

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

September 2024 *Step, Tradition, and Concept Nine*

Step Nine

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

By the time I got to Step Nine I was already seeing many of the promises from pages 83-84 of the Big Book, come true for me. I was experiencing a new freedom and a new happiness. I was comprehending the word serenity, and I was experiencing a newfound peace of mind. My whole attitude and outlook upon life was changing and evolving. Now I needed to take action that would help me to not regret my past, nor to shut the door on it.

In the eighth step I made a list of people that I knew I needed to make direct amends to. Members of my family were at the top of the list, followed by friends that I had wronged, in part because of my alcoholic drinking and thinking.

My biggest lesson in the “amending” process was with someone I considered a forever friend since childhood. I was stunned to find out she had already written me off. She reluctantly met with me at a restaurant, where she angrily related my bad behavior and broken promises. I was a blackout drinker and I only vaguely recognized some instances she described. I sincerely made my amends, then continued to listen to her rage on about what a terrible person I was. At the end of her rant, she said she never wanted to see me again. Ever. This is not what I expected. I was devastated. And I couldn’t accept that she still rejected me, even after I had apologized!

How did I deal with her onslaught of grievances? I self-righteously concluded that as a “normie,” she couldn’t comprehend that I was sick, had gotten help, and had changed. Yes, I did some bad things, but why didn’t she understand that I’m not that person anymore? I did not say this out loud, of course. The whole experience felt like a nightmare.

After much time, I came to understand that while indulging in self-pity and excuses, I had missed the whole point of Step Nine. My motive had been to repair the relationship and once again gain my friend’s acceptance and love. My sponsor gently reminded me (more than once) that I had no control over the outcome of amends-making. I had cleaned up my side of the street and that was all I could do. This was something of an epiphany for me. It still hurt to lose a lifelong friendship, but I had permission to let go of the guilt.

I continue to make direct amends, and living amends. I try to do the next right thing and be a better person. Service work with the Minneapolis AA Intergroup is a very important part of my living amends. I find that helping other alcoholics to achieve sobriety also helps me.

