

# MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

February 2024 *Step, Tradition, and Concept Two*

## Step Two

*"Came to believe that a Power greater than ourselves could restore us to sanity."*

My journey of belief in a power greater than myself started when I was a child. My family were C.E. Catholics; we went to church on Christmas and Easter. God was a man with a beard in the sky who you saw when you went to heaven. I was willing to believe that but I never considered that man in the sky could or would do anything for me. I just hoped I would go to heaven when I died.

My hope was crushed when, at age 15 and a heavy alcohol and drug user, my mom told me there was no hope for me and threw me out of the house. My lesson was that I was the one who had control over my life and that I could do anything I wanted.

The first time I realized God could have an impact in my life was shortly after the birth and death of my infant daughter. I was in a state of total despondence and cried out to God, as I then understood him. I felt an immediate sense of calm come over me and had had the feeling that everything would be alright. Shortly after that I was confirmed into the Catholic church. I believed that there was a power greater than me that could help me and restore my hope.

As my alcoholism progressed, I started and continued to look to my higher power as a pinch hitter who could step in for me during the rough spots. There were many occurrences of what one of my therapist' referred to as "cheap Grace". This is where I asked for forgiveness for what I had done, God forgave me, but I kept doing the same thing over and over again, which I have been told is a definition of insanity. The truth was I was not desperate enough yet.

I came into AA, got a sponsor and tried to work the steps. Step 2 for me then was that there was a God and it was not me. Eventually I fell into a pattern of chronic relapsing. With a head full of AA and a gut full of vodka I came to believe that it was Gods' will for me to keep drinking till the bitter end because I had tried recovery and it didn't work. This of course was pure insanity. I was seemingly hopeless. One of my sponsors taught me the set aside prayer. I prayed this prayer many times daily yet I still continued to drink.

Finally, after what I hope to God was my last drunk, I woke up in the hospital. From there I went to a Mental Health facility and then to impatient treatment. In treatment I finally received the gift of desperation. I woke up one morning and with the firm resolution that I never wanted to go through that again I literally raised my arms in surrender. Shortly after that I was convinced that what happened in the hospital was God doing for me what I could not do for myself. Step 2 had finally taken hold in my recovery. I was blessed with hope and willingness.

Today, because of my continued participation within the program and fellowship of AA that hope and willingness persists and grows. My beliefs about my God and my relationship with him has been radically changed. My sanity has been restored both in my beliefs and my actions. I may not know everything but I do know something. I continue to ask for help and have the ability to be of service to others. I thank God for AA and thank AA for an increased awareness and understanding of my God.

Rob Y.

Columbia Heights



**Greater Minneapolis Intergroup • Alcoholics Anonymous ®**

7204 W. 27th St., Suite 113 • St. Louis Park, MN 55426-3112 • 952-922-0880 • [www.aaminneapolis.org](http://www.aaminneapolis.org) • email: [info@aaminneapolis.org](mailto: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.”

I hope you are used to writing 2024 by now. We have begun planning for our 41st Annual Gratitude Night coming on Saturday, April 6th. We are fortunate again to be at the Minneapolis Convention Center in downtown Minneapolis and excited to have Kent C, from Sandusky, Ohio as our A.A. speaker and Lisa D., from Minneapolis to be our Al-Anon speaker.

For me it is one of the most special nights of the year. Gratitude Night is a celebration of all volunteers we have the honor to have met and that makes Minneapolis Intergroup the special place that it is. Our mission to reach the still suffering alcoholic is only made possible by all you who have given selflessly of your time. Here are a few ways you have been of service.

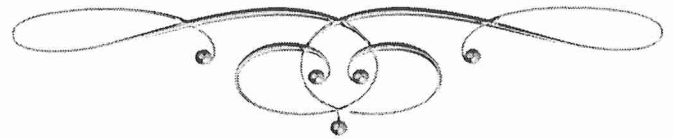
- ◆ Answering the phone to help someone find a their very first meeting and help them understand all they have to do is show up and have a seat.
- ◆ Volunteering to be on the 12th Step list and being willing to call someone back asking for help with their drinking problem.

- ◆ Every AA Group that is scheduled to answer phones in the evening when the office is closed; they know it will be a quiet night, but they also know they will be there to answer the call and the caller does not have to leave a message and wait for a call back. It can be the difference between life and death.
- ◆ Every member that came into the office when called to fold, tape and label the monthly MIRUS newsletter to be mailed.

