

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

Step Eleven

November 2023 *Step, Tradition, and Concept Eleven*

“Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out.”

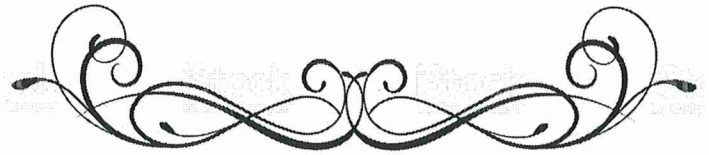
It is with an enthusiasm of joy that I have this opportunity to share my experience of working Step 11, with all of my fellows.

In early recovery it was suggested to me to take the Steps in order, and I believe that is how the program works. Somewhere between Steps 2 and 3, an old-timer pulled me aside and mentioned that I could practice Step 11 at any time. That was good news for me because of my agnostic attitude at that time. The steps do work in my life if I work at them.

As I approached Step 11 for the first time I could easily pray, morning and night, but I have always thought that meditation was for a dedicated clergyman, and I thought that I was not one of them.

I continued my attendance and weekly service work for ten years with this perception. Then a weekend convention in Duluth with Don C. and Don M, who together put on an 11th Step Workshop after they had both shared their experience. Both started with the “Upon Awakening” prayer on page 86 of our Big Book. They mentioned that upon awakening is as soon as I realized I was awake with my head on the pillow, and before my mind started to race. Before any of the possible distractions of the coming day could take my attention away from the fact that I have the gift of life today, and I can be grateful for all of the wonderful things, the blessings that I have received. I know that I would not have any of this if I were still in active Alcoholism. They went on to talk about building traditional disciplines in our prayer and meditation practice. After listening to them, I was willing to start my new journey into meditation. I started with a small increment of time. Even just one minute. Ask my Higher Power to direct my thinking, especially that it was divorced from self-pity, dishonest and self-seeking motives.

The part that seemed most difficult was trying to clear my mind so my Higher Power could come in.



The 11th Step is written specifically “Sought through prayer and meditation” and my willingness to take this Step thoroughly was very strong. The example of my friends who had what I wanted gave me the inspiration to be patient with my results after my early attempts with Step 11 meditation.

My recovery discipline today is “upon awakening” say the page 86 prayer as soon as I am awake, then I make coffee and go to the place in my home where I can be undisturbed. I set my phone for 12 minutes and 12 seconds. In that time, I thank my Higher Power for the gift of life, and for all of the blessings I have. I say the 3rd Step prayer and keep my mind focused on letting my Higher Power in. Most days the chime on my phone goes off while I am in a very good place. I was frustrated in the beginning of this practice because I was expecting an outcome. When I could practice some patience and be diligent in my practice, I was able to realize that my Higher Power was molding me to be the best Joe I could be.

Then I knew that I was practicing Step 11. I was improving my conscious contact with the God of my understanding and being excited for the opportunity to be of service to my fellows.

Joe W., Lino Lakes



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.”

I am so thankful for all the Intergroup Reps that attended the September 28th Rep meeting and participated in electing five new Board members. We couldn't have done it without you. That goes for Keith I. who facilitated the in person voting and Vince P. who managed the online voting. They did an amazing job.

First and foremost, we can't thank enough, our four Board members that rotated off. Mike A., Tanya L., Betsy G. and Dan S. And Mark M. needed to step down for his final year as he migrates out of state for the next six months. Their commitment to serve Minneapolis Intergroup was an inspiration to me. It was a privilege to serve alongside them.

Our newly elected Board members are Pam N., Gabriella R., Andy D., Mark S., and Thomas D. There is no doubt their love for Alcoholics Anonymous and service guided them to stand for these positions. I look forward to working with each one of them.

We will be getting ready to host Suite 115 at the Founder's Day Minnesota on Saturday, November 25th. We are looking for groups to host a two-hour time slot and bring food to share with all who attend the event. Call the staff at the Intergroup office (952-922-0880), who will let you know the shifts that are open and share the guidelines to help you plan the food you bring.

As the weather grows colder and the holidays approach, please remember to notify Minneapolis Intergroup if your group has to cancel due to severe weather conditions or your meeting is cancelled due to your building being closed for the holidays or other specific dates. We can flag your meeting as “Temporary Closed.”

The Intergroup office's Winter Open House will take place on Saturday, December 16th from 9:00 am to 1:00 pm. Take a break from the pressure the holidays can bring and come for great fellowship and food.

