

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

Step Nine

September 2023 *Step, Tradition, and Concept Nine*

“Made direct amends to such people whenever possible, except when to do so would injure them or others.”

Words without action are just that. Words.

The 9th step is arguably the biggest action step in the program. For some of us, apologies without action were a way of life before AA. AA teaches us that changing that way of life is necessary for our continued recovery. Action is the difference between an empty apology and a true amends.

In the previous steps we came to believe, turned our life over, made numerous lists, and became willing to make amends. Willing? I was willing the day I started AA! I had hit rock bottom and was given the gift of desperation as I entered the program. My sponsor slowed me down. I traversed the steps one by one, not so patiently waiting until I was given the go ahead to start my amends. Off I went to act and make my wrongs right again. Simple huh? Not so much.

I had people on my list whose amends I thought would be easy, and people who I thought would be difficult. They all surprised me. None of them went as planned. Some were more than happy for me and told me to keep doing what I was doing. Some were, and still are, unmoved by my new life. And that's ok. Step 9 isn't about forgiveness or about how other people harmed us. Step 9 is about taking action and cleaning our side of the street.

My side of the street was dirty. Really dirty. My sponsor and I went over my 8th step list and determined who needed an in-person amends, who needed a “living amends”, and who needed a more specialized approach. I could handle writing letters and burning them. I could handle certain financial amends. I could handle living a new life with the folks I hurt in mind (Living Amends). I could even handle most in-person amends.

One haunted me though.

How do I make amends to someone who's life I terrorized for years? My ex had put up with my drinking and my physical/mental abuse for many years. It was the darkest time of my life, and this person got the absolute worst of me. How on Earth could I possibly make this right? I was willing, but it took a year before they were. Finally,

it happened. We sat down and talked. For hours and hours. I talked but mostly I listened. It was painful, and when it was all over, we were both emotionally drained. It was only a start in healing, but a start is what was needed. Today we are building a new friendship.

My 9th step isn't over. It's ongoing. I often say that we initially do the steps in order, but they are not linear. I am human and still do things that require amends. The difference now is that my actions match my words. That, to me, is the essence of step 9.

Let's not forget the promises for step 9. Be painstaking about this phase, work hard for it and the promises will come true. My insecurities have left me at this point because of my step 9. I am living a new life that prioritizes service, humility, and spirituality.

Scott F., Minneapolis

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?

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.”

September, really? I am not giving into the fact that it is the 9th month of the year already. A week goes by in a couple days, months go by in a couple of weeks and years go by in a couple of months. Thankfully, we can fall back on “one day at a time.” It gives a manageable amount of time I can handle.

The months of June, July and August have been filled with Board Committee’s meeting to make your Intergroup office function smoothly and efficiently. The HR Committee met several times to discuss the Staff reviews and updated the Intergroup’s Personnel Handbook. Robert S, Kelli B. and Grace C. did an amazing job bringing our policies up to today’s standards and laws.

The Facilities Committee met to look over the office lease to compare it to today’s market values. Sam S., Tanya L., and Maverick M. took a look at where we are currently and if we have a great value in rent and location in serving our community. We will be working with the management of the building to renew our lease for another 5 years.

The Finance Committee has had their annual meeting to begin the process of putting together our budget for the new fiscal year of 2024, beginning October 1st, 2023. We are thankful for our Treasurer, John M., for his financial experience in guiding us throughout this year. Along with our appointed members, Gale S., Mike A., Steve H., who have been part of the Finance Committee for well over fifteen years to offer continuity and knowledge in overseeing the financial health of your service office.

Let’s not forget the annual Board Elections that take place at the September 28, Intergroup Rep meeting. There are (4) four (3) three-year term openings. The only requirement is to have five years of continuous sobriety. Resumes are due September 7th in the Intergroup Office. Resumes can be filled out online on the aaminneapolis.org website. See the backside of the resume form for more information. It is a great commitment!

The Unity Open House is coming up in five days as I write this article. Betsy G., our Chair, and Maverick M. our Co. Chair have organized the activities. I have control over getting the donuts and hot dogs there. But I can only pray and have faith the sunshine will be there. I will share the results in next month’s article.

Yours in Love and Service,
Gail S., your Office Manager



Notes from Your Board Chair:

September exemplifies the spirit of rotation for Minneapolis Intergroup. At our Board of directors meeting on September 26 a new group of officers will be elected for the fiscal year beginning on October 1, 2023. We will elect the Board Chair, the Co-Chair, the Secretary and the Treasurer.