Thank you all for being the hand of A.A. I look forward to seeing you all at Gratitude Night 2024!

In Love and Service,

Gail S., your Office Manager



## Notes from Your Board Chair:

I hope everyone's 2024 is going well so far! February is the second month so this issue of the MIRUS discusses Step and Tradition Two. Tradition Two states, "For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern." I had no idea what that meant when I first came to Alcoholics Anonymous. At about six months sober I was feeling very insane (despite having worked up to Step 8) so I changed sponsors. At the Tuesday night meeting my new sponsor and I both attended she asked me if I was going to the business meeting after the main meeting. I had never been to the business meeting because it didn't sound like a lot of fun. I hesitated and my sponsor asked me if the meeting was my home group. I said yes and the look on her face told me I would be attending my first business meeting that evening. I was nominated for a service position at the business meeting and though my home group has changed over the years my attendance at the business meetings and participation in my home group has continued.

Through working the steps with my new sponsor as well as service to my home group I was eventually restored to sanity by a Higher Power I came to believe in over time (Step Two – in case you didn't catch that). I have learned a lot about Tradition Two in the business meetings I've attended as well as the service positions I've held in meetings, on conference committees, in general service, and now on the Intergroup Board. In all of the positions I've held I have never had any authority over another member of

AA. My role has always been to be helpful in some capacity and I typically felt like I was just starting to get the hang of the position when it was time to rotate out. The group conscience is determined through are always made through a voting process which includes an opportunity for someone from the minority opinion to share after the first vote. I have witnessed decisions being completely overturned after someone from the minority opinion shared their perspective and people wanting to change their vote as a result. If that isn't a Higher Power at work then I don't know what is. There are some strong disagreements in AA business meetings, but that is because we all want what is best for AA. I don't always agree with what the group decides, but as a home group member it is my job to honor the group conscience. One lesson I have learned is that I don't always know what is best. The service commitments I have held helped deepen my faith in a Power greater than myself, given me freedom from the bondage of self, and introduced me to some of the most amazing people I know. I am so grateful to that sponsor that made me go to my first business meeting. If you have never been to one I highly recommend it!

One important event coming up soon is the West Central Regional Service Conference. It will be held Friday, March 1st through Sunday, March 3rd at the Grand Hotel in Minot, ND. Please check out the Intergroup website for more information.

Yours in Service,

Intergroup Board Chair, Kelli B.

## 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.

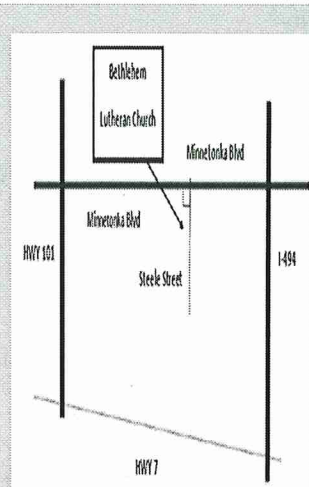
### Intergroup Staff

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.



**The Intergroup Rep Meeting will be held at Bethlehem Lutheran Church 16023 Minnetonka Blvd. Minnetonka, MN 55345**  
**This is a HYBRID meeting.**  
**Thursday, February 22nd 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

- 2/3 Step Twelve/ Tradition Twelve  
His Story
- 2/10 Importance of Having an A.A. Home Group  
Her Story
- 2/17 Step One/ Tradition One  
Her Story
- 2/24 Staying Away from the First Drink  
His Story



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

### Concept II

**Long form - When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference—excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter—the actual voice and the effective conscience for our whole society.**

**Short form - The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.**

In Concept II Bill lays out the evolution of delegation of responsibility for the Fellowship to the Fellowship. Delegation of the decision-making process goes to the General Service Conference held once a year. Bill says in the Concept II essay: **The final say—the ultimate sanction in matters of large importance—has not been given to the Trustees alone. By the Conference Charter, confirmed at St. Louis, this authority is now delegated to the A.A. groups and thence to their Conference, a body which is a representative cross section of our entire Fellowship.**

It is not enough therefore, to simply send our Delegate to the GSC. We all have the responsibility to participate in the decisions made there. How do we do that, you may ask? We do that through our home groups, of course. It is in our home groups that we have a great opportunity to learn about the issues facing our Fellowship. We rely on our GSRs to be the conduits of information from, and to, the General Service Conference. We do not only hear the information, we are invited to discuss these issues, to share our own opinions and hear the opinions of others, to come to a group conscience on what we'd like to see happen with these issues. In this way we are active participants in the life of our Fellowship, which is crucial to keeping the doors open for the still suffering alcoholic, one who has yet to realize they need us.