In Love and Service,

Gail S., your Office Manager



Notes from Your Board Chair:

October marks the beginning of a new year for Minneapolis Intergroup as our fiscal year runs from October 1st through September 20th. Each fiscal year we elect four new Board members and a new Executive Committee. This year we elected five new Board members as one of our existing Board members had to step down after two years of service. We are grateful to the members rotating off the Board for their time, energy, and hard work. Betsy G., Dan S., Mark M., Mike A., and Tanya E., thank you so much for your commitment and service to Minneapolis Intergroup and the meetings we support!

I would like to extend a very warm welcome to our new Board members: Andy D., Gabriella R., Mark S., Pam N., and Thomas D. We look forward to getting to know you all better!

Our new Executive Committee is as follows: Jeff A. – Co-Chair, Christina M. – Treasurer, and Maverick M. – Secretary.

Founder's Day 2023 is approaching and commemorates 83 years of AA in the upper Midwest! The event will be held on Saturday, November 25th at the DoubleTree by Hilton in Bloomington. Join us for a day of celebration, fellowship, and recovery and honor those with one year of sobriety.

I appreciate the opportunity to be a member of the Minneapolis Intergroup Board and look forward to serving you this year as Board Chair!

Best regards,

Kelli B., Board Chair

**The Office will be closed
November 24th & 25th for
the Thanksgiving holiday as
well as Saturday, November
26th for Founder's Day**

**Sorry
WE'RE CLOSED**

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

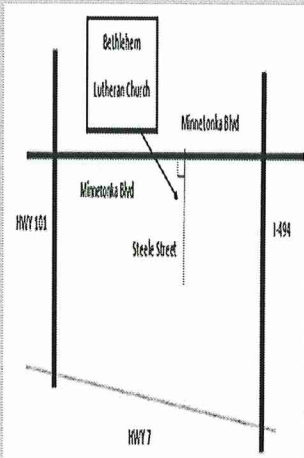
- District 7** Second Monday, 6:30 pm
Zoom Meeting ID: 851 2052 3806
Passcode: District7
- District 13** First Tuesday, 7:00 pm
United Methodist Church
10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
- District 14** First Monday, 7:30 pm
United Methodist Church
609 8th St NW, Buffalo, MN 55313
- District 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

- 11/4 The History of A.A. & Its Founders
Her Story
- 11/11 Step Six/ Tradition Six
His Story
- 11/18 A.A. Literature— The A.A. Grapevine
Her Story
- 11/25 Step Seven/ Tradition Seven
His Story

The Intergroup Rep Meeting will be held at Bethlehem Lutheran Church 16023 Minnetonka Blvd. Minnetonka, MN 55345 This is a HYBRID meeting. Thursday, November 16th at 6:30pm



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

CONCEPT XI

While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore, the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

Concept XI sets out very clear directions for continued effectiveness in carrying the message, from our General Service Board to our Trustees Conference Committees, to our GSO support staff, to our two corporations: A.A.W.S. and A.A. Grapevine.

A case can also be made that this Concept also extends right up our upside-down triangle to our Regions, Areas, Districts and Homegroups. This is another Concept that endeavors to have the most qualified people working on behalf of our Fellowship, and also to empower them with the authority and financial resources necessary to carry out their tasks.

Without that authority and those resources, they would always be empty suits, if you will, dependent all the time on Conference Advisory Actions for direction, which is not practical, given than the General Service Conference meets only once a year.

Our services to the Fellowship, and thus to the still suffering alcoholic must be living breathing and active. Concept XI is a fine mechanism, guided by Bill's vision, to make sure our service is relevant,

prudent, and carried out in the best way possible. I highly recommend all Trusted Servants, wherever in the service structure you currently land, read this concept through thoroughly, it is very wordy, but broken down quite brilliantly, giving us a roadmap for continued service in A.A. and an understanding of our structure at the bottom of the triangle that makes it all possible.

It is an honor to serve Area 36 as your Panel 73 Delegate, and to take our place in the process for these two years.

Meg Huston

Delegate Area 36/Panel 73

Founder's Day Minnesota 2023

Celebrating 83 Years of AA
in the Upper Midwest and
Honoring AA Members with
One Year of Sobriety!



Scan to learn
more!