Then on September 28 the Intergroup Representatives will vote to elect four new Intergroup Board of Directors. The term for these new Directors will be three years, October 1, 2023 through September 30, 2026.

The September 1992 Grapevine had this to say about rotation:

“In setting up services and make sure they worked well, it was tempting to forget the principle of rotation ... how much more difficult it was to hold on to the principle of rotation and make

sure humility (rather than power building) was at the center of our efforts. We learned that even though it was more difficult rotate and have to constantly move through a period of learning, this was good for the individuals involved and for AA ... no one person or small group of people, needed to stay in particular serving position ... many people got a chance to serve rather than just a few.”

Thankfully the spirit of rotation is alive within Minneapolis Intergroup. To assist in this process and to provide a support of continuity Minneapolis Intergroup also has a committee structure. Each committee includes up to two appointed members that offer organization experience and knowledge.

Your Board Chair, Mike A.



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

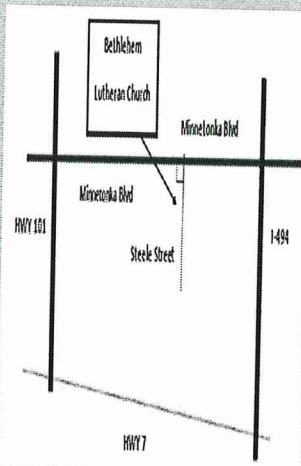
- District 7** Second Monday, 6:30 pm
 Zoom Meeting ID: 851 2052 3806
 Passcode: District7
- District 13** First Tuesday, 7:00 pm
 United Methodist Church
 10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
- District 14** First Monday, 7:30 pm
 United Methodist Church
 609 8th St NW, Buffalo, MN 55313
-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

- 9/2 Step One/ Tradition One
 His Story
- 9/9 Staying Away from the First Drink
 Her Story
- 9/16 Step Two/ Tradition Two
 His Story
- 9/23 Importance of Having a Sponsor
 Her Story
- 9/30 Step Three/ Tradition Three
 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, September 28th at 6:30pm



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

CONCEPT IX

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous

The theme of Concept IX is Servant Leadership at its best. The Concept IX article in the Service Manual reminds us that servant leaders are found at all levels of general service from the home group to the General Service Board, and that all trusted servants are needed to have A.A. function according to our traditions, in order to better serve both the Fellowship, and the alcoholic who still suffers. The General Service Board doesn't operate in a vacuum, rather it operates at the direction of the General Service Conference, which holds delegates from all 93 Areas in the United States and Canada, as well as Trustees and GSO staff. The delegates come to the GSC with the voice of their areas on various ideas and agenda items, and are also instructed to do their work on behalf of A.A. as a whole. The delegates get the voice of their areas from the GSRs, committee chairs, and really any interested A.A. who cares to weigh in. So, it is easy to see that we all have a responsibility to bring our most thoughtful and visionary selves to general service, in order to be better servant leaders.

In a 1959 Grapevine article titled *Leadership in A.A.: Ever a Vital Need* Bill writes:

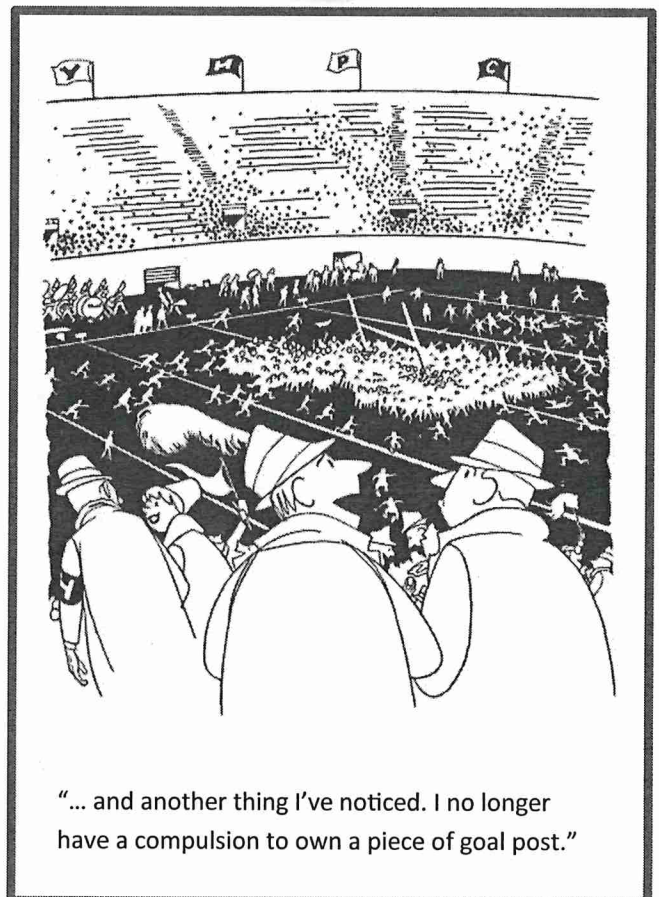
"A leader in A.A. service is therefore a man (or woman) who can personally put principles, plans and policies into such dedicated and effective action that the rest of us want to back him up and help him with his job. When a leader power-drives us badly, we rebel; but when he too meekly becomes an order-taker and he exercises no judgment of his own— well, he really isn't a leader at all.

