

# MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

January 2024 *Step, Tradition, and Concept One*

## Step One

*"We admitted we were powerless over alcohol— that our lives had become unmanageable."*

I was pretty sure I was an alcoholic only a year or two into my drinking career. The word floated around in my brain and I felt kind of icky about it but I was sure that I'd "grow out of it." Not knowing better, I thought it was a temporary condition that arose out of my present circumstances. I hadn't had many consequences yet, and so I continued drinking. I also didn't know that my willpower would be of absolutely no use when it came time to stop drinking. Several years later, I knew I had to be sober. So I gathered my forces, started the day counter app on my phone, and stopped drinking. I think I got to 8 days of being dry before I found some excuse to drink again. I was dumbfounded to realize that I couldn't stay stopped! I had always been able to do pretty much anything I made up my mind to do until now. Every time I restarted the day counter I thought it would be the last time. But it wasn't. I couldn't stay stopped on my own willpower!

I'm grateful to say that the last time I restarted the day counter app was 4 years ago on November 30th of 2019 and I had a sponsor, a homegroup, a move-in date to a sober house, a small beginning of my relationship with my Higher Power, and at least a dozen AA phone numbers in my contacts because I'd been going to meetings since July. I knew I did not have to use solely my willpower to stay away from alcohol this time.

The other point I want to make is that self-knowledge was not useful for me in taking Step One. Yes, I had known I was addicted to alcohol for years before I stopped but that fact meant nothing to me! I still thought I had some control. I still thought that maybe getting older would fix me, or moving to a different place, or changing the days of the week or time of day that I drank. I still thought about all the "yets." I hadn't lost my drivers license (yet), or my relationship with my family (yet), or my job (yet). My thought process was like "Fine! So I'm an alcoholic! I'll be able to stop when I really need to. Now is not the time." But tomorrow wasn't the time either. When it was time, when I was at my bottom, I hated myself and dreaded every day of my life. I wasn't showing up well in any of my relationships. I finally felt like I had

enough evidence to show that I wasn't going to grow out of it and that total abstinence was going to be my best chance at living a life worth living and regaining my self-esteem and self-love.

This is all to say that the self-knowledge I had about being an alcoholic didn't work to motivate me to stay stopped. It didn't work to make me live according to my values and stop my selfish behaviors. Self-knowledge alone didn't work for me. But when I surrendered, on the inside, to the fact that I am and will always be an alcoholic, I had the necessary desperation to be willing to use AA as my new solution. It was self-knowledge plus surrendering to the fact that I had to DO something with that knowledge which constituted the beginning of my First Step. I believe that surrender is an antonym of control. When I surrendered to my alcoholism and then to its solution of AA, I let go of the last ounce of control I had. I knew deep down that I had no control and never will have any control when it comes to alcohol. The Twelve Steps are my new solution for staying stopped and coping with life on life's terms.

The two Step One assignments given to me by my sponsor helped the First Step sink into my brain. The first was a T-chart with examples of powerlessness on the left and unmanageability on the right. Looking at my notebook and seeing how many times I was powerless over alcohol and how it made my life unmanageable smashed the delusion that I was ever a "normal drinker." The second assignment was to make a list of my reservations because the Big Book says "we must have no lurking reservations of any kind." As a newly sober person, my list was long. It consisted of my wish to be a normal drinker such as wanting to have a glass of champagne. My sponsor asked me if I've ever had just one glass of any alcohol and I said that I haven't! My disease of alcoholism has never allowed and will never allow me to stop at one drink. My sponsor pointed out that I needed to practice acceptance of my alcoholism and concede to my innermost self that I'll never be a normal drinker. I then gave all my reservations to my Higher Power. I imagined myself holding them in my hand and lifting them up and away. They all gradually dissipated during my first year sober.

*Step One Continued On Page 4*

**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.”

Happy New Year!! I thought I would share my New Year’s resolution to be a year of service. I look at it that service strengthens our other two legacies of Recovery and Unity. I challenge all of us to look at our own level of how much service do we do? Do we say we are too busy in our own daily lives to offer a couple hours to be of service in our home group, at Intergroup, or even call a member we have not seen for some time to see how they are?

Service has saved my life over and over. It helps me get out of myself and out of my own way. It is a direct channel to my higher power where I find peace and serenity. The amazing feeling of connecting with a newcomer and showing them love and compassion by merely a welcome hand shake and telling them I am so glad they are here. And sometimes we have to give two to four hours one evening to attend a meeting or workshop to support a fellow AA member.

When service is not convenient for us, it is all the more rewarding. How many times have you felt you got more out of the service commitment than you gave! Priceless!

Be mindful of others. Call a person who has not shown up at your meeting for a while. Or someone you heard share they are struggling. Send them a text, “Thinking of you, be well. Call me anytime!”