**Celebrate sobriety with a banquet,
great speaker meetings,
hospitality suites and A.A.,
AI-Anon and YPAA activities.**

Featured Speakers: Lillie H., Portland, ME
Beverly B., Lewisville, TX
Michael D., Sioux Falls, SD

Location

Special room rates with
early reservations:

DoubleTree by Hilton
Bloomington - Minneapolis South
7800 Normandale Blvd
Bloomington, MN 55439

952.835.7800 or 800.222.8733

\$25 Registration

TBD Registration & Banquet

Register online

FoundersDayMN.org

Founder's Day Volunteers Needed

Volunteer Sign Up

Date _____

First & Last Name _____

Street Address (include Apartment #) _____

City, State, ZIP Code _____

Check here if okay to text

Cell Phone (include Area Code) _____

Home Phone (include Area Code) _____

Email Address _____

Name of Home Group _____

I am interested in volunteering to:

_____ Registration (Ticket Sales, name badges)

_____ Greeters at Meetings

_____ Staff at Information Center

Please remember that everyone who attends the event, including volunteers, is required to register.

Return by Mail to:
Founder's Day Minnesota
P.O. Box 390138 Minneapolis, MN 55439

Return by Email to:

FoundersDayMinnesota@gmail.com

**GREATER MINNEAPOLIS
INTERGROUP
ANNUAL
WINTER OPEN HOUSE**

Saturday, December 16, 2023

9:00 a.m. - 1:00 p.m.

*PLEASE JOIN IN CELEBRATING THE
GIFTS OF RECOVERY WITH DOOR PRIZE
DRAWINGS, Fellowship and Food!*

9 a.m.-11 a.m. Breakfast Goodies

11 a.m. - 1 p.m. Appetizers

**Greater Minneapolis Intergroup
7204 West 27th Street, Suite 113
St. Louis Park, MN 55426**

map & directions at www.aaminneapolis.org

The Twelve Traditions - How They Apply In Our Lives

TRADITION 11—Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films..

Bill W. clearly emphasized on many occasions--and even on tape --that AA members were not to hide behind their anonymity, but rather to respect the anonymity of others.

I happen to have special feelings about anonymity, because I have never had any in the Fellowship.

I happen to be what might be called a two-bit celebrity. I am widely known as a radio and television broadcaster. But my alcoholism stymied my career in those fields so that, though I am easily recognized, I am not necessarily well-regarded.

So be it. This is a consequence of my alcoholism, and I accept it.

Ever since I entered the Fellowship four years ago, I have realized that the fact of my recognizability makes my membership slightly different.

When I go on a commitment, I am recognized on sight, and people are able to identify me by the sound of my voice.

Their reaction is usually the same: they are surprised, and they are pleased. It is comforting, I guess, to find someone who has been detached and identified as "different" to be the same when it comes to alcoholism.

At first it was difficult for me to adapt to a nonentity status in my AA community. But, beginning is difficult for everyone, so I don't claim any particular affliction.

I was made to realize early on that there was a special role for me because of my recognition factor: I would serve as a power of example, as long as I stayed sober; I could do severe damage to AA if I got drunk. Cy W., who had twenty-one years of sobriety when I met him, told me graphically how important it was that I not disappoint people by failing to do everything that was suggested. "If you have a slip, it won't be just a slip, it'll be a mess!" he said.

At first I thought this was an unfair pressure to put on me. It was tough enough to get sober without having to do so as though everyone in the place were watching me. But this turned out to be a distinct advantage, for I had a special and helpful pressure to keep me sober.



Ironically, Cy W. was a fellow who always gave his full name from the podium, or anywhere else, because he had a deep understanding of the true purpose of anonymity within this Fellowship: Anonymity is not to protect our identity; it is to preserve our humility.

So long as my "famous" last name is not used for leverage in my casual social exchanges with my fellows, I am the same as any other Paul--or Emily or Charlie or Tom--in the Fellowship. I will carry that in my attitude, and so will all the people I meet.

But when it comes to a more formal event such as an accident, an illness, a Twelfth Step call, or a reason to send off a letter, I can be designated in full among those I trust and who trust me.

That, in my opinion, is how anonymity should function.

I shall have no fear of any other alcoholic knowing who I am. I shall trust that no one in this Fellowship will tell outsiders that he heard me give my name and designate myself as an alcoholic. And I shall remember that this same blend of anonymity and trust applies to all my activities within AA. I am no different. Therefore, I am no better, no worse.

I have-to remind myself that one of the ingredients of my active alcoholism was a constant drive to make sure everybody, wherever I was, knew that I was there, and knew who I was.