Any A.A. is welcome to attend any A.A. business meeting, with the exception of the General Service Conference. This means, locally, that anyone can attend an Area 36 Assembly or an Area 36 Committee Meeting. It also means that everyone is *encouraged* to do so. Please think about attending; to see what goes on, and how you might be of service. For it is by being of service in and to our Fellowship

that we ensure its health and continuation. Concept II reminds us all of our responsibility, not only to choose a Delegate, but to inform that Delegate of the group conscience of the Area, so they can best share it at the GSC. We are all connected, we all have a voice in A.A., and we do this so others may find us and the program of recovery which saves lives and restore us to usefulness. It is an honor and a privilege to serve as your Panel 73 Delegate, and I need all of you to help me serve effectively for you, and for A.A. as a whole.

In love and service,  
Meg H.,  
Area 36 Delegate, Panel 73

### ***The Twelve Traditions - How They Apply In Our Lives***

These questions \* were originally published in Grapevine in conjunction with a series of articles on the Twelve Traditions that ran from November 1969 to September 1971. While they were originally intended as suggestions for individual use, many AA groups have since adopted them and use them as a basis for wider discussion.

**TRADITION TWO: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servant; they do not govern.**

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

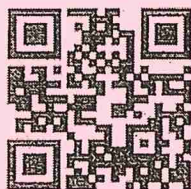
# become a Faithful Fiver

“Every A.A. wants to make sure of his survival from alcoholism, and his spiritual well-being afterward. This is just as it should be. He also wants to do what he can for the survival and well-being of his fellow alcoholics. Therefore he is bound to have a vital interest in the permanence and well-being of A.A. itself.”

Bill W., *Language of the Heart*, p. 166

originally published in the April 1958 Grapevine

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## Yes! Please enroll me as a Faithful Fiver!

### ① Contact Information

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone Number \_\_\_\_\_  
Email Address \_\_\_\_\_

### ② Amount & Frequency

Amount: \$ \_\_\_\_\_

Frequency: (check only one)

Bi-Weekly  Monthly  Quarterly  Annually

Start On: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### ③ Choose a Payment Method

#### Option A: Automatic Payments

Contribute through Electronic Funds Transfer (EFT) from a Checking/Savings account or a Credit Card account

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Savings Account

Checking Account

Routing Number: \_\_\_\_\_

Valid Routing # must start with 0, 1, 2, or 3

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Account Number: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Expiration Date: \_\_\_\_ / \_\_\_\_

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\* I authorize Minneapolis Intergroup to automatically bill the account listed under “Option A” as specified. I understand that I may cancel this authorization by contacting Intergroup.

Signature \_\_\_\_\_ Date \_\_\_\_\_

#### Option B: Direct Payment

Contribute using cash or check by stopping in the office or mailing your check payable to:

**Minneapolis Intergroup**

7204 West 27th Street, Suite 113

St. Louis Park, MN 55426-3112



# Greater Minneapolis Intergroup (FAQ) Frequently Asked Questions

## What is Intergroup?

Intergroup is a service office dedicated to supporting its members in helping newcomers who are seeking Alcoholics Anonymous.

## How is it operated?

A small staff of “special workers\*” which includes Office Manager & Staff Assistants who manage daily office activities. There are over 500 regular volunteers and a 12-member elected board. Each person is a member of Alcoholics Anonymous. (\*Tradition Eight)

## Who pays for it?

AA Group and member personal contributions, the sale of publications from AA World Services, Inc. and publications from the A.A. Grapevine.

## Does my group have a voice in its affairs?

Yes, each A.A. Group should have an Intergroup Representative. In addition to participating in the affairs of Intergroup, they inform their home group about Intergroup and the local service opportunities available.

## We have our own meeting place. Why do we need Intergroup's help?

Intergroup phone volunteers help newcomers find your meeting location. Your Intergroup phone lines are the permanent link to connect members to A.A. Groups in the Greater Minneapolis Intergroup service area.

