

# MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

## Step Seven

July 2023 *Step, Tradition, and Concept Seven*

***“Humbly asked Him to remove our shortcomings .”***

When I was asked to write about the seventh step for the Intergroup newsletter, I did what I have always done in my sobriety, say yes to challenges and service. A year ago, I could not picture my life without alcohol, and now I am figuring out how to show up in this world in a way that would make my mother happy and proud. I keep finding out that my higher power gives me obstacles and opportunities to work on myself. Some of the other things that I learned is to lean into this program of recovery, ask for help, remain humble, and realize that I do not have all the answers, none of us really do. Yet, there are people that can help with showing me that sobriety, change, and growth are possible. So, I asked around and got the advice of other alcoholics who have worked the steps before me.

My work on the fourth and fifth step laid out a lot of the groundwork to understanding my faults, resentments, fears, and misconduct that stemmed from many of my character defects and shortcomings. I took inventory and began to understand how I was showing up in the world and I did not like what I was seeing. It was painful to see that my selfishness, dishonesty, and self-seeking behavior caused pain to the people I love but also to myself.

When I came to steps six and seven, I was told many times over that this is where the rubber meets the road, where a lot of the work can begin. If these steps were not in place and I just moved on through to eight and nine I would be doing what I did in my active addiction, saying sorry. I would not be making true amends and my words would be ringing hollow as they did for so many years after blackouts and angry outburst. If I did not first work on my shortcomings and character defects then I would only be saying sorry without true change in any of my behavior.

My sponsor asked me to write him a list of my shortcomings after I finish step five and I was stumped. I had to google what character defects and shortcomings were. As soon as I did laziness, procrastination, and self-doubt stood out to me. I wrote these defects down amongst others and became willing to work on them. I do a lot of walking since I have put down alcohol, and as I do, I think and meditate and try to be as present as possible. I have come

to the realization that I am a small part in a very large world. I cannot control much of anything. The sun is going to rise and set whether I want it to or not. It is Gods world and I am just along for the ride. Still, I can control how I want to show up in the world. Do I want to stew in self-doubt and laziness? I am finding that the answer to that question is no.

Humility is such an important part of being grateful for the gifts that my higher power has provided me, both the gifts that are enjoyable and the gifts that are hard and painful. Forming a relationship with my higher power has shown me that God does for me only which I can't do for myself. I must go forth in action and weather I accomplish what I set out to accomplish is besides the point. The point is that I have a relationship with God. That I work instead of be lazy. That I try and write down my experiences and know that I am not alone with doubts. How I show up in this world is far more important than my own ideas.

So, it was midnight a few hours ago and I was staring at this blank document before I wrote anything down and I was thinking about what to write on the seventh step. The problem is that my worst shortcomings and character defects keep rearing their ugly heads as I tried to write on this step. My laziness did not want me to write anything at all. My procrastination left me staring at a deadline and needing to finish late at night. My self-doubt kept telling me I did not know what I was talking about. My worst shortcomings were in full effect. It is for these exact reasons that I continue to show up differently. Why I continue to walk through the doors and into the rooms of Alcohol Anonymous. Why I work my program, follow the steps, speak with my sponsor, and above all else, remain in contact with my higher power.

Joe R., St. Louis Park



**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 2023 is:

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

Happy Summer! I hope you all are making the most of beautiful, warm weather.

We are always working on keeping our online meeting directory, [aminneapolis.org](http://aminneapolis.org), updated. We rely on each group to notify us when any changes are made. Keep us on the list of places you update your changes. We currently list 917 in person meetings. 190 of these meetings have an online meeting. And 91 of those online meetings are hybrid, which tells us many groups have mastered technology. I am impressed! In addition to this list, we have 57 created for online only meetings, of those 6 meet multiple times each week.

We are always in need of daytime phone volunteers. We have two shifts available. Either 9am to 1pm or 1pm to 4:15pm. Once a month or once a week we could use your help. It is a great feeling to help someone whose life is falling apart because of alcohol to find their first meeting. Sometimes you hear the devastation and despair they are going through only to remember you felt that way too at one time. Then you offer to have someone call them back in 15-20 minutes. And when you give the person, you find on the 12th step list their number you feel the hope this program has to offer. In April we had 11 – 12th Step calls and in May we had 22.

Another service opportunity of four Board positions will be available in September. In our Board Chair’s article below, Mike explains a lot about the service position for you to consider. The resume you need to fill out is on our website under “About Intergroup” and then “Intergroup Representatives”. Details are also on the backside of that form. It is worth checking into.