Good leadership originates plans, policies, and ideas for the improvement of our Fellowship and its services. But in new and important matters, it will nevertheless consult widely before taking decisions and actions. Good leadership will also remember that a fine plan or idea can come from anybody, anywhere. Consequently, good leadership will often discard its own cherished plans for others that are better, and it will give credit to the source."

We learn how to do this by doing it, whether we are elected GSR while we are not paying attention, as I was many years ago, or eagerly jumping in. We learn to listen, to hear, and to respond to members of the Fellowship we are serving, placing Principles before Personalities, and to do so in cooperation with other trusted servants doing the same thing, in order to best serve A.A. and the still suffering. When we all do this together A.A. thrives, and A.A. is thriving. Thank you for all you do for A.A., your efforts are vital.

Meg H.

Delegate Area 36/Panel 73



"... and another thing I've noticed. I no longer have a compulsion to own a piece of goal post."

Greater Minneapolis Intergroup
7204 W. 27th Street – Suite 113
St. Louis Park, MN 55426-3112
Fax: 952.922.1061 Email: info@aaminneapolis.org

Please review all information listed below

- Submissions due at Intergroup Office by September 14th.
- In accordance with the IG by-laws all candidate resumes should be submitted to the Intergroup Office 10 Business Days prior to elections. **Nominations will also be accepted from the floor on the night of election.**
- Annual Elections, Thursday, September 28, 2023 – 6:30PM
- Because of the time commitment, it is suggested that you discuss this service opportunity with your family and AA sponsor. (10-12 hours per month)
- You will be expected to; attend all Board and Rep meetings, attend a monthly General Service District meeting, serve on a Board sub committee, participate in functions that are sponsored by Greater Minneapolis Intergroup.
- Your Home Group should be located within the confines of the Metro Minneapolis Suburban Area.
- The Intergroup by-laws require each candidate to have 5 years of continuous sobriety on the date the election is held.
- A business background can be helpful. However, experience at your Home Group, Intergroup, or General Service brings value to the mission of Greater Minneapolis Intergroup.
- No more than (2) two members from the same Home Group can serve on the board at the same time.
- As an elected board member you are serving all the groups in the greater Minneapolis AA community not just your AA Home Group.
- The AA 3rd Legacy procedure is the voting process used for our annual election.
- There are (4) four (3) three year term openings. Term begins October 1, 2023 and ends September 30, 2026.
- Minneapolis Intergroup is a non-profit Minnesota Corporation 501(c) (3) and is subject to all State and Federal laws.
- The IG by-laws require that copies of all submitted resumes be sent to the Intergroup Representatives of record by U.S. Mail 7 business days prior to the annual election.
- The Board elections are held annually at the Intergroup Representatives meeting, the 4th Thursday in September.
- Location: Bethlehem Lutheran Church, 16023 Minnetonka Blvd., Minnetonka, MN 55345
- Reps meeting and annual elections begin at 6:30PM.

For directions see map in current MIRUS or on our website, www.aaminneapolis.org.

