

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

Step Five

May 2023 Step, Tradition, and Concept Five

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Finally, I had become desperate enough to give the steps of AA a try. I figured it was worth a shot since there was no way my life could get any worse than it already was. It was evident that my best thinking had gotten me here, so steps 1-3 weren't rocket science. Step 1, I was powerless and my life was unmanageable. Step 2, I was insane and could definitely not restore myself to sanity. Step 3, if something was going to fix my life, it definitely wasn't going to be me.

Step 4 was a little more scary. After all, I had been ignoring my behavior and motives for years. Getting them down on paper seemed daunting, yet it was a small price to pay for serenity. After all, I had heard many horror stories of newcomers getting 'hung-up' on this step and relapsing because of it.

Then came step 5, admitted to God, to ourselves, and another human being the exact nature of our wrongs. To me this sounded crazy. I had never told anyone of my deep secrets. The things I had done which brought me shame. After all if I did, wouldn't I be judged and discarded? I remember it like it was yesterday, I was in so much fear, my sponsor and I had set a time to meet for coffee and then we were going to head over to a park to go over what I had written down. I had a hard time sleeping the night before and my stomach was in knots. I was tempted to try to get out of it, but I was desperate, and deep down I knew if I didn't go through with this, my life would stay the same, and if nothing changed, I was likely to drink again. For the first time, I decided I would face my fear head on. The result, was my first spiritual experience and one of the strongest friendships I have had to date.

We met for coffee and then headed to the park. It was a warm evening and the sun was just starting to set as I began telling him what I had put down on paper. My sponsor listened, nodded and related. He gave me feedback and helped me to see my part in things. He told me that everything would be okay and he even told me some of the things he had done which were on his 5th step with his sponsor. Never had I ever been completely honest with someone until now. I had told this man everything which I had carried for the first 19 years of my life. He didn't run. Instead he hugged me and consoled me. He told me to go home and sit for an hour with my thoughts and think about the things we had discussed. I did just that. The result was an overwhelming sense of serenity. A sense of belonging and being one with the universe. For my entire life I had believed that I didn't deserve anything which had happened to me. Now, I realized I had actually set the majority of those things in motion.

Going forward, I had a new sense of peace. A realization that if I continued the steps I might have more of this serenity and I might eventually be able to pass that onto someone, the same way that my sponsor had done with me.

I knew that the remaining steps were not going to be any sort of a walk in the park, but when I found myself in fear or 'future tripping' I recalled the fear I had overcome with doing the 5th step with my sponsor. After all, being comfortable and unwilling to change my ways had gotten me to rock bottom. Now facing my fears is the only way to grow.

Maverick M., Albertville

5 Admitted to God, to ourselves and to another human being, the exact nature of our wrongs



Greater Minneapolis Intergroup • Alcoholics Anonymous®

7204 W. 27th St., Suite 113 • St. Louis Park, MN 55426-3112 • 952-922-0880 • www.aaminneapolis.org • email: info@aaminneapolis.org

OFFICE HOURS: Monday, Wednesday, Friday 9 am-4:30 pm Tuesday and Thursday 9am-7pm Saturday 9 am-1 pm

Notes from your Service Office:

The General Service Theme for 2023 is:

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

We made it! Officially Spring, daylight savings time change, grass view out my office window and not a brown snowbank. Life is good.

I hope with this beautiful weather you will be inspired to be part of the annual Group Outreach starting on Saturday, May 6th at 11:00am at the Bethlehem Lutheran Church at 16023 Minnetonka Blvd in Minnetonka. We will be visiting seventy groups in the northern suburbs outside of Minneapolis. Some of them are Anoka, Coon Rapids, Columbia Heights, Maple Grove, Annandale, etc. If you cannot attend the May 6th orientation, you will have a second opportunity to volunteer on Saturday, May 13th. Just visit one group by June 30th.

Our outreach is simply that. Connecting to our AA community to share the vital services we offer to reach the still suffering alcoholic and how we support their group. We have many opportunities for AA members to be of service to be able to give back what was freely given to them. Our annual outreach plays a big part in updating our meeting directory on aaminneapolis.org. Each year we get new contacts for groups, meeting type changes, name changes and most importantly meetings that no longer exist that we were not informed about. There is nothing more devastating to us than picturing a newcomer going to their first meeting and no one is there. If this ever happens to you, please call the hotline number and report it.

As the annual Outreach Program is underway, we hope to see you at the XLVII Gopher State Roundup on May 26th, 27th, & 28th. Visit us in Suite 215. We are looking for groups to host a two-hour time slot and bring food to share with those attending the roundup. If your group is able and willing, please contact the Staff at the Intergroup office at 952-922-0880 for times available. We would welcome your help.