Your Minneapolis Intergroup office is doing well. The only thing missing is you. We invite you to come to visit us and see what we do and have a cup of coffee.

In Love and Service,

Gail S., your Office Manager



## Notes from Your Board Chair:

Last month I provided my thoughts on the benefits of serving on the Minneapolis Board of Directors. This month I’ll offer a more detailed outline of what it means to be a board member.

Each year, at the September Intergroup Reps meeting four new members of the Board of Directors are elected. This year that meeting will be on September 28, 2023. As stated last month the only criteria for standing for the Board is five years of continuous sobriety and being an active member of Alcoholics Anonymous. The term of service is three years.

### The following is a summary of the commitments once elected:

Attend the monthly Board of Directors meeting

Meetings are at 6:30 pm on the Tuesday before the Reps meeting. These meetings are usually about an hour.

Attend the monthly Intergroup Reps meeting

Meetings are at 6:30 pm on the fourth Thursday, except for November and December the meetings are on the third Thursday. These meeting are also about an hour.

Attend a metro-area district meeting

Each Board member is assigned to one of the metro-area districts to act as Intergroup liaison. The time and days of these meetings vary.

You will also be assigned to an Intergroup committee and to an Intergroup special event. The Intergroup committees are:

Orientation Meeting	Human Resources
Finance	Group & Member Services
Facilities	Info Technology

The committees meet on an as needed basis and usually they meet only two or three times a year.

The Special Events include:

Founders Day	Gratitude Night
Winter Open House	Gopher State
Pass It On	Unity Open House

The role of the Board member is to assist those serving to chair and co-chair those events.

So, again I highly recommend this outstanding service opportunity and urge all with five years of sobriety and give this some serious thought. Also talk with your sponsor.

Mike A., 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.

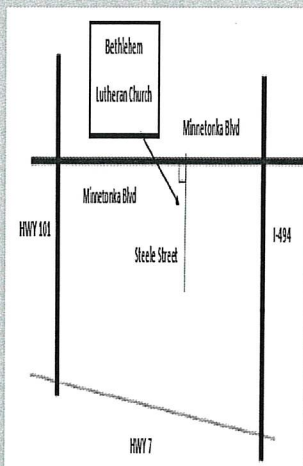
### Intergroup Staff

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.



**The Intergroup Rep Meeting will be held at Bethlehem Lutheran Church 16023 Minnetonka Blvd. Minnetonka, MN 55345**  
**This is a HYBRID meeting.**  
**Thursday, July 27th at 6:30pm**

## Metro District General Service Meetings

<b>District 7</b>	Second Monday, 6:30 pm Zoom Meeting ID: 851 2052 3806 Passcode: District7
<b>District 13</b>	First Tuesday, 7:00 pm United Methodist Church 10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
<b>District 14</b>	First Monday, 7:30 pm United Methodist Church 609 8th St NW, Buffalo, MN 55313
<b>District 17</b>	Second Tuesday, 7:30 pm Lighthouse Assembly of God 10478 Bell Ave., Plato, MN 55370
<b>District 18</b>	Second Thursday, 6:30 pm Meeting on Zoom Please email dist18@area36.org for info
<b>District 19</b>	Second Wednesday, 7:00 pm Rosemount Community Center, Room 210 13885 S. Robert Tr., Rosemount, MN 55068
<b>District 20</b>	Fourth Tuesday, 7:00 pm Twin Lake Alano Club 4938 Brooklyn Blvd., Brooklyn Center, MN 55429
<b>District 21</b>	Second Tuesday, 7:00 pm Pilgrim United Methodist Church_ 4325 Zachary Lane, Plymouth, MN 55442
<b>District 22</b>	Second Wednesday, 7:00 pm Vista Lutheran Church 4003 Wooddale Ave. St. Louis Park, MN 55416
<b>District 24</b>	First Wednesday, 6:30 pm HYBRID Shakopee Community Center 1255 Fuller Street Shakopee, MN Downstairs Zoom Meeting ID: 836 0086 5659 Passcode: h5XNU1
<b>District 25</b>	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

7/1	Local Service Office—Minneapolis Intergroup His Story
7/8	Step Nine / Tradition Nine Her Story
7/15	A.A. Service Entities District & Area His Story
7/22	Step Ten/ Tradition Ten Her Story
7/29	A.A. World Service/ General Service Office His Story

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

### CONCEPT VII

*The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness. This concept may appear to be contradictory;*

The Concept VII article in the Service Manual goes on to say this:

This concept may appear to be contradictory; it may look like the collision of an irresistible force with an immovable object. On the one hand we see a Board of Trustees which is invested with complete legal power over A.A.'s funds and services, while on the other hand we find that A.A.'s General Service Conference is clothed with such great traditional influence and financial power that, if necessary, it could overcome the legal rights of the Board of Trustees. It can therefore give the Trustees directives and secure compliance with them—practically speaking Remember, our trustees serve us for fun and for free, there is no salary attached to these very big jobs. They study the Traditions and use them and guard them as we do.

