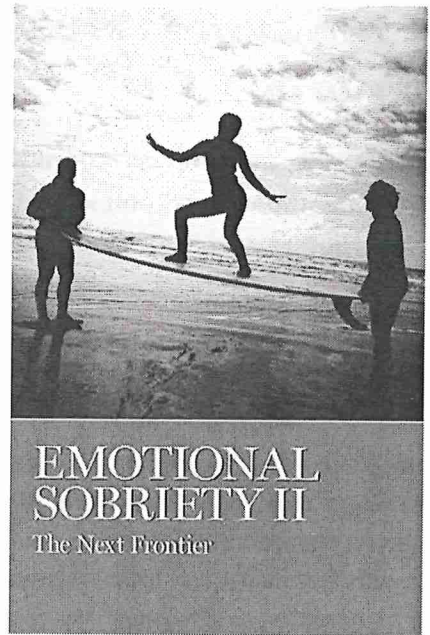
I've witnessed countless lives changed by the power of the 12 steps, my own included. The transformation is not always swift, nor is it without setbacks, but it is always profound. The alterations in my reactions to life create a ripple effect, touching not just my experiences but those of everyone around me. It is with deep gratitude that I have the opportunity to carry the message that has been freely carried to me.

Step 12 is both a responsibility and a gift. It requires diligent preparation through the first 11 steps and results in a life altered in the most fundamental ways. Recovery is an ongoing journey that has taught me that my greatest trials can become my most valuable treasures, and that by sharing them, I not only help others to heal but I also reinforce our own sobriety. This is the miracle of recovery, and it is a miracle that is renewed every day in the rooms of Alcoholics Anonymous.

Betsy G., Eagan



**A.A. Pamphlet of the Month:
A.A. in Your Community:
A Guide For Professionals Who
Work with Alcoholics**



**AA Book of the Month:
Living Sober**

**Grapevine Book of the Month:
Emotional Sobriety II**

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

Anoka Today Alano Squad 26
Anoka Today Alano Squad 164
As Bill Sees It - Delano
Beltline Groups
Blaine Alano Squad 10
Bridges AA Group
Buffalo Tuesday Morning Group
By The Book AA
Cavalier Club Two Roads
Cavalier West Thursday Night
Central Pacific Group
Cliffhangers 1
Cliffhangers VI
Continuous Action
Crushed Grapes
Delano Saturday Morning
Dynamic Women's Group
Extravagant Promises
First Class
Foreword XIX Group
Golden Valley AA Group II
Gopher State Round Up

Gratitude Group
Great Blessings
Happy Destiny
Hillside AA Group
Hit Squad - H-2
Isanti Thursday Night Big Book
It Might Have Been Worse
It's Noon Somewhere
Kozy's Noon Men's AA
Ladies Night Happy Hour
Lakers Saturday Morning AA
Life is Good AA Group
Lynnhurst AA Group
Mixed Hazelnuts Big Book
Monday Primary Purpose Group
New City Women's AA Group
New Freedom - Chanhassen
Oasis Group -- Shakopee
Pax Christi Thursday Night
Plymouth 2 Monday Night Group
Practical Experience
Promises at Knox

Prospect Park AA Group
Rich/Blmngtn Alano Sunday Spkr
River Valley AA Grp
Rule 62 Cavalier
Sahara Club
Saturday Morning Buffalo 12 X 12
Saturday Sisters - Pax Christi
Savage Unity AA Group
Senior Men's Barn Group
Serenity Seekers at Ridgewood Church
Silver Lake AA Group
Sober Victory
Sq 55 Into Action Fri Night Men's
Squad 2 A Design For Living
Squad A - Depth and Weight
St. Al's Squad 4041
St. George Thursday Night AA Group
St. Louis Park Sun Night AA Group
St. Lukes Saturday Mens Group
Step Sisters Monday
Steps to Freedom Group
Stepsisters of Northfield

Suburban North Alano Squad 17
Suburban North Alano Squad 7
Suddenly the Thought
Sunrisers (Thursdays)
TGIF Women's AA Group
The Becker Group
Third Tradition Group of AA Northfield
Three Legacies
Thursday Night Big Book-Northfield
Thursday Night Women's Group
Tonka Alano Society
Tradition Five
Tradition Three Group Waconia
Turning Point Women's BB Monday
Valley Step AA Group
Watertown AA - Wednesday
Wayzata Womens Group
We Think Not
Wed Womens Serenity-Good Shepherd
Women's AA Group at Elim
Worthy Women's Big Book Study
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 October 2023
Lynnhurst AA Group**

**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:

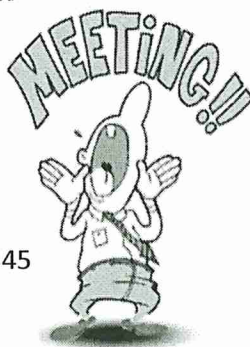
A.A. Orientation Meeting 10:00 AM
Bethlehem Lutheran Church
16023 Minnetonka Blvd., Minnetonka, MN 55345

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



UPCOMING Events

December Events

December 9th

Sponsorship Workshop
Presented by Members of Gratitude Group
9:00am – Fundamentals Presentation
10:00 am – Lessons Learned – Panel Discussion
Zoom ID: 698 271 403

December 16th

Winter Open House
9:00am-1:00pm
Minneapolis Intergroup
7204 W 27th St. St.Louis Park 55426

Every Sunday of the month

French Toast Breakfast
8:00 am to 12:00 pm
2218 First Ave South, Mpls

General Service Announcements

December 2nd

Area Committee Meeting
Remote ZOOM Meeting
Committees 9:30 am – 11:30 am
GSR/Alt 10:30 am-11:30 am-*optional*
Area Committee 12:30 pm-5:00 pm

January 19th, 20th, 21st

42nd Annual Recovery, Unity & Service Conference
Best Western Premier Nicollet Inn
14201 Nicollet Ave, Bursnville
Questions? Email rusc@area36.org

February 3rd

Trusted Servant Leadership Training
Free – Online Only 9:00 am – 1:00 pm
Zoom ID: 828 9629 0778
Zoom Passcode: 3wnGkw

HAPPY

HOLIDAYS

**The Intergroup Office
will be closed
Saturday, December
23rd
&
Monday, December
25th for the
Christmas holiday.**

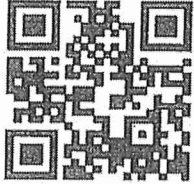
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