## How can my group be of service?

You can start by seeing that your group has a voice at the monthly Intergroup Reps meeting. Additionally, your group members can contribute their time for 12th Step opportunities ensuring that the A.A. message reaches the still-suffering alcoholic.

**What services does your AA Intergroup Office provide?** Intergroup provides the following “Vital Services” to all A.A. Groups and their members:

*Answer Phones 24Hours a Day*

*Publish & Distribute MIRUS Newsletter*

*AA 12-Step Calls*

*Public Information*

*Information & Meeting Location Calls*

*Special Events*

*AA Literature - English & Spanish*

*Meeting Directories*

*AA Non-English Literature*

*Daytime Office Volunteers*

*AA Grapevine Publications*

*AA Orientation Meeting*

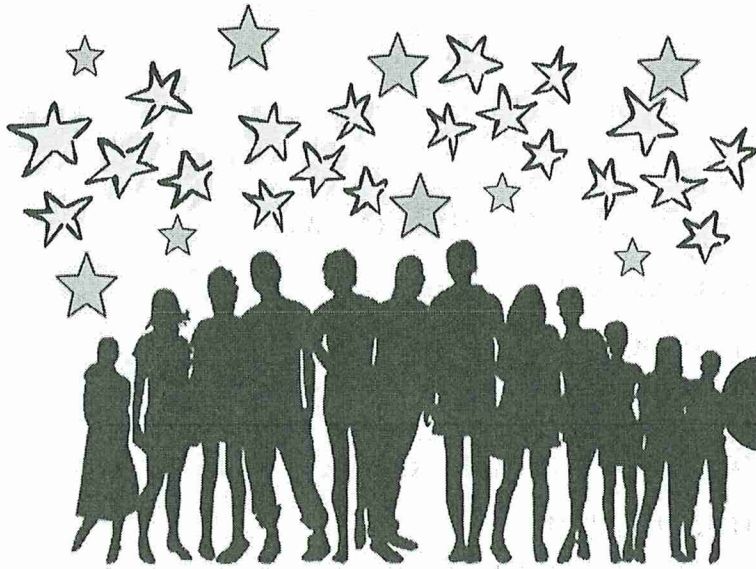
*Cooperation with Outside Agencies*

*Website Updates / Announcements*

*Information to Outside Agencies*

*Media Requests*

*Communication Link for General Services - Area 36, Metro General Service Districts & AA World Services*



Sponsored by  
**Greater Minneapolis Intergroup**  
of Alcoholics Anonymous  
Welcome Al-Anon & Alateen

# 41st Annual Gratitude Night

“ Also known as the A.A. Prom”

## Saturday, April 6th, 2024

6:30pm - 12:00am

### Minneapolis Convention Center

1301 Second Avenue South, Minneapolis  
Ballroom A-Across from Dunn Bros

**Al-Anon Speaker, Lisa D., Minneapolis, MN**

**AA Speaker, Kent C., Sandusky, OH**

(Speakers ASL Interpreted)

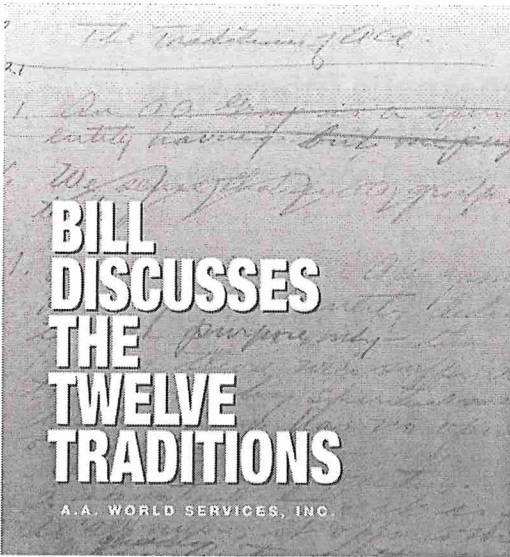
*About Intergroup/Volunteer Countdown/Sobriety  
Countdown/Area 36 Service Committees Info  
Tables/DJ and Dance/Photo Booth*

