

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

Step Twelve

December 2024 *Step, Tradition, and Concept Twelve*

“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.”

A spiritual awakening is “a personality change sufficient to bring about recovery...” and we have “tapped an unsuspected inner resource”. To use that resource I need willingness, honesty, and open-mindedness.

As I look back, when did my spiritual awareness begin? In reviewing what must have been spiritual experiences, I see they passed before I knew they were there. The release from craving was an important one. I can suppose a couple hours when it occurred.

I fell into active alcoholism at age 30. I could have been called a “normal” drinker up to that time. Hallucinogenic tipped my brain into insanity for the next twelve years. Vodka became the leveler, the normalizer.

The first night after out-patient treatment, in a Burger King on Hennepin Avenue, I was reading the Doctor’s Opinion. “Obsession” and “Craving” reverberated in me. That’s the problem! I had never put these words to it. This is what I had been looking for! That moment was when obsession and craving were lifted. My first sense of a spiritual experience. A great weight lifted. That was powerlessness revealed...The First Step. It happened to me.

That is what is particularly special about a spiritual experience, it happens. I do not punch in a request to and get an answer. I relax into the program, the steps, and a solution becomes noticeable. Rarely parallel with the one in mind. The surrender happened when I made a decision that what was in that book was a way out. Yes, those words went through my head...” This is the way out.”!

The message we carry is of a spiritual awakening as a result of the Steps. The Steps remove debris obscuring the spirit. Gradually, the spirit rises, Phoenix-like out of the ashes. It is as gradual as mist filling a bucket. “You can’t make grass grow faster by pulling it on”. Patience is necessary. No expectations. Let go of previous concepts. Yet hold on to vague assurances. The ineffable is sensed. For a short moment I listen to a bird’s song, or smell lilacs, listen to the wind, or watch a cloud. At times it stays longer, a strange feeling, peace. Perception seems “thickened”. Referring to people,

hard edges soften. Their traits, perhaps jarring and abrupt, fade, receded.

Those moments are evidence to me that there is an ineffable “flow” in being. Obscured by selfness. My hungry Ghost ego. I’ve seen that spiritual expansion cannot be affected by much intellectual effort. Reading only and expecting spiritual growth is like “eating a paper cake”. Hunger is not satisfied by eating a page from a cookbook. Action. And more action.

Have you ever been in a meeting near someone and felt a fearless attraction to that person? Something about them is carrying the message. That is service. Anything that enhances the sobriety of another is service. Listening is service. Being receptive to another’s honesty. Not feeling a need to “fix it”. Just being a curious listener. Asking gentle questions. Listening to secrets and prying mine loose.

Early in AA I thought everyone had the same concept of spirituality. Now I believe everyone has their own path, all to the same end. As a new person struggles to open themselves, I respond. Spirit to spirit. Heart to heart. Honesty and trust increase the more I practice these principles with others. Drunks can talk to each other in ways “normal” people might find uncomfortable. Sharing honestly is carrying the message. Honesty, a gauge of Principle Practice.

We need to live a spiritual life. What an order! How am I to do that? The first suggestions I saw were slogans on the wall. “Easy Does It”, “First Thing’s First”, Etc. These were behavior guides. Seemingly simple. But I had never been active in me. They suggested alterations to my behavior and thinking. In keeping them with me I began to notice the rawness of my inner life. It was unpleasant to continue living with it. So, the work began. The shell must crack to free the wings. To live sober.

There are some people who do not “get it”. No matter how much I want them to, they come a little way then slip off. I have heard that it is OK to let them go until they come to. Spending time with them may keep me from another who is ready. This has been a difficult decision. What I want and what the world offers frequently are at odds. However, if I stay ready the next task will appear. While I wait, I will keep my toolkit open.

Bill L., 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.”

Okay, so I am not gone yet. But it is my last article. No words can express how much I appreciate all of you! We made it through Thanksgiving, now we can make it through the Christmas and New Years holidays together .