This concept depends on the spiritual principles our entire society depends on. We rely on our trustees to demonstrate humility, and service, along with integrity, as we hope all of our trusted servants will demonstrate from our greeters at our home groups, our GSRs and our delegates. One of the things to learn if we stay here long enough is that these spiritual principles apply to everything. This is indeed a design for living which really works. The relationship between the General Service Board and the General Service Conference really works when we all practice these principles in all our affairs.

I am reminded, as I write this, how important it is that we all participate in AA fully. Thank you to all who attend a home group that holds regular business meetings. Thank you to all of you who serve as GSRs in those homegroups, you are a vital link in the communication chain. Thank you to everyone who serves as a trusted servant in any capacity. We all need to know what we're a part of here in A.A. and communication is key to that.

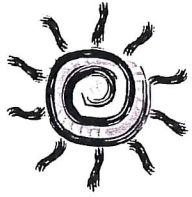
As Delegate to the General Service Conference, I can't emphasize strongly enough how important it is that the group conscience is carried from the group to me, so I can carry it to the conference, which is how we all participate. Since I have

this platform I hope I'm not overreaching to put in a little plug for the upcoming West Central Regional Forum, which will be held in Missoula, Montana, August 25-27<sup>th</sup>. There is no registration fee, although there are travel and lodging costs. This is our perfect opportunity to talk to the "people from New York" and ask them all the questions we have. There is a flyer for this event at [area36.org](http://area36.org), please go check it out, and consider a trip to Montana in August! GSO staff and the trustees present all the programming with some assistance from regional delegates. I've found Regional forUMS TO be fabulous wellsprings of information over the years, I always love attending them, I learn so much about what I'm a part of and a great way to meet others who are also a part of. Thank you for letting me be of service and more importantly thank each and everyone of you for the service you do for A.A. as a whole. Today the doors re open for the still suffering alcoholic, and what better claim can we make? It's an honor and a privilege to serve alongside you!

Meg H.

Area 36 Delegate, Panel 73





# INTERGROUP'S 23RD ANNUAL UNITY OPEN HOUSE

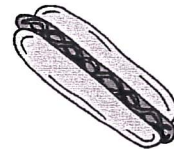
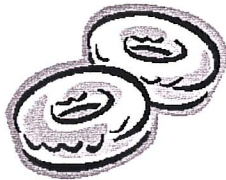
JOIN US IN CELEBRATING  
**55 YEARS OF SERVICE**

**SATURDAY AUGUST 12, 2023**

**9AM - 1PM**

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

**Save the Date!**



**NEED A SERVICE OPPORTUNITY? LEARN ABOUT...**

Phone Volunteering: Daytime Phones, Group Phones, Early Birds and Night Owls

Southern Minnesota Area 36 Temporary Contact Program

Southern Minnesota Area 36 Correctional Facilities Contact Program

“An opportunity for all AA members to connect into service”



**GREATER MINNEAPOLIS INTERGROUP**

**7204 West 27th Street, Suite 113**

**St. Louis Park, MN 55426**

map & directions at [www.aaminneapolis.org](http://www.aaminneapolis.org)

Our Third Legacy is Service. Be one of a twelve member Board. Term is 3 years, Only requirement is minimum 5 years of sobriety.

# Board Elections

Thursday, September 28th  
6:30pm

Resumes are due in the office on September 14th. Copies of all candidates will be mailed to all registered Intergroup Reps for their group's to review. Each Intergroup Rep has one vote.

Does your group have a Rep?

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

### **TRADITION 7 - Every A.A. group ought to be fully self-supporting, declining outside contributions.**

For several years, I attended a weekly men's meeting. We were a small group, eight to 10 regular members. We were able to pay our rent, have (instant) coffee and cookies and send a little money to the local intergroup every now and then. For unknown reasons, attendance started to increase, eventually doubling our regular membership. This raised an issue for the group. We had grown accustomed to each member having an opportunity to share in each meeting. With more people, this was no longer possible.