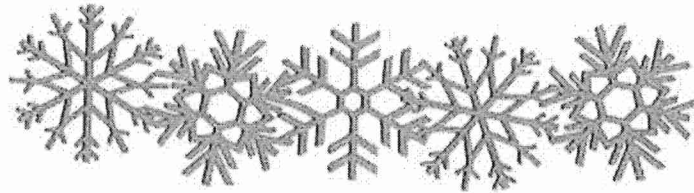
Service is life changing and lifesaving. The life you save may be your own.

Minneapolis Intergroup offers service opportunities for our fellowship.

We welcome everyone and anyone to stop in and see what we have to offer. The coffee is always on.

In Love and Service

Gail S. your Office Manager



## Notes from Your Board Chair:

The new year is upon us and it is a good time to “look back and be grateful, look ahead and be hopeful, look around and be helpful.” I’ve never been very good at sticking to New Year’s Resolutions. I think the problem is that my resolutions were always me trying to change myself on my own. I’ve learned in Alcoholics Anonymous that I need the help of a Higher Power to change. Through working the steps I am able to tap into the power that allows me to become the woman I’ve always hoped to be one day at a time.

There are exciting events coming up! The 42nd Annual Recovery, Unity & Service Conference (RUSK) will be held January 19th, 20th, and 21st at the Best Western Premiere Nicollet Inn in Burnsville, MN. The theme is “Connecting With Love, Unity, and Service”. Tickets are \$25 and all sessions will be ASL interpreted. There will be a Trusted Servant Leadership Training on Saturday, February 3rd from 9am-1pm. The theme is “Your Guide to Success in General Service”. It is a free online-only meeting to learn about general service.

Also, every Saturday Minneapolis Intergroup holds an AA Orientation Meeting from 10am-10:50am at the Bethlehem Lutheran Church in Minnetonka, MN. Each week there is a speaker on a step or AA topic and another speaker that shares their story. It is a great meeting to bring newcomers to and also has a lot of opportunities to be of service.

I hope everyone’s year is off to a fabulous start!

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 Cory S.  
 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.

Articles from A.A. World Services, Inc. and The A.A. Grapevine Inc. appearing herein are reprinted with permission and are not to be considered an endorsement for Greater Minneapolis Intergroup or the MIRUS newsletter. A.A.®, Alcoholics Anonymous® and the AA Grapevine® are registered trademarks of AA World Services, Inc. and the AA Grapevine, Inc.

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.

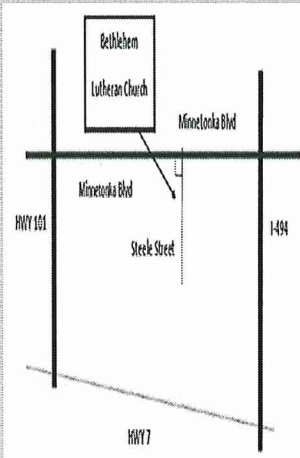
## Metro District General Service Meetings

- 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

- 1/6 Step Ten/ Tradition Ten  
His Story
- 1/13 A.A. World Services / General Service Office  
Her Story
- 1/20 Step Eleven/ Tradition Eleven  
His Story
- 1/27 Anonymity as a Spiritual Principal  
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, January 25th at 6:30pm**

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

### Concept I

*Final responsibility and ultimate authority for AA world services should always reside in the collective conscience of our whole Fellowship.*

This is the one, isn't it? This is the one that tells us, as individual AA's, that we have a responsibility, each and every one of us, to A.A. as a whole. This can seem either overwhelming, or it can also seem unimportant, as individuals. Someone else will do it, after all.

Bill says in the essay on Concept I the following:

**The A.A. groups today hold ultimate responsibility and final authority for our world services—those special elements of over-all service activity which make it possible for our Society to function as a whole. The groups assumed that responsibility at the St. Louis International Convention of 1955. There, on behalf of Dr. Bob, the Trustees and A.A.'s old-time leaders, I made the transfer of world service responsibility to our entire Fellowship.**

This is our reminder that we are the "someone else"; we hold responsibility. In turning over the ultimate authority for world services to the fellowship Bill meant to ensure the survival of A.A. as a whole ad infinitum, as surely there would be alcoholics looking for a solution, ad infinitum. A.A. needed to look beyond Bill and Dr. Bob, as they would pass from the scene. And then what? A.A. had adopted the Traditions, which gave us part of the instructions in Tradition One: **Our common welfare should come first; personal recovery depends upon A.A. unity.**

This Tradition reminds us all how important it is to have unity, through a homegroup, one with a General Service Rep. We are invited to be involved in every decision made by and for A.A. and this is where our voices are heard. The groups, through their GSR's carry the group conscience to the Delegates, who carry it to the General Service Conference. Through the General Service Conference, the Fellowship asks the Trustees to do certain things, which they then do, with the help of the very talented General Service Office staff.

