

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

May 2024 *Step, Tradition, and Concept Five*

Step Five

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

So, when I heard about this step for the first time I was about six months sober. I was going to meetings weekly yet had not worked any step including number one. My sponsor read me correctly that I would likely bolt for the door if anyone tried to tell me what to do.

(Early in the Big Book, Bill W says "Alcoholics do not like to be told what to do").

So, when I heard about Step 5 for the first time, I said to my secret self: "That conversation is never going to happen with me"

Another 6 months went by, I got a 1-year Medallion, everybody clapped, and I felt pretty good with the attention. I had a full year of staying out of slippery places (my bars) and staying away from slippery people (my hoodlum friends). So, I had experienced a full year of sober boredom staying at home with my family, But, I was a regular at my AA group and never missed a meeting. I got to that 1 year because I liked the AA people; their stories of trouble and drunken escapades.

Although, I was still stealing during my first year in the program and then my "fence" (the guy who would re-sell things I was stealing) got drunk during a snowstorm and froze to death. I was a little worn out with it all and I decided to work the steps or at least take a shot at it.

My Sponsor got me rolling and after a few months in the Big Book, I got to making a 4th step list which I hid in the trunk of my car. Vowing that never would I be talking about this stuff out loud in a 5th step. But, there was another plan in place, God gave me pneumonia, sending me to the hospital where I could re-think this idea of taking the 5th step while sitting in the hospital.

Finishing my list of wrongs and damages to others was difficult because I was looking back at a lifetime of lies, stealing and deceit; things I had never talked about to anyone. Of course, I knew right from wrong, but I had always accepted my life of junior crime as something that I selfishly deserved; that stealing, vandalism or lying were just the risks and routine of life on the street.

Now, God barged in again with a floating thought and suggested that I could call the Chaplin in the hospital to do the 5th step. So, I had my list and I made the call. It was a priest who said he had heard 5th steps before and offered to come right over but I managed to stall him for a day although I was just lying quietly in a hospital bed.



Anyway, I liked the priest when we met. He had heard many 5th Steps and I started telling him about my past. He mostly JUST LISTENED, and I rambled on for about an hour reading off my 4th step list.

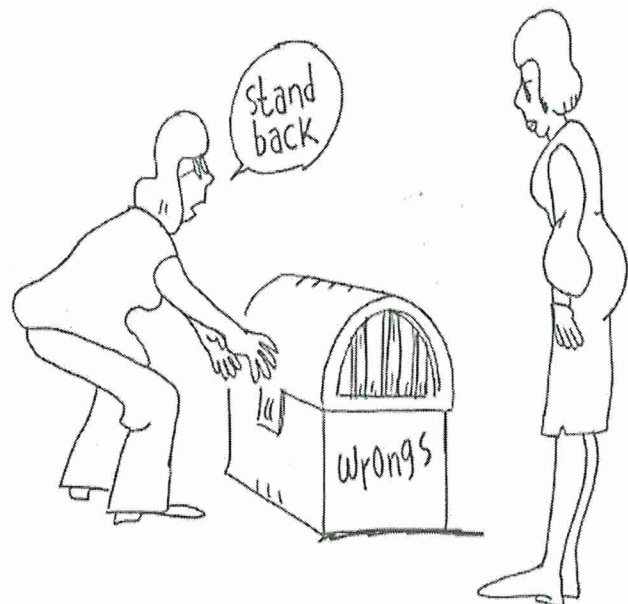
Looking back, I'd say my 5th step disclosure to him was about 50% fact and 50% fiction as I would occasionally lie and blame other people in my life's disclosures; It took another 6 months to get the rest of my 5th step out to my Sponsor.

The priest left after my clunky effort to disclose the exact nature of my wrongs as well as I could that day. It was uneven, it was incomplete, but it was the first time in my life that I had broken into my secret world of alcoholic thinking and behavior by talking openly about what was there.

Alone in my hospital bed with my 4th step papers crumbled up, I felt tremendous relief that I had tried to do the right thing! As I continue in AA, I have built an active conscience that kicks in when my addict wants to take me in the wrong direction.

I love people in recovery. Normies, not as much.

Patti O., Minneapolis



Greater Minneapolis Intergroup • Alcoholics Anonymous ®

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

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

Notes from your Service Office:

The General Service Theme for 2024 is:

“Connecting with Love, Unity, and Service.”

Welcome to May 2024!!