At a business meeting, one member proposed expanding the meeting from 60 to 90 minutes. A hand shot into the air. An old-timer, a founding member of the group, objected. "I only need 60 minutes to get sober!" he said. As the proposal continued to be debated, the old-timer grew visibly agitated. He took out a cigarette. He didn't light it, although he waved it around like he had.

"Enough!" he blurted out. "We don't have the money!"

By this time, one member had done some quick math on the back of a pamphlet. Increasing our rent by 50 percent to add 30 minutes to our meeting seemed financially possible. We asked the old-timer, who was our long-serving treasurer, to explain why it wasn't possible. "The answer is no!" the old-timer said flatly.

One member suggested a trial period. "If it looks like we can't afford a 90-minute meeting, we can switch back," he proposed. "What I say goes!" the old-timer announced. "I pay the bills around here."

It then came out that our group had never taken in enough money to pay the rent, let alone anything else. At the end of each month, the old-timer had been kicking in nearly three times the actual amount that had been going into the basket. The group ended up voting to expand the meeting anyway, admittedly with some defiance. The old-timer walked out. That night, we had a big turnout at the diner after the meeting. From the comments at the table, most members thought the old-

-timer's motives had been good. "The problem's usually someone taking money out of the basket," one said. Another member, who had only recently joined the group, didn't think the Seventh Tradition prohibited anyone from putting more than the usual \$1 or \$2 in the collection. "There's a problem, however, when the amount gets so high the member gets the idea he deserves more 'say' in the group," he said.

I had to cop to voting to re-elect the old-timer again and again mostly because it was a job I didn't want to do. I conveniently didn't worry about the Second Tradition. If we had practiced rotation of service, we might have had to deal with our money problems years earlier and without the bad feelings we had now.

We also talked about how we were going to have to make 60 minutes work financially, let alone 90. One member wondered if we should put off the expansion until our financial house was in order.

At our next meeting, we rescinded our vote to expand. We also elected a new treasurer (I still didn't step up) and imposed term limits. We had to dip into the prudent reserve for a few months, now that we didn't have the old-timer's contribution. As the months passed, our regular collection grew steadily as members kicked in a few extra dollars each week. It helped that the meeting added a few more regular members. By the end of the year, we could afford to expand to 90 minutes. The old-timer eventually came back. I think he realized that he was not the only person who loved the meeting too.

This was over 10 years ago. The meeting is still 90 minutes long.

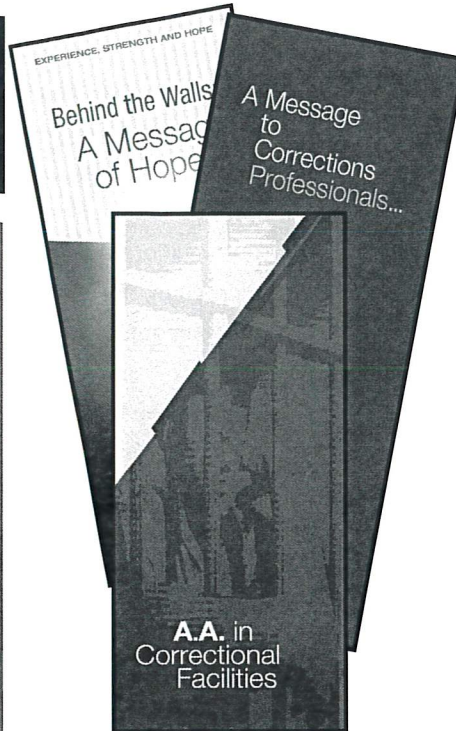
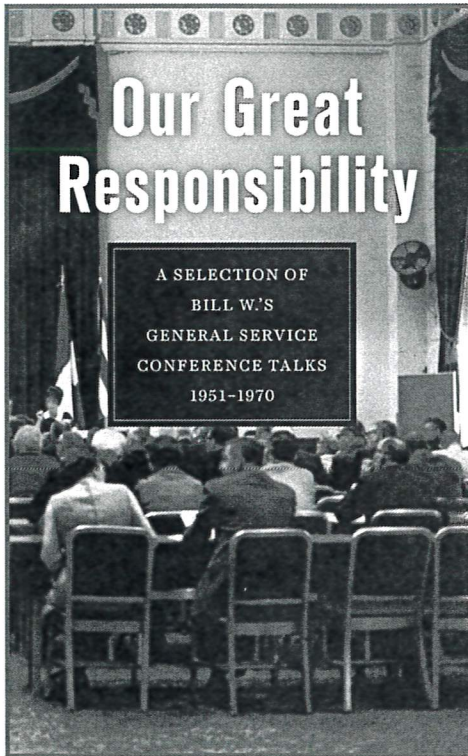
Michael M., New York, NY