We have just the break you need at this time of year. Come to the Minneapolis Intergroup Winter Open House on Saturday, December 14th!!!! From 9:00 am to 1:00 pm. In the morning we will have breakfast items and beginning at 11:00 am we will have appetizers. The best part will be the followship. Take a break from the holiday rush and join us for a few hours.



Remember the holidays can be a tuff time for us; newcomers and Oldtimers. Call someone you haven't seen for awhile. Even send a text that you are thinking of them. It is the small things that can make the biggest impacts. Sign up for a shift for one day to answer phones at Minneapolis Intergroup. Either 9am to 1pm or 1pm to 4:15pm, Monday through Friday. There may be a Saturday shift open from 9am to 1pm. We always need phone volunteers. Just stop in and see what is available and sign up.

Look for the 12 tips for staying sober during the holiday season in this MIRUS.

It has been a privilege to be your office manager. I would love to thank each and everyone of you personally. You have changed my life forever.

Yours in Love and Service,

Gail S. your office manager

Notes from Your Board Chair:

There are a lot of things that take up space in our hearts and minds this time of year. We may be trying to make time for those we hold dear that are still with us and thinking of those we no longer have the ability to be with; or giving a little extra of ourselves in service to someone or something and seeking support for ourselves when things challenge us mentally, physically, emotionally, and spiritually.

Anytime of the year, but especially during the holiday season, Intergroup is a remarkable resource for 12 Step work and spiritual growth. It can bolster our spiritual strength through participating in things like our Saturday Orientation meetings where we welcome those that are new to AA with a friendly face and spirit of support. It can be the voice someone hears on the other end of the line, giving them information, understanding and comforting them when they call for help. I encourage anyone reading this, if you have not already, contact the Intergroup office and inquire about all the many different ways you can be of service, or the services that Intergroup can provide to you or someone you know that may need it.

I look forward to the new year and being of service working along with our current board members, incoming office manager and our office staff, to ensure we keep our 12 Step services full of vitality and meaningfulness with most importantly the continued love, support and dedication from our groups and volunteers.

I wish you all a happy and healthy season of spiritual growth.

Jeff A.

Intergroup Board of Directors Chair

Retirement Party!

Honoring Gail S.

Please join in CELEBRATING our amazing
Minneapolis Intergroup Manager's retirement and
commemorating her exemplary service for
Intergroup and our fellowship!

December 7th, 2024
1:00pm-5:00pm
Bethlehem Lutheran Church
16023 Minnetonka Blvd.
Minnetonka, MN 55345

Beverages, Appetizers, and
Desserts provided.

Intergroup Board

Board Officers

Chairperson Jeff A.
 Co-Chairperson Maverick M.
 Secretary Andy D.
 Treasurer Mark S.

Board Members

Kelli B. Melissa A.
 Crissy H. Karleen K.
 Pam N. Thomas D.
 Angelique P. Gabriella R.
 Gail S. Office Manager, Ex-Officio

General Service District Board Liaisons

District 7 Gabriella R.
 District 13 Andy D.
 District 14 Pam N.
 District 17 Thomas D. Angelique P.
 District 18 Melissa A.
 District 19 Karleen K.
 District 20 Linda M.
 District 21 Crissy H.
 District 22 Kelli B.
 District 24 Mark S.
 District 25 Maverick M.