On the Area 36 Calendar are a few opportunities to learn about the agenda items for the next General Service Conference, which will be held in April, 2024. First is the west Central AA Service Conference, held in early March, in Minot, ND. Everyone is invited to attend; it is not limited to those currently serving as trusted servants. Then your GSR will bring the Agenda Impact Items to your homegroup for discussion. The Impact Items are a way to bring to your attention those items that may be of particular interest, or may provoke lively discussion.

In April is the Delegate's workshop, where the agenda items will be discussed again. And again, all are welcome. I encourage all of us to dive in, learn more, ask questions, and participate in the Conscience from Area 36 to the GSC. Concept I tells us of our responsibility to do so, and we are reminded of the importance of our participation!

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

## 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 ONE: Our common welfare should come first; personal recovery depends upon AA unity.

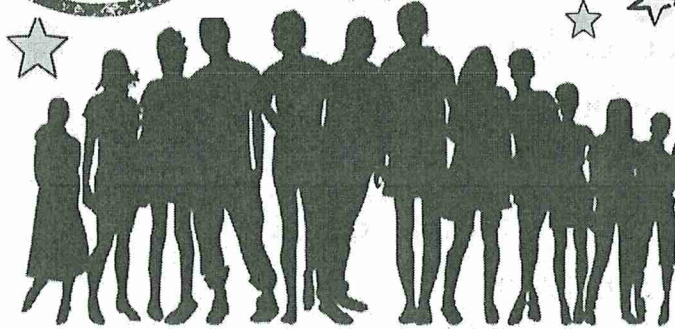
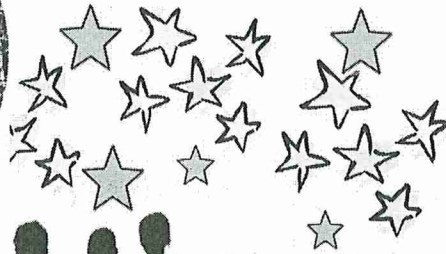
1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?

Copyright © AA Grapevine, Inc. Reprinted with permission.

### Step ONE Continued From Page 1

Lastly, my sponsor gave me a prayer assignment for the First Step. Every morning I was told to say "Higher Power, please keep me sober today." Every night I would say "Higher Power, thank you for keeping me sober today." These please and thank you prayers worked perfectly for me and I still use them today and assign them to my sponsees. I love the simplicity of these prayers as a small action which brings me closer to my Higher Power and helps me accept that I am an alcoholic who needs something beyond human power to stay sober.

Lydia S. Saint Paul



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*

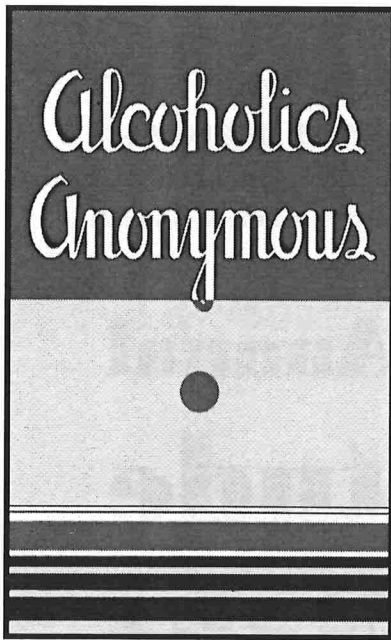
*Countdown/Area 36 Service Committees Info*

*Tables/DJ and Dance/Photo Booth*

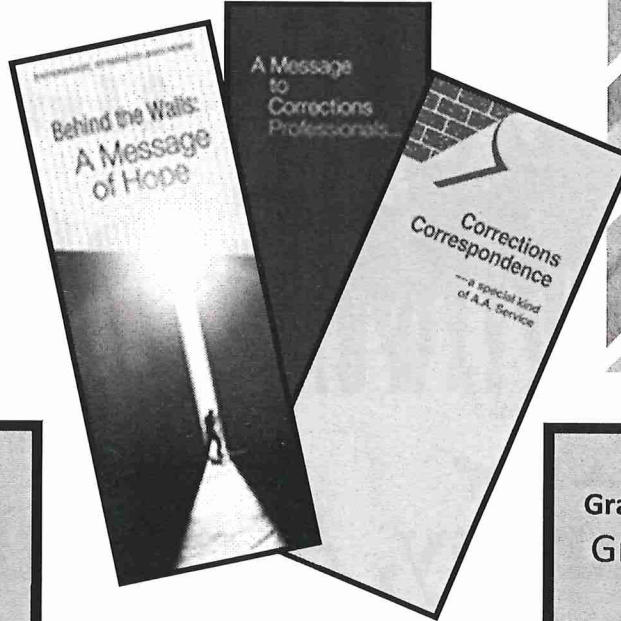
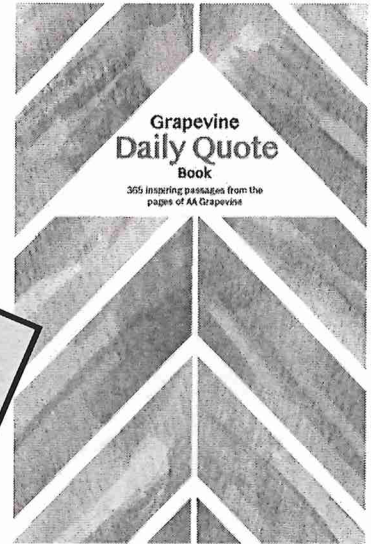
**\*Tickets: \$15**