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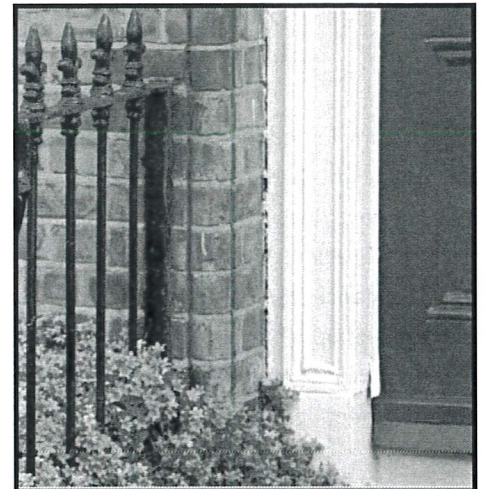


**AA Book of the Month:  
Our Great Responsibility**



**A.A. Pamphlet of the Month:  
Pamphlets Related to  
Corrections (7 in total)**

**Grapevine Book of the Month:  
The Home Group:  
Heartbeat of AA**



**THE HOME GROUP:  
Heartbeat of AA**

Selected Stories from the  
AA Grapevine

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

2218 Squad 73  
4th Step Workshop  
Amazing Grace  
Andover Alano Squad 4  
Andover Squad 8  
Annandale Lakers  
Anoka Today Alano Squad 164  
Basic Twelve & Twelve  
Birds of a Feather  
Bridges AA Group - Prior Lake  
By The Book AA  
Cavalier West Thursday Big Book  
Clay City AA  
Cliffhangers 1  
Common Solution Big Book Study  
Continuous Action  
Crushed Grapes  
Elk River Alano Squad 12  
Elm Creek Group  
Foxhall Chapter 7 Group

Friday Night Shift  
Golden Valley Group  
Gratitude Group  
Great Blessings  
Happy Destiny  
Hope AA Lakeville  
Isanti AA Squad 3  
Isanti Thursday Big Book  
It Might Have Been Worse  
Kozy's Noon Men's AA  
Ladies Night Happy Hour  
Lakers Friday 6.30  
Mainstreeters AA  
Meditation At Peace  
Minnetonka Big Book Study Group  
Monday Non-Smoking AA Group  
Monticello Alano Squad 10  
New Day Lakeville  
New Hope Alano Squad 36  
New Hope Squad 59

Nicollet AA Group  
Practical Experience  
Relapse Enders Tues. Women's AA  
Rich/Blmngtn Alano Sun Speaker  
Rule 62 Cavalier  
SAK's Thursday Men's Meeting  
Saturday Night Live Group  
Saturday Night Open Speaker  
Senior Men's Barn Group  
Serenity Sisters  
Squad 2 A Design For Living  
St. George Thurs Night AA Group  
Suddenly the Thought  
Sunday Night Happy Hour  
Sunrisers (Thursdays)  
The Way Out Group  
Third Tradition Group of AA  
Thursday Night Women's Group  
Tonka Alano Society  
Tradition One

Turning Point Women's Big Book  
Valley Step AA Group  
Victory AA  
We Are Not Saints-Richfield  
Women on the Wagon-WOW  
Women's Big Book Study Buffalo  
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\*\* May 2023  
Foxhall Chapter 7 & Minnetonka Big Book Study**

\*\*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



## July Events

### July 1<sup>st</sup>

Pig Roast Vermillion Falls  
By Hastings Alano  
Starts Noon / Speaker at 400pm

### August 12<sup>th</sup>

Unity Open House  
Minneapolis Intergroup Location  
9:00am to 1:00pm  
(See flyer for details)

## General Service Announcements

### July 22<sup>nd</sup>

Joint Areas 35 / 36 Committees Meeting  
**Remote ZOOM Meeting**  
1:00pm – 3:00pm

### August 5<sup>th</sup>

Area Committee Meeting  
**Remote ZOOM Meeting**  
Committees 9:30am – 11:30am  
Area Committee 12:30pm – 5:00pm

### August 25<sup>th</sup> to 27<sup>th</sup>

West Central Regional Forum  
Hilton Garden Inn  
Missoula, MT





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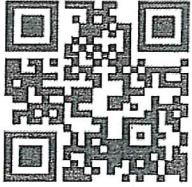


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