In Love and Service,

Gail S., your Office Manager

**THE MINNEAPOLIS INTERGROUP
OFFICE WILL BE CLOSED MAY
26TH, 27TH, AND 29TH IN
OBSERVANCE OF MEMORIAL DAY
AND TO PARTICIPATE IN THE
GOPHER STATE ROUNDUP.**

Notes from Your Board Chair:

Although our Gratitude Night experience began on a somber note, we were gratified with the incredible response we received. By now many of you have heard the tragic news that Rose was unable to come to Gratitude Night due to the sudden death of her fiancé. Our prayers go out to Rose and her family. Another example of how in A.A. if we ask for help, it is given. We were so fortunate that through the efforts of a number of our friends April M. flew into Minneapolis on short notice and gave a wonderful A.A. talk. Jim D. delivered an inspired Alanon talk as well. I had never heard the Alanon promises before Jim shared them with us. And the attendance at Gratitude Night was awesome as nearly 800 were there. It was great seeing so many of you there.

Just as Alcoholics Anonymous reaches out to the still suffering alcoholic, our Group & Member Services Committee is planning to reach out to groups in the Northern reaches of Greater Minneapolis. Each year, except for 2 years during the pandemic, we conduct our Outreach program to assist A.A. groups better understand the services provided by Minneapolis Intergroup. We are therefore asking for volunteers to visit these groups and to deliver a brief message about Intergroup.

We will be holding two orientation meetings in this regard, one on May 6 and the second meeting on May 13, 2023. Both orientation meetings will take place at 11:00 AM, following our AA Orientation meeting at Bethlehem Lutheran Church, 16023 Minnetonka Boulevard, Minnetonka, MN. We will be seeking volunteers to agree to visit several meetings that we have identified. This process not only helps these meetings to better understand our services but we can also identify meetings that have changed meeting times, formats or perhaps no longer meet. All of this is important to ensuring that our meeting information is correct.

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.

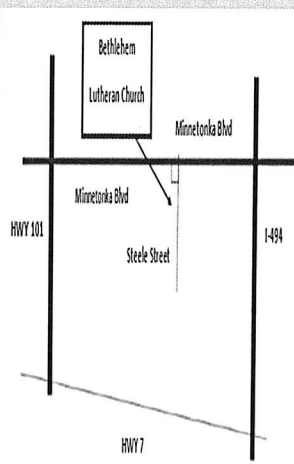
Metro District General Service Meetings

District 7	Second Monday, 6:30 pm Zoom Meeting ID: 894-9573-7082 Password: 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

5/6	What are A.A.'s Three Legacies? His Story
5/13	Step Five/ Tradition Five Her Story
5/20	The History of A.A. & Its Founders His Story
5/27	Step Six/ Tradition Six 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, May 25th at 6:30pm

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

Concept V

Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

Concept V begins with this paragraph:

In the light of the principle of the "Right of Appeal," all minorities—whether in our staffs, committees, corporate boards or among the Trustees—should be encouraged to file minority reports whenever they feel a majority to be in considerable error. And when a minority considers an issue to be such a grave one that a mistaken decision could seriously affect A.A. as a whole, it should then charge itself with the actual duty of presenting a minority report to the Conference.

Once again, our co-founder, Bill W. is reminding us of our responsibility to participate fully in A.A. The A.A. that I found when I hit bottom and dragged myself to the door was the A.A. of the Traditions and the Concepts, as well as the Steps, that is to say the A.A. run by spiritual principles, as practiced by trusted servants and members alike, for the good of A.A., in the spirit of carrying the message to the still suffering alcoholic. Concept V is the part of the whole that insures true democracy at all levels of A.A. service, from the home group at the top of the triangle to the General Service Board down at the bottom.

One of the "trusts" we put in our trusted servants is rooted in Concept V; we trust them to hear our appeals, our minority opinions, our concerns. Our trusted servants, in turn, trust us to do our duty. As Bill says, to present a minority report when called upon, for the good of A.A. as a whole. If you are like me, your hands get a little clammy at the thought of questioning a decision made by an area, or the General Service Conference, or one supported by people I look up to, like my area committee, my GSR, or my delegate; my throat gets dry and my knees shake. My experience shows me that is exactly the time to speak up, to question. And Bill calls this a "duty" for the good of the whole of A.A. Concept V provides the space for a *thorough-going debate on important issues*. The essay goes on to say: *The well-heard minority, therefore, is our chief protection against an uninformed, misinformed, hasty or angry majority*. This, then, is the key protection, in effect protecting us from ourselves. In true democratic fashion Concept V

encompasses everyone at all levels in our service structure, to practice this right of appeal. This is more than an invitation, it is a statement of responsibility, one that helps A.A. to hold true to our spiritual course. Concept V provides the reset mechanism, so important to our Fellowship, and vital to the still suffering alcoholic; the space for the small voice, asking the big question, that may turn the course, for the good of all.