We hope you were able to attend the 41st Annual Gratitude Night last month on Saturday, April 6th. It was a beautiful night of fellowship! We had close to seven hundred in attendance. I saw so many great photos from the photo booth. The dance floor was full for most of the night! For many the spirit of the AA Prom lives on! Our Chair, Joe S. and Co-Chair Nicquie N. did an excellent job running the show. Lisa D., our Al-Anon speaker was incredibly open and honest with a powerful message of hope. Kent C. got my attention immediately regarding the destruction alcoholism has in our lives and our family. But also, the life changing Steps and Traditions we are freely given. Thank you to everyone who came and supported Minneapolis Intergroup!

The first two Saturdays in May, the 4th and 11th will kick off our annual outreach program. Please consider visiting one group by the end of June. Your service will make certain the meeting information we list is correct when someone is searching for a meeting to go to. Also, inform members about opportunities to carry the AA message through Intergroup 12 Step Services. If you

cannot attend the two kick-off meetings, stop by the office and speak to a Staff member to get information on how you can help.

Gopher State Roundup XLIX will be here soon. Their theme this year is “Road to Recovery.” We are looking for groups to sign up to host a two-hour time slot to bring food to share with those attending the event. There are two groups per shift so you can work together to compliment each other. If your group members know they are not able to attend, we welcome a monetary contribution to buy food. We have a sign in the suite that lists the name of each group hosting at the current time. We want to show our appreciation for every group serving the suite.

We welcome all members of our AA community to stop in the Intergroup Office to say hi. We would love to meet you. The coffee is always on! Minneapolis Intergroup is your Intergroup!

In Love and Service,

Gail S., your Office Manager

Notes from Your Board Chair:

May is the last month of Spring and the flower of May is the Lily of the Valley. My mom used to plant Lily of the Valley and Lilacs outside the house I grew up in and the smell of those blooms always remind me of my childhood. May is the 5th month which means this month’s MIRUS is all about the 5th Step and Tradition. Step Five states, “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs” and requires sharing the inventory of resentments, fears, and sex conduct we wrote in Step Four. I had a lot of resentments from my childhood. I got sober at twenty years old so I was still fairly young chronologically while mentally and emotionally I was probably closer to fourteen. I was afraid to do my first 5th Step, but I remember the relief that came after and how my sponsor told me she loved me. I have done several 5th Steps since that first one and the anticipation of that relief always outweighs the fear.

Tradition Five states, “Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.” We do this as individuals in Step 12 of our program of recovery and carrying the message to other alcoholics is the only way to ensure our own sobriety. Prior to finding Alcoholics Anonymous I didn’t have a purpose and I often felt useless. Today I know I am uniquely qualified to help other alcoholics attain and maintain sobriety through AA. I am so grateful to have a purpose that gives my life direction and also brings me a tremendous amount of joy. According to an article titled, “Living the Traditions: They work for individuals as well as for groups”, in the March 1982 edition of the AA Grapevine, “Each of us is but a small part of the whole, but by joining AA’s primary purpose to our own, we become something bigger than our individual selves.”

The 5th Tradition is one of the traditions that has a very practical application to my life outside of the rooms of AA. Everywhere I go I have a primary purpose. When I am at work my primary purpose is to be a productive employee. When I am with my family my primary purpose is to be a contributing member of my family. I often get distracted and may be scrolling through social media when I should be listening to someone speaking or creating my Amazon wish list when I am on a conference call. I may try to justify this behavior by calling it multitasking. However, if I am not fully present then I am not practicing Tradition Five. I am at my best when I remember to be where my feet are – not just physically, but mentally. Some days it is easier to do that than others, but this is where I strive for progress rather than perfection.

One of my favorite AA events in Minnesota is just around the corner – Gopher State Roundup! It will be held at the DoubleTree by Hilton Hotel in Bloomington, MN May 24th – May 26th. The theme this year will be “Road to Recovery” and registration is \$30. Minneapolis Intergroup will have a hospitality suite as usual and would love to have your AA group volunteer to host a two hour time slot. If your group is interested please call the Intergroup office at 952-922-0880 and let us know. I hope to see you all there!

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.

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John M. Steve S.
 Grace C. Mark S.
 Pam N. Thomas D.
 Andy D. Gabriella R.
 Gail S. Office Manager, Ex-Officio

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 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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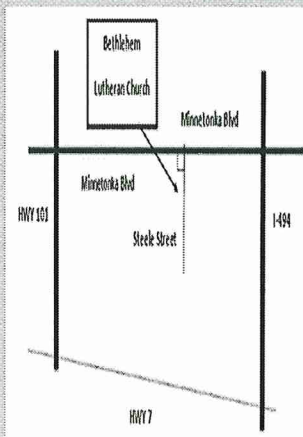
Metro District General Service Meetings

- 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

- 5/4 A.A. Literature—The A.A. Grapevine
His Story
- 5/11 Step Seven / Tradition Seven
Her Story
- 5/18 Self Support and A.A.'s Vital Services
His Story
- 5/25 Step Eight / Tradition Eight
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 23rd 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 brings together two spiritual truths:

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 servants; they do not govern.