**\*Tickets: \$15**

*Available at the Intergroup Office and IG Representatives*

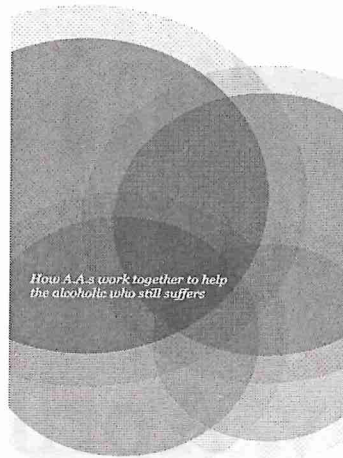
**\*This Intergroup event is self-supporting through the sale of tickets**





**A.A. Pamphlet of the Month:  
Circles of Love and Service**

Circles of Love and Service



*How A.A.s work together to help the alcoholic who still suffers*

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



**BEGINNERS' BOOK**

Getting and Staying Sober in AA

**AA DVD of the Month:  
Bill Discusses the Twelve Traditions**

**Grapevine Book of the Month:  
Beginners' Book  
Getting and Staying Sober in AA**

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

- |                                |                                 |                                      |  |
|--------------------------------|---------------------------------|--------------------------------------|--|
| 4100 AA Group                  | Foxhall Chapter 7 Group         | Nicollet AA Group                    | Sunday Night AA Isanti                 |
| A Better Way AA                | Garage Dogs Men's Group         | Nu-Life AA Group                     | Third Tradition Group of AA Northfield |
| Andover Alano                  | Golden Valley Group             | Our Friends Place Squad 9            | This Simple Program                    |
| Back To Basics Women's Group   | Gratitude Group                 | Pearls of Wisdom                     | Thursday Night Women's Group           |
| Basic 12 Golden Valley         | Great Blessings                 | Plymouth 2 Monday Night Group        | Tonka Alano Society                    |
| Beltline Groups                | Hillside AA Group               | Primary Purpose Group                | Tradition Five                         |
| Blaine Alano Squad 99          | It Might Have Been Worse        | Relapse Enders                       | Turning Point Women's                  |
| Breakfast Club-Saturday A.M.   | Kenwood Group                   | Rich/Blmngtn Alano Sunday Speaker    | Wayzata Women in Recovery              |
| Bridges AA Group               | Kozy's Noon Men's AA            | Ridge Runners I Group                | We Are Not Saints-Richfield            |
| Cavalier West Thursday Men     | Ladies Night Happy Hours        | Ringmasters AA Group                 | Wednesday Lunch Bunch                  |
| Cedar Lake Women's Group       | Lourdes AA Group                | River Valley AA Grp                  | Westwood AA Group                      |
| Changing Lanes AA              | Meditation At Peace             | Saturday Night Live Group            | Women's AA Group at Elim               |
| Clay City AA                   | Minnetonka Big Book Study Group | Senior Men's Barn Group              | You Are Not Alone                      |
| Common Solution Big Book Study | Monday Primary Purpose          | St. George Thurs Night AA Group      |  |
| Continuous Action              | Monticello Alano Squad 10       | St. Louis Park Sunday Night AA Group |  |
| Design for Living              | New Freedom - Chanhassen        | St. Luke's Mon Nite AA Group         |  |
| For Today Group                | New Hope Alano Squad 7          | Suddenly the Thought                 |  |

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\*\* December 2023  
Foxhall Chapter 7 (3)**

**\*\*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.**



# UPCOMING Events

## 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



#### February 8th – 11th

60th International Women's Conference

ONLINE FROM PORTLAND, MAINE

Questions? [iwcpportland24@gmail.com](mailto:iwcpportland24@gmail.com)

Back To Basics In A New Age Workshop

By Happy Destiny

Crowne Point Church

7121 Bloomington Ave S., Richfield

In Person and

Online Zoom: 937-0299-1173

### General Service Announcements

#### February 3rd

Trusted Servant Leadership Training

Free – Online Only 9:00 am – 1:00 pm

Zoom ID: 828 9629 0778

Zoom Pass: 3wnGkw

#### February 17

Area Committee Meeting

Committees 9:30-11:30am

Area Committee 12:30-5:00pm

Zoom Only

#### March 1st – 3rd

West Central Regional Service Conference

Grand Hotel

1505 N Broadway

Minot, ND 58703

The Intergroup Office will  
be closed Monday,  
February 19th in  
observance of  
President's Day



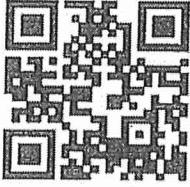
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