*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:  
Corrections Pamphlets  
(Collection of 5 in Total)**



**AA Book of the Month:  
75th Anniversary  
Edition Big Book**

**Grapevine Book of the Month:  
Grapevine Daily Quote**

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

- |                                  |                            |                                 |                                |
|----------------------------------|----------------------------|---------------------------------|--------------------------------|
| 12 Steppers Audubon Park         | Continuous Action          | NE Recovery Room 12X12          | Sunday Night AA Grp in Buffalo |
| 2218 Squad 73                    | Cottagewood Meeting AA     | New Hope Alano-Squad 16         | Temple Wed. AA Group           |
| 4th Step Workshop                | Elk River Alano Squad 4    | Plymouth II Big Book Sunday     | The Friday Night Shift Group   |
| 7-Hi Group                       | Excelsior Wednesday Night  | Primary Purpose Group           | The Way Out Group              |
| A New Day Lakeville              | Fridley Alano Squad 14     | Ramsey AA (NowThen AA)          | Third Tradition Group          |
| Andover Alano Squad 5            | Groveland Group            | Rich/Blmngtn Alano Squad 4E     | This Simple Program            |
| Annandale Lakers                 | Happy Destiny              | Rich/Blmngtn Alano Sun Speaker  | Three Legacies                 |
| Anoka Today Alano Squad 26       | Hope AA - Richfield        | Ridge Runners III Group         | Thursday Night Women's Group   |
| As Bill Sees It Medina           | Hope AA Lakeville          | Rojo Group                      | Tonka Alano Society            |
| Back to Basics Group             | Hope's on Penn             | Rule 62 Cavalier                | Tuesday Night Grace AA         |
| Better than Gold                 | Isanti Alano Squad 12      | Saturday Morning Fever          | Turning Point Women's          |
| Big Book and Meditation at Peace | Kozy's Noon Men's AA       | Saturday Night Live Group       | Waconia Friday Nite AA Group   |
| Blaine Alano Squad 3             | Ladies Night Happy Hour    | Senior Men's Barn Group         | Women's AA Group at Elim       |
| Bloomington Hyland Group         | Minnetonka Big Book Study  | Sisters In Sobriety             | You Are Not Alone              |
| Bridges AA Group                 | Minnetonka Senior AA       | Sisters of Service              |                                |
| Common Solution Big Book         | Monday Night Women's 12x12 | St. George Thurs Night AA Group |                                |
|                                  | Monday Noon Friends        | 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\*\* November 2023  
A Better Way AA, Foxhall Chapter 7, & Primary Purpose**

**\*\*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



### February 8th – 11th

60th International Women's Conference  
 Online  
 For More Information Please See  
[internationalwomensconference.org](http://internationalwomensconference.org)

## General Service Announcements

### January 19th, 20th, 21st

42nd Annual Recovery, Unity & Service Conference  
 Best Western Premier Nicollet Inn  
 14201 Nicollet Ave, Burnsville  
 Questions? Email [rusc@area36.org](mailto: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

### February 17th

Area Committee Meeting  
 Online—9:30a.m.-5:00p.m.



**The Intergroup Office will  
 be closed Monday,  
 January 1st & Monday,  
 January 15th in  
 observance of the  
 New Years Day and Martin  
 Luther King Jr. Holidays.**



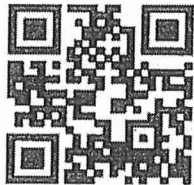
INTERGROUP ASSOCIATION  
7204 W. 27th St., Suite 113  
St. Louis Park, MN. 55426

NON—PROFIT  
ORGANIZATION  
U.S. Postage

**PAID**

Permit No. 416  
Hopkins, MN

Change Service Requested



Annual MIRUS subscription: \$10 by mail, or \$5 via email.

Please make checks payable to Intergroup Association and send to:

7204 West 27th Street-Suite 113 St. Louis Park, MN 55426-3112

Please print:

New

Renew

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Email Address \_\_\_\_\_