And personal responsibility. It invites us, all of us, to participate fully in our Fellowship, for the enduring good of the Fellowship. The text of Concept V states that anyone in our service structure may exercise the Right of Appeal, and no one should hesitate to do so for fear of reprisal.

Who is in our service structure? Is it only delegates or trustees or area officers? It is far more inclusive than that, it is all of us, from each individual A.A. member of a home group, right down the triangle, and each voice is vital, to the decisions that keep our doors open for us, and those who haven't found us yet.

Bill says in Concept V the following:

"In granting this traditional "Right of Appeal," we recognize that minorities frequently can be right; that even when they are partly or wholly in error they still perform a most valuable service when, by asserting their "Right of Appeal," they compel a thorough-going debate on important issues. The well-heard minority, therefore, is our chief protection against an uninformed, misinformed, hasty or angry majority."

It is in the hearing of the minority opinion, offered through the right of appeal, that our loving God expresses himself in our group conscience. The idea of personal responsibility goes both ways, of course. We have the responsibility to listen to the voice of the minority with open minds and hearts; to hear differently what we had perhaps discounted before.

Sometimes we are changed, concerns are reconsidered, with different results. On the other hand, we have the responsibility to offer the minority opinion, when called upon. This responsibility is not to ourselves, or even to our position on any given issue. It is a responsibility to our Society at large, so that it continues to flourish, and to shine a light for those struggling with alcoholism. We do this all down and up the triangle. Every time we participate in a group conscience, whether at our home group, at an area assembly, or at the General Service Conference, we are reminded to invite the



minority opinion, so that everyone is heard and every position is considered. In this way we ensure that the God of our understanding is guiding us to come to the best possible decisions for the highest good. A.A.'s future is strengthened each time we take the time to hear everyone, not simply the loudest one. This is the spiritual mandate offered us in Concept V.

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

1. Am I willing to explain firmly to a newcomer the limitations of AA help, even though they may get mad at me for not giving him a loan? Or dating advice? Or help with a job?
2. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
3. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
4. Do I help my group in every way to fulfill our primary purpose?
5. Do I remember that AA long-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?
6. Does our group ever use money from the basket for dinners or events or for memorials for members who have passed on?

Two Great Ways to Support Your Greater Minneapolis Intergroup!

**participate in
The Birthday
Plan**

What is the Birthday Plan?

In grateful celebration of their sobriety birthdays, many A.A. members contribute one dollar or more for each year of sobriety to any or all of our four service entities; the local Intergroup, District, Area Assembly, and General Service Office.

Every A.A. service is designed to help carry the A.A. message to the alcoholic who still suffers. Your Birthday Plan contributions* help make our vital services possible.

**“When we meet and defeat the temptation to
take large gifts,
we are being prudent. But when we are
generous with the hat,
we give a token that we are grateful for our
blessing
and evidence that we are eager to share what
we have found with all those who still suffer.”**

Bill W., *Language of the Heart*

Contributions can be sent to:

Minneapolis Intergroup

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

General Service Office

P.O. Box 2407
James A. Farley Station
New York, NY 10116-2407

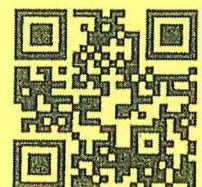
Southern Minnesota

Area Assembly

(SMAA)
P.O. Box 2812
Minneapolis, MN 55402

District

Ask your GSR or contact Intergroup
for District mailing information



Two Great Ways to Support Your Greater Minneapolis Intergroup!