Intergroup Staff

Gail S. Office Manager
 Erin D. Assistant Manager
 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

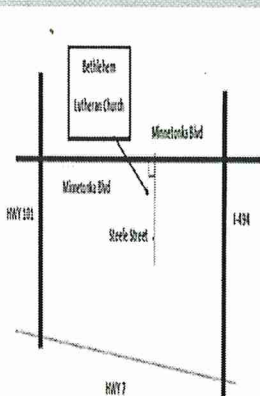
The Saturday Orientation Open Meeting takes place every week at 10 A.M. In person at Bethlehem Lutheran Church 16023 Minnetonka Blvd. Minnetonka, MN

- 12/7 Step Ten / Tradition Ten
His Story
- 12/14 A.A. World Services / General Service Office
Her Story
- 12/21 Step Eleven / Tradition Eleven
His Story
- 12/28 Anonymity as a Spiritual Principle
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,
 December, 19th
 at 6:30pm**



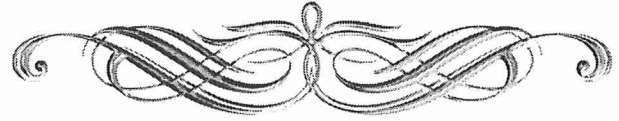
**PLEASE NOTE MEETING IS ON 3rd THURSDAY
 DUE TO CHRISTMAS**

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.

Concept XII is actually Article 12 of the Conference Charter, which was adopted in 1955 by the A.A. groups and the Trustees of the time. The Warranties contained in Article 12 may only be amended or cancelled after careful and thoughtful consideration, and by agreement of three-quarter of the "directory-listed A.A. groups who would actually vote on any such proposals", after a six-month period has elapsed. This tells us how important our Warranties are, and serves as a caution against hasty revision.

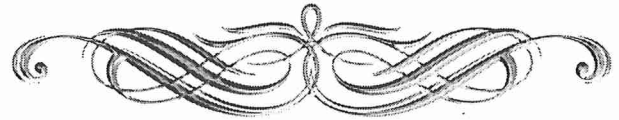
The Warranties remind us that we are trusted servants. Wherever our service falls on our upside-down triangle; we are responsible to A.A. as a whole, and guided by the Spiritual Principles offered to all of us in our Traditions. In my rotation as your Delegate, I attended two General Service Conferences, and I am grateful to report that deliberations on conference agenda items are thorough, thoughtful, and extensive. Committees spend much of the week in discussion of their assigned agenda items, and the recommendations from committees to the conference floor represent dedication to the continued well-being of our Fellowship. The discussions following recommendations from committees carry the debate even further. The Conference serves Alcoholics Anonymous, guided by a loving Higher Power. The wheels move slowly in A.A., by design; a design laid out for us in our Warranties. We come to our decisions carefully, listening democratically to, and valuing, all voices. The patience we learn to practice in our home group business meetings is carried right down the triangle, and while a Conference action might not be what an individual was hoping for, we can be assured the action was arrived at by Spiritual Principles, individual and collective.



The Warranties give us a road map to serve the Fellowship, a framework for the continued health of A.A., not only for us, but for those who are not yet here. I encourage all of us to read and study the Concepts, as together they provide the spiritual guidelines for us to use as we work to carry the message. May the doors of A.A. always be open, and the coffee always hot. And, may there always be alcoholics willing and able to serve, to ensure the longevity of our beloved Fellowship, for ourselves, and for those yet to come.

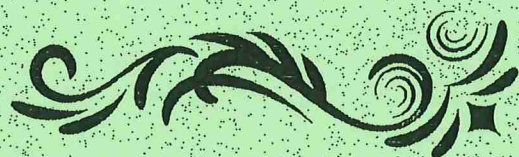
It has been an honor and a privilege to serve as your Area 36 Panel 73 Delegate these past two years; to serve you, and to serve with you. May God Bless and keep you all.

Meg H.
Delegate Area 36/Panel 73



**Minneapolis
Intergroup Office
will be closed on
Tuesday, December 24
and Wednesday,
December 25 for
Christmas Holiday. As
well as Wednesday,
January 1st For New
Year's Day.**

Twelve Tips on Keeping Your Holiday Season Sober and Joyous



Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober — an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



10 Don't start now getting worked up about all those holiday temptations. Remember — "one day at a time."



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes — postpone everything else until you've called an A.A.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts — but this year, you can give love.



4 Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.