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7204 W. 27th Street – Suite 113
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Greater Minneapolis Intergroup
2023 Board Candidate Resume Form
Review Page 2 for Pertinent Information

Name:	
Address:	
Work Phone:	Home Phone:
Fax:	Email
Sobriety Date:	Home Group:
Education:	
Current AA Activities:	
Past AA Activities:	
Current & Past Activities Outside AA Including other boards you may have served on	
Occupational Background	

Annual Elections, Thursday, September 28, 2023 – 6:30PM

The Twelve Traditions - How They Apply In Our Lives

TRADITION 9 - A.A., as such, ought never be organized, but may create service boards or committees directly responsible for those they serve.

A Patron Saint of AA

I wish I could tell you that after reading the Big Book and the book Twelve Steps and Twelve Traditions I experienced a spiritual awakening and grasped a total understanding of our Traditions. I wish I could tell you that as a GSR, DCM, and an active member of several standing committees, I have never violated the principles set forth in the Traditions. But, typically alcoholic, I gained most of my knowledge and understanding from my mistakes and through the mistakes of others. Sadly, I made most of those mistakes after several years of sobriety when I should have known better.

As a GSR at my home group, I was extremely adamant about Traditions. I tried to dictate moral behavior, told people what literature they could or could not read, and even made violent threats to one man because he was saying bad things about the group. I would run guilt trips on those who refused to get involved with service work while bragging about my own involvement.

After about a year of this self-imposed misery, I found it necessary to get back to the basics of AA. I discovered that I had forfeited my own serenity.

Being a slow learner, I found myself gradually slipping back into my old behavior. I was a DCM at the time. Controversy seemed to dominate my AA life. I was constantly engaged in heavy debate with other trusted servants over issues that were none of my business. I justified this behavior by rationalizing that I was preserving the integrity of the Traditions of Alcoholics Anonymous. Today I realize that my behavior was just another example of my alcoholic thinking.

One day as I was reading the Ninth Tradition in my "Twelve and Twelve," a message was suddenly revealed to me that I had never noticed before. Even though I had read that particular chapter many times before, I had never understood its true meaning. I had always thought that it merely gave authority for the formation of a service structure. The new message had an entirely different meaning.

I suddenly realized that I had been trying to impose organization into the Fellowship. In my own way, I had been exacting my own

brand of punitive action against those who I judged to be less sincere than myself. I had ordained myself as a patron saint of AA.

In prayer, I asked for forgiveness from my Higher Power. At the next area assembly I was selected to chair a meeting with the GSRs and DCMs. With all the humility I could muster, I made amends to all those present and later to those individuals who had felt the sting of my verbal whip. Finally, again in prayer, I turned my will and the care of AA over to God, as I understand him.

I found the essence of the Ninth Tradition cleverly concealed on page 174 of the "Twelve and Twelve." Bill wrote, "Great suffering and great love are AA's disciplinarians; we need no others."

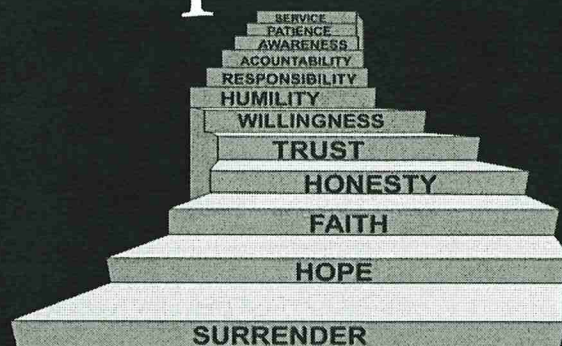
To me, the Ninth Tradition epitomizes the spirit of anonymity, clarifies the Second Tradition, and provides us with an avenue through which our efforts in carrying the message of AA can have continuity, structure, and cohesiveness. It is the principle that necessitated the foundation of the Twelve Concepts. It requires that I recognize the autonomy of each group, even when I disagree with some of its policies. It will always stand as a personal reminder to me that my service to the Fellowship must come from a space of love. And finally, the Ninth Tradition will always serve as a tourniquet for this once-bleeding deacon.