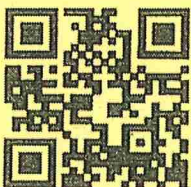
become a
**Faithful
Fiver**

“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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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

Checking / Savings* (attach voided check)

Savings Account

Checking Account

Routing Number: _____

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

Account Number: _____

Credit Card*

Visa MasterCard AmEx Discover

Account Number: ____ / ____ / ____ / ____

Expiration Date: ____ / ____

Name on Card: _____

*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 _____

Minnetonka Big Book Study Group
of
Alcoholics Anonymous
presents its
30th Annual Serenity Breakfast
Sunday May 19, 2024
at the Minnetonka Community Center
14600 Minnetonka Blvd ~ Minnetonka, MN 55345



Guest AA Speaker



Christina G. from Brecksville, OH
Speaker will be ASL interpreted, building is Handicapped Accessible

Breakfast: 8:00 am to 10:25 am
Speaker Meeting: 10:30 am to Noon

Only \$18.00 in advance ~ \$20.00 at the door
(Speaker only = Seventh Tradition)

Map and directions on the back of this flyer

PLEASE POST ON BULLETIN BOARD

"Road to Recovery"

**GOPHER STATE
ROUNDUP XLIX**
May 24th, 25th & 26th
2024



Activities and Accommodations:

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

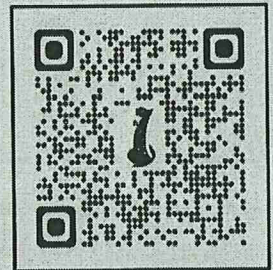
MEETINGS • SPEAKERS • FELLOWSHIP • HOSPITALITY ROOMS • A.A. FILMS

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.

This Month in A.A. History

May 11, 1935-Bill W made calls from the Mayflower Hotel and was referred to Dr. Bob.

May 12, 1935-Bill W met Doctor Bob at the home of Henrietta Seiberling.

May 1, 1941- The first Wisconsin AA meeting was held at a hotel in Milwaukee.

May 8, 1943-Akron AA Group celebrates 8th anniversary with 500 present and sober.

May 6, 1946-The long form of the "Twelve Traditions" was published in the AA Grapevine.

May 28, 1974-The first World Service Meeting of AA outside North America was held in London.

May 29, 1980 -"Dr. Bob and the Good Oldtimers" was published.

**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 2024
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

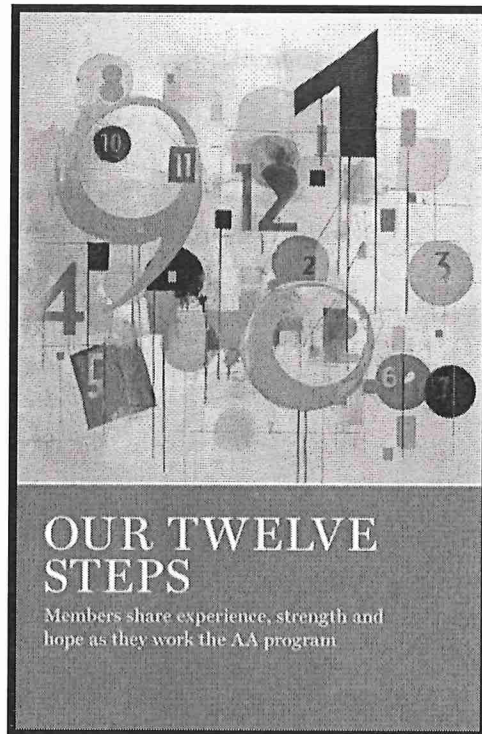
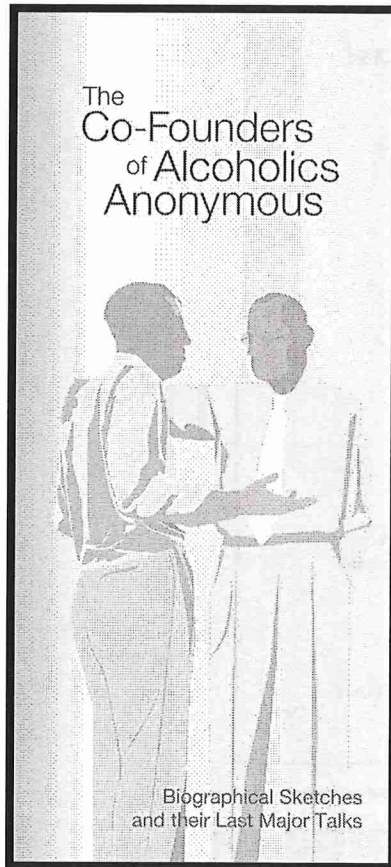
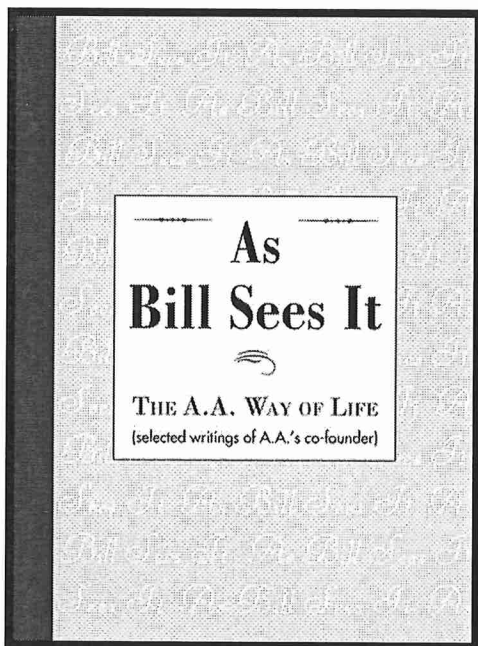
When: Saturday, May 4 or May 11
(Pick one Saturday to attend)