May we all heed this invitation if it presents itself, to keep A.A. true to its principles, for the alcoholic who is still floundering, trying to find the door.

Meg H.

Area 36 Delegate, Panel 73

Group & Member Services Committee Greater Minneapolis Intergroup Annual Outreach Program

An Invitation to join our Committee!

This Spring help carry the Intergroup Service message to those who may not be informed what services IG provides.

Become a part of the 2023
GMSC Group Outreach

We ask that you have some idea as to how Intergroup serves the AA community.

So you can be better informed, we ask members who want to serve on this committee to attend the Group Assignment & Kick Off Meeting.

KICK OFF MEETING and Group Assignments

When: Saturday, May 6 or May 13
(Pick one Saturday to attend)

Time: 11:00 am to 11:30 am
Where: Bethlehem Lutheran Church
16023 Minnetonka Blvd.
Minnetonka, MN 55345

(After the Saturday Orientation Meeting)

March 18, 2023
To
August 26, 2023

Bethlehem Lutheran Church
16023 Minnetonka Blvd
Minnetonka, MN 55345

Greater Minneapolis Intergroup

**A.A. Orientation
Open Meeting
Every Saturday Morning
10 to 10:50 am**

Mar 18 Step One / Tradition One
Her Story

Mar 25 Staying Away from the First Drink
His Story

Apr 1 Step Two / Tradition Two
Her Story

Apr 8 Importance of Having a Sponsor
His Story

Apr 15 Step Three / Tradition Three
Her Story

Apr 22 Importance of Singleness of Purpose
His Story

Apr 29 Step Four / Tradition Four
Her Story

May 6 What are A.A.'s Three Legacies?
His Story

May 13 Step Five / Tradition Five
Her Story

May 20 The History of A.A. & Its Founders
His Story

May 27 Step Six / Tradition Six
Her Story

June 3 A.A. Literature—The A.A. Grapevine
His Story

June 10 Step Seven / Tradition Seven
Her Story

June 17 Self Support and A.A.'s Vital Services
His Story

June 24 Step Eight / Tradition Eight
Her Story

July 1 Local Service Office - Minneapolis Intergroup
His Story

July 8 Step Nine / Tradition Nine
Her Story

July 15 A.A. Service Entities: District & Area
His Story

July 22 Step Ten / Tradition Ten
Her Story

July 29 A.A. World Services / General Service Office
His Story

Aug 5 Step Eleven / Tradition Eleven
Her Story

Aug 12 Anonymity as a Spiritual Principle
His Story

Aug 19 Step Twelve / Tradition Twelve
Her Story

Aug 26 Importance of Having an A.A. Home Group
His Story

GENERAL DIRECTIONS

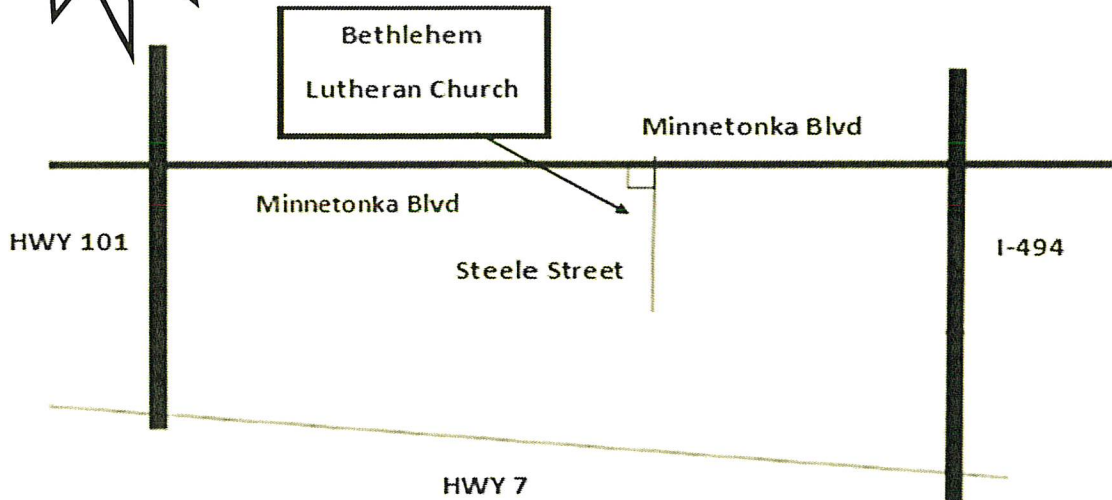
From Minnetonka Blvd (1.5 Miles west of
494) turn south on Steele Street. Parking lot
behind church