BY: CHARLES M. | COLUMBIA, TENNESSEE

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12 Steps



AA Book of the Month:
Dr. Bob and the Good
Oldtimers

DR. BOB
and the Good Oldtimers

A biography, with recollections
of early A.A. in the Midwest

**AA as
a Resource
for the
Health Care
Professional**



A.A. Pamphlet of the Month:
A.A. as a Resource for the
Health Care Professional

Grapevine CD of the Month:
The Best of Bill CD



THE BEST OF BILL

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

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

2218 Squad 17 The Leftovers	Dynamic Women's Group	Normandale AA Group	St. Lukes Saturday Mens Group
2218 Squad 61	Excelsior Wednesday Night Group	Primary Purpose Group	Step Sisters Mon PM
4th Step Workshop	First Class	Promises at Knox	Stepsisters of Northfield
7-Hi Group	Foreword XIX Group	Relapse Enders Womens AA	Suburban North Alano Squad 17
A Way Out Sunday Men's	Foxhall Chapter 7 Group	Rich/Blmngtn Alano Squad 3C	Suddenly the Thought
Amazing Grace	Friday Men's Step Meeting	Rich/Blmngtn Alano Squad 4E	Sunday 8pm AA Meeting
Amigo's Group	Fridley Alano Squad 14	Rich/Blmngtn Alano Squad 7G	Sunday Night Grace
Andover Alano - Squad 10	From the Heart Friday Delano	Rich/Blmngtn Alano Sun Speaker	Sunlight of the Spirit - Female ident
Andover Alano Squad 4	Gratitude Group	Richfield/Bloomington Squad 1y	Sunrisers (Thursdays)
As Bill Sees It - Delano	Happy Destiny	Ridge Runners I Group	Temple Wed. AA Group
Back to Basics Coon Rapids	Hope's on Penn	Ridge Runners II Group	The Becker Group
Back To Basics Women's Group	HOW II Group	River Valley AA Group	There Is A Solution
Blaine Alano Squad 3	Isanti Alano Squad 12	Rojo Group	Third Tradition Group of AA Northfield
Breakfast Club-Saturday A.M.	It Might Have Been Worse	Rule 62 Cavalier	Thursday Night Big Book-Northfield
Bright Spot AA	It's Noon Somewhere	Sahara Saturday AM Mens	Thursday Night Women's Group
Brothers of AA	Joe and Charlie Big Book Meeting	Saturday Morning Buffalo 12 X 12	Tonka Alano Society
Candlelight Group--Chaska	Kozy's Noon Men's AA	Saturday Morning Fever	Turning Point Women's
Cavalier Club Two Roads	Ladies Night Happy Hour	Saturday Night Live Group	Twelve West AA Group
Cavalier West Thursday Mens	Lakers AA GROW Group	Saturday Sisters - Pax Christi	Up the Creek Big Book Group
Central Pacific Group	Life is Good AA Group	Senior Men's Barn Group	Victory AA
Cliffhangers 1	Minnetonka Big Book Study Group	Sisters in Step	Watertown AA - Wednesday
Common Solution	Monday Night Group Hanover	Squad A - Depth and Weight	Wayzata Womens Group
Continuous Action	Monday Primary Purpose Group	St. Al's Sq 4041	You Are Not Alone
Crushed Grapes	New Hope Alano-Squad 16	St. George Thurs Night AA Group	
Dry Dock	New Life AA Squad 14	St. Louis Park Sunday Night AA Group	

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 July 2023**
Foxhall Chapter 7, Practical Experience, Rule 62 Cavalier

**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



September Events

September 19th

4th Step Workshop
Register by Email Required:
4thStepWorkshopTC@gmail.com
2051 Killebrew Dr, Bloomington

Every Sunday of the Month

French Toast Breakfast
8:00 am to 12:00 pm
2218 First Ave South, Minneapolis

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, Minneapolis

General Service Announcements

October 21st

Area Assembly – Budget Assembly
New Ulm Conference Center
9:00 am – 5:00 pm
New Ulm, MN

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

Founder's Day Minnesota 2023

Saturday, November 25, 2023

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

SAVE THE DATE

Founder's Day Minnesota is ON for
November 25, 2023!

Join us for a full day of fellowship and celebration
featuring:

- A.A. and AI-Anon Speakers
- History Panel
- Call-up Step Meetings
- Hospitality Suites
- Banquet
- Dance

Stay Tuned for More Exciting Details to Come

Activities and Accommodations at
DoubleTree by Hilton Bloomington-Minneapolis South, Bloomington, MN
7800 Normandale Blvd, Bloomington, MN 55439 • 952.835.7800 or 800.222.8733
As always, special room rates and Hospitality Suites will be available at the hotel.



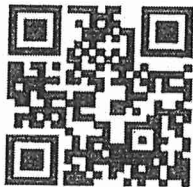
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