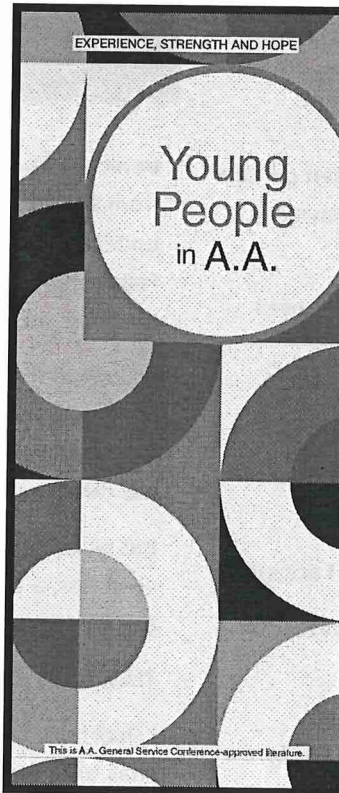
It is entirely fitting, therefore, that a guy like me should wind up anonymous.

The AA Grapevine online store has a variety of books, ebooks and other publications full of inspiring stories of fellow AAs on their journey to recovery.

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**A.A. Pamphlet of the Month:
Young People in A.A.
(Newly Revised)**



THE BEST OF BILL

Reflections on Faith, Fear, Honesty,
Humility, and Love

Plus Bill's Classic Essay on Anonymity

**As
Bill Sees It**

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

LARGE PRINT

**AA Book of the Month:
As Bill Sees It
(Large Print)**

**Grapevine Book of the Month:
The Best of Bill
(Large Print)**

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

- | | | | |
|--|--|--|---|
| <p>Albertville Camels
Andover Alano Squad 4
Andover Alano Squad 77
Andover Alano Squad 9
Back To Basics Women's Group
Basic Twelve & Twelve
Better than Gold
Blaine Alano Squad 3
Breakfast Club-Saturday A.M.
Bridges AA Group
Clearwater Groups
Common Solution Big Book Study
Continuous Action
Cottagewood Meeting AA
Dakota Alano Society</p> | <p>Desire Meeting
Discovering AA Squad 1
Elko New Market Weds Group
Eternal Vigilance
Experience, Strength, & Hope
Fairhaven Friday Night AA
Fairview Riverside AA
Foxhall Chapter 7 Group
Fridley Alano Squad 32 Vets
Golden Valley Group
Halfway There
Happy Destiny
Hope AA Lakeville
Isanti AA Squad 3
Isanti Alano Squad 12</p> | <p>It Might Have Been Worse
Kozy's Noon Men's AA
Ladies Night Happy Hour
Lakeville Sat Big Book Meeting
Lynnhurst AA Group
Medina AA Group
Men at Work-Minnetonka
Minnetonka Big Book Study Group
Monday Primary Purpose Group
New Hope 2 pm Newcomers
New Hope Alano-Squad 16
Relapse Enders Women's AA
Rich/Blmngtn Alano Sun Speaker
Richfield/Bloomington Squad 1y
River Valley AA Group
Riverlyn AA Group</p> | <p>Saturday Classes
Saturday Night Live Group
Senior Men's Barn Group
Squad 7, Blaine Alano
St. Louis Park Sun Night AA Group
Suddenly the Thought
Sunrisers (Thursdays)
There is a Solution AA - Rogers
There is a Solution Women's AA
Third Tradition Group of AA
Twin Lake Alano Squad X
Twin Lake Alano Squad Z
Wednesday Noon Hope Group
Winsted Group
You Are Not Alone</p> |
|--|--|--|---|

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 September 2023**

Foxhall Chapter 7(x3), Tradition Five, Isanti Alano Squad 12, Changing Lanes AA

**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



November Events

November 10th – November 12th

6th Annual National Corrections Conference

Oklahoma City, Oklahoma

For Info: Norman-405-615-5650 or

racingnorm@aol.com

November 18th

Statewide Corrections Workshop

Jack & Jim's Event Center, St. Cloud

9:30 am to 3:00 pm

Online and In Person

For info: corrections@area36.org

See flyer on aaminneapolis.org event calendar

Every Sunday of the month

French Toast Breakfast

8:00 am to 12:00 pm

2218 First Ave South, Mpls

1st Wednesday of the month

Bike Night-Stop In-Stretch Your Legs

6:00 pm – 10:00 pm

Free Fellowship - \$5 Burgers, Chips, Soda, Coffee

2218 First Avenue South, Mpls

General Service Announcements

December 2nd

Area Committee Meeting

Remote ZOOM Meeting

Committees 9:30 am – 11:30 am

GSR/Alt 10:30 am-11:30 am-*optional*

Area Committee 12:30 pm-5:00 pm

IG Office Renovation

Office improvements are
scheduled the week of

**October 30th through
November 4th, 2023**

Due to construction there
will be limited access to the
office. Please call before
coming in to make
purchases.

(952) 922-0880



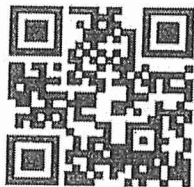
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