8 Worship in your own way.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

**GREATER MINNEAPOLIS
INTERGROUP
ANNUAL
WINTER OPEN HOUSE
Saturday, December 14, 2024
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***

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

1. Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust or agree with AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, do I imply that membership requirements go beyond the desire to stay sober?
4. Have I a personal responsibility to help an AA group fulfill its primary purpose? What is my part?
5. Do I do all I can do to support AA financially?
6. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA attractive so that other drunks might want it?
7. What does anonymity mean to me?
8. In light of increased awareness of alcoholism and AA's program of recovery among the general public, why is the principle of anonymity still important?
9. Am I mindful to respect the anonymity of other AA members who may work in my place of employment or my industry? How about AA members who live in my area or neighborhood?
10. What does "principles before personalities" mean to me?

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As of October 1, 2024
MINNEAPOLIS INTERGROUP
12 Step Service Opportunity

**GROUP PHONE
COMMITMENT**

Open Shift

3rd Saturday
12:45-3:15pm

4th Thursday
4:15 pm-7:00pm

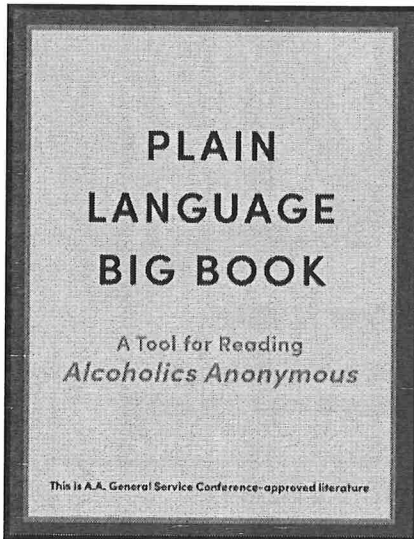


2nd Wednesday
7:00-9:30pm

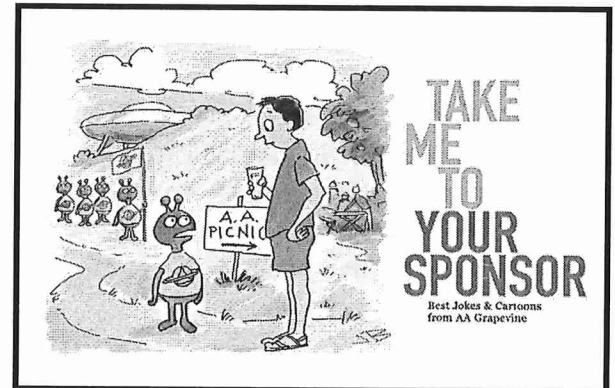
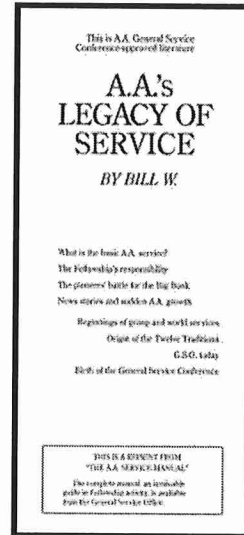
IF INTERESTED
STOP BY OR CALL INTERGROUP STAFF
(952) 922-0880