Map: www.aaminneapolis.org
Intergroup: 952.922.0880

Revised 12/22



Meeting Location:
Bethlehem Lutheran Church
16023 Minnetonka Blvd
Minnetonka, MN 55345



GENERAL DIRECTIONS
From Minnetonka Blvd (1.5 Miles west of 494) turn south on Steele Street. Parking lot behind church
Map: www.aaminneapolis.org
Intergroup: 952.922.0880

The Twelve Traditions - How They Apply In Our Lives

Tradition Five:

Each group has but one primary purpose—to carry its message to the alcoholic who still suffers .

A Program for Alcoholics

To carry its message to the alcoholic who is suffering is our one purpose in this Fellowship of Alcoholics Anonymous. For no other reason are we here, as this Fifth Tradition tells us. And we sober ones are also in the process of recovering and may come across many fears and pains; so we too need the group to stay sober; we cannot do it alone. So this is a program for alcoholics, active or sober. Our sole purpose is to pass it on, so we may live and help others to find their lives.

Let us never forget the precious gift that we were given. AA is unique because we have one primary purpose. Let us not dilute this purpose in our group meetings or activities, at group, district, or area levels. Though our program has the answer to the affliction of alcoholism, through our Twelve Steps and Twelve Traditions, AA cannot help nonalcoholics. This world is full of afflictions and wrongs, and there are other programs for other problems.

Raul M. | San Antonio, TX

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HAPPY
joyous
FREE

WILL W



"Sunlight of the Spirit"

GOPHER STATE
ROUNDUP XLVIII

May 26th, 27th & 28th
2023



Activities and Accommodations:

DoubleTree by Hilton Hotel
Highway 100 & 494 • Bloomington, MN

MEETINGS • SPEAKERS • FELLOWSHIP • HOSPITALITY ROOMS • A.A. FILMS

REGISTRATION – \$30.00 Contribution (Ages 13 & Over)

Scholarships Available On-site

Register in Advance

Guaranteed Special Room Rates.
Register early for the best rate. Details at
www.gopherstateroundup.org
or directly with DoubleTree by Hilton at
800-222-8733.
Mention Gopher State Roundup for a
special rate.



Gopher State Roundup is a special A.A.
conference with Al-Anon participation.
Gopher State Roundup is self-supporting.

Volunteers are needed at Gopher State Roundup!

Gopher State Roundup uses volunteers in many areas each year. All Roundup activities are assigned to the following committees:

- Al-Anon Family Groups
- Hospitality Rooms
- Hotel
- Information
- Reception
- Registration
- Room to Grow
- Tickets
- Security and Outdoor Services



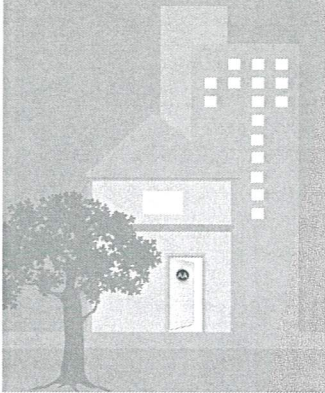
Working as a volunteer during the Roundup is a great experience. Each year, hundreds of volunteers are needed to help before, during and after the Roundup. We cannot guarantee that each person will be used, but we make every effort to achieve maximum volunteer participation.

Volunteers can sign up on the website: www.gopherstateroundup.org.

THANK YOU AND ENJOY THE ROUNDUP!!!