Time: 11:00 am to 11:30 am

Where: Bethlehem Lutheran Church
16023 Minnetonka Blvd.
Minnetonka, MN 55345

(After the Saturday Orientation Meeting)
(Outreach Area is yet to be determined)

**A.A. Pamphlet of the Month:
The Co-Founders of A.A.**



**AA Book of the Month:
As Bill Sees It**

**Grapevine Book of the Month:
Our Twelve Steps,
Members share Experience,
strength, and Hope**

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

- | | | | |
|-------------------------------|----------------------------|--------------------------------|--|
| 4100 AA Group | Crushed Grapes | NE Recovery Room 12X12 | Southeast Community Squad 20 |
| 4th Step Workshop | Delano Saturday Morning | Parkway AA Group | Southwest Women's Group |
| A Hundred Forms of Fear | Embers In The Fire | Pocket Our Pride | St. George Thurs AA Group |
| Andover Alano Squad 4 | Fourth Dimension AA Group | Practical Experience | The Hand of AA |
| Andover Alano Squad 9 | Golden Valley Group | Primary Purpose Group | The Leftovers Squad 17 |
| Anoka Today Alano Squad 26 | Gratitude Group | Rebellion Dogs | There is a Solution AA - Rogers |
| Basic Twelve & Twelve | Happy Destiny | Relapse Enders Women's AA | Third Tradition Group of AA Northfield |
| Better than Gold | Hit Squad - H-2 | Rich/Blmngtn Alano Sun Speaker | Three Legacies |
| Bloomington West Enders | Hope AA Lakeville | Ridge Runners II Group | Tonka Alano Society |
| Breakfast Club-Saturday | Hope's on Penn | River North AA | Tradition Five |
| Bridges AA Group - Prior Lake | It Might Have Been Worse | River Valley AA Group | Tradition Three Group Waconia |
| Candlelight Group--Chaska | Kozy's Noon Men's AA | Rule 62 Cavalier | Victory AA |
| Changing Lanes AA | Lakeville Big Book Meeting | Saturday Classes | Wayzata Step Sisters |
| Common Solution Big Book | Monday Women's Big Book | Saturday Night Live Group | We Think Not |
| Continuous Action | Monticello Alano Squad 3 | Senior Men's Barn Group | 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 2024
Foxhall Chapter 7, Minnetonka Big Book Study (2) & Basic 12—Golden Valley**

**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 3rd & May 4th

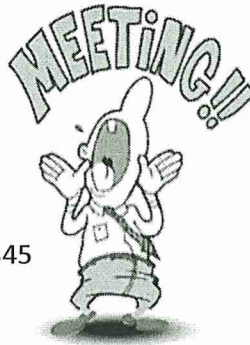
Iron Range Get-Together
Grand Rapids Eagles Club
Grand Rapids, 55744
218-326-4845

May 19th

30th Annual Serenity Breakfast
Minnetonka Community Center
14600 Minnetonka Blvd
Minnetonka, 55345
8:00am Breakfast
10:30am Speaker

May 31st thru June 2nd

MNYPAA XI
Marriott Northwest
Brooklyn Park, 55428
MNYPAA.org



General Service Announcements

May 4

Area Committee Meeting
Committees 9:30am – 11:30am
Area Committee 12:30pm -5:00pm
Online Only – go to Area36.org

June 22

Area Assembly
Safe Harbor Properties
2110 Hwy 14 E Frontage, Rochester
9:00am to 5:00pm
In Person Only

**The Intergroup Office
will be closed on
Saturday, May 25th
for the Gopher State
Roundup &
Monday, May 27th
in honor of Memorial Day.**

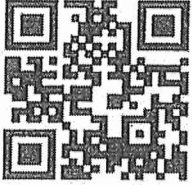
INTERGROUP ASSOCIATION
7204 W. 27th St., Suite 113
St. Louis Park, MN. 55426

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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

Please print:

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Name _____

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State _____

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