**-AND NOW, GENTLEMEN, RAISE YOUR
GLASSES.....**



**A.A. Pamphlet of the Month:
A.A.'s Legacy of Service**



**AA Books of the Month:
Plain Language Big Book: A
Tool for Reading Alcoholics
Anonymous**

**Grapevine Book of the Month:
Take Me To Your Sponsor**

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

Andover Alano Squad 9	It's Noon Somewhere	Rule 62 Cavalier	Tuesday Night Grace AA
As Bill Sees It - Delano	Kozy's Noon Men's AA	Saturday Morning Buffalo	Watertown AA
Back to Basics Coon Rapids	Ladies Night Happy Hour	Saturday Night Live Group	Wayzata Sunday Night Step Group
Basic Principles	Life is Good AA Group	Saturday Sisters	Wayzata Women's Group
Beltline Groups	Live and Let Live AA	Senior Men's Barn Group	Wednesday Lunch Bunch
Blaine Alano Squad 3	Lynnhurst AA Group	Shoulder to Shoulder Group	Women's AA Group at Elim
Bonfire Of Serenity	Mainstreeters AA (Plymouth II Alano)	Silver Lake AA Group	Women's Big Book Study Buffalo
Breakfast Club	Minnetonka Big Book Study	Squad A - Depth and Weight	Women's By The Book
Bridges AA Group	Monday Night Group Hanover	St. Al's Mon Night AA Group	
Bryant Lake Group	Monday Primary Purpose Group	St. Louis Park Sunday Night AA Group	
Cavalier West Thursday Men	New Freedom	St. Lukes Saturday Men	
Central Pacific Group	New Hope Alano - Squad 12	Step Sisters	
Changing Lanes AA	New Hope Alano Squad 40	Suburban North Alano Squad 7	
Cliffhangers 1	New Hope Alano-Squad 16	Sunlight of the Spirit - Female Identify	
Crushed Grapes	Nuevo Amanecer	TGIF Women's AA Group	
East Blmngtn AA Group	Pax Christi Thursday Night	The Becker Group	
Elm Creek Group	Practical Experience	The Way Out Big Book	
Extravagant Promises	Promises Group	The Way Out Group	
Foreword XIX Group	Prospect Park AA Group	There is a Solution-Dakota Alano	
Friday Men's Step Meeting	Relapse Enders Women's AA	Third Tradition Group of AA Northfield	
Gratitude Group	Rich/Blmngtn Alano Squad 4E	Three Legacies	
Happy Destiny	Ridge Runners I Group	Tonka Alano Society	
Hope AA	Ridge Runners II Group	Trans & Queer	
It Might Have Been Worse	River Valley AA Group	Tuesday Morning Step 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 October 2024
Foxhall Chapter 7, Nicollet 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



December 14th

Minneapolis Intergroup Winter Open House
7204 W 27th Street, Suite 113
St. Louis Park
9:00 am to 1:00 pm

General Service Announcements

December 7th

Area Committee Meeting & Annual Meeting
Committees 9:30am to 11:30am
Area Committee 12:30 pm to 5:00 pm
On-line only

December 14th

Trusted Servant Leadership Training
Free – online-only
10:00 am to 1:00 pm
Zoom ID: 833 4514 4310
Pass: k2aXgq

January 17th to January 19th

Recovery, Unity & Service Conference
By Southern Minnesota Area Assembly Event
"Working Together, Increasing Trust"
Wyndham Mpls South Burnsville Hotel
7:00 pm Friday to Noon Sunday

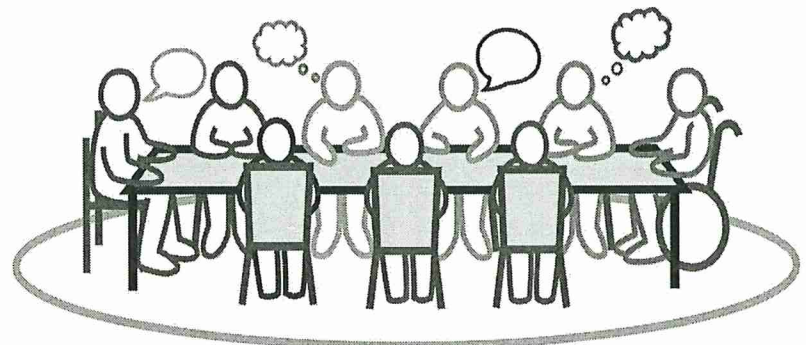
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Saturday, December 14, 2024

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

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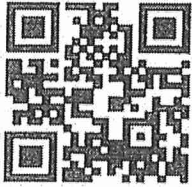
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7204 W. 27th St., Suite 113
St. Louis Park, MN. 55426

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