Alcoholics Anonymous in your Community

HOW THE FELLOWSHIP
OF A.A. WORKS
IN YOUR COMMUNITY
TO HELP ALCOHOLICS



Grapevine Book of the Month: Language of the Heart (HC)



THE LANGUAGE OF THE HEART

Bill W.'s
Grapevine Writings

As Bill Sees It

THE A.A. WAY OF LIFE
(selected writings of A.A.'s co-founder)

A.A. Pamphlet of the Month: Alcoholics Anonymous in your Community

AA Book of the Month: As Bill Sees It (SC)

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

2218 Squad 61
4111 Group
Alive and Aware Group
As Bill Sees It - Delano
Back To Basics Women's Group
Belle Plaine AA Group
Better than Gold
Blaine Alano Squad 3
Bloomington West Enders
Bridges AA Group - Prior Lake
Cavalier West Thursday Big Book
Central Pacific Group
Clearwater Groups
Colfax Tuesday AA Group
Crushed Grapes
Desire Meeting
Fairview Riverside AA
Fourth Dimension AA Group
Foxhall Chapter 7 Group

Hanover Tuesday AA
Happy Destiny
Isanti Thursday Night Big Book
It Might Have Been Worse
Kozy's Noon Men's AA
Ladies Night Happy Hour-Sahara Club
Lynnhurst AA Group
Meditation At Peace
Men at Work-Minnetonka
Minnetonka Big Book Study Group
Minnetonka Senior AA
NE Recovery Room 12X12
New Hope Alano Squad 7
Plymouth 2 Monday Night Group
Polaris Group
Principles Before Personalities
Principles in Action
Rich/Blmngtn Alano Squad 7G

Rich/Blmngtn Alano Sun Speaker
Ringmasters AA Group
Rockford Riverview AA Group
Rule 62 Cavalier
Sahara Thurs Men's Closed Group
Saturday Morning Fever
Saturday Night Live Group
Senior Men's Barn Group
Serenity Seekers at Ridgewood Church
SOS AA - Minneapolis
St. George Thurs Night AA Group
St. Martin's Mon Nite Group
Stepsisters of Northfield
Suburban North Alano Squad 86
Suddenly the Thought
Sunday Morning Group Prior Lake
Sunday Night AA Isanti
Sunday Serenity Group

Sunrisers (Thursdays)
The Becker Group
Third Tradition Group of AA Northfield
Thursday Night Big Book-Northfield Tradition One
Trans & Queer
Tuesday Morning Step Group (Buffalo)
Turning Point Women's BB Monday
Twelve West AA Group
Victory AA
Voices Of Recovery
Women's AA Group at Elim
Women's Experience, Strength, & Hope
Worthy Women's Big Book Study
You Are Not Alone

Every AA group that sends a contribution is sent a receipt along with a "Thank You" letter from the office. It is the responsibility of the group treasurer or trusted servant to share the receipt and "Thank You" letter with their respective group. Every AA group that sends a contribution will be listed in the MIRUS. Upon inquiry your AA group can request a contribution summary.

Group Contributions/Birthday Plan** March 2023

Foxhall Chapter 7, Minnetonka Big Book Study, Tradition Five

**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



May 5th & May 6th

51st Annual Iron Range Get-Together

Grand Rapids Eagles

Grand Rapids, 55744

Doors Open: 6:30pm

Info: 218-326-4845

May 6th

Safety In The Rooms Workshop

12:00pm – 4:00pm

By Bad Mom's Squad 24/7

Fridley Alano, Fridley, MN

Location Contact: Cindy 763-571-5910

General Service Announcements

May 6th

Area Committee Meeting

Committees 9:30am – 11:30am

GSR/Alts 10:30am – 11:30am (optional)

Area Committee 12:30pm – 5:00pm

Remote ZOOM Meeting – go to area36.org

June 24th

Area Assembly

9:00am – 5:00pm

Buckham West

19 Division St W

Faribault, 55021

Hybrid meeting go to area36.org

MEN AT WORK
PRESENTS

MONDAY, JUNE 19TH

A Charity
GOLF
TOURNAMENT

All proceeds to benefit Minneapolis Area Intergroup
12:00 p.m. Shotgun start / dinner following

FIRST 120 GOLFERS \$165.00 EA.

BENT CREEK GOLF COURSE
14490 Valley View Rd. • Eden Prairie, MN 55344
"Split the \$\$ Pot Raffle"
CONTACT: RICHARD M. 612-670-3898
BRAD R. 612-508-6211

Minnetonka Big Book Study Group

of
Alcoholics Anonymous

presents its

29th Annual Serenity Breakfast

Sunday May 21, 2023

at the Minnetonka Community Center
14600 Minnetonka Blvd ~ Minnetonka, MN 55345



Guest AA Speaker

Bob D. from Las Vegas, NV


Speaker will be ASL interpreted

Breakfast: 8:00 am to 10:25 am

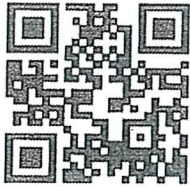
Speaker Meeting: 10:30 am to Noon

Only \$15.00 in advance ~ \$18.00 at the door
(Speaker only = Seventh Tradition)

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

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Please make checks payable to Intergroup Association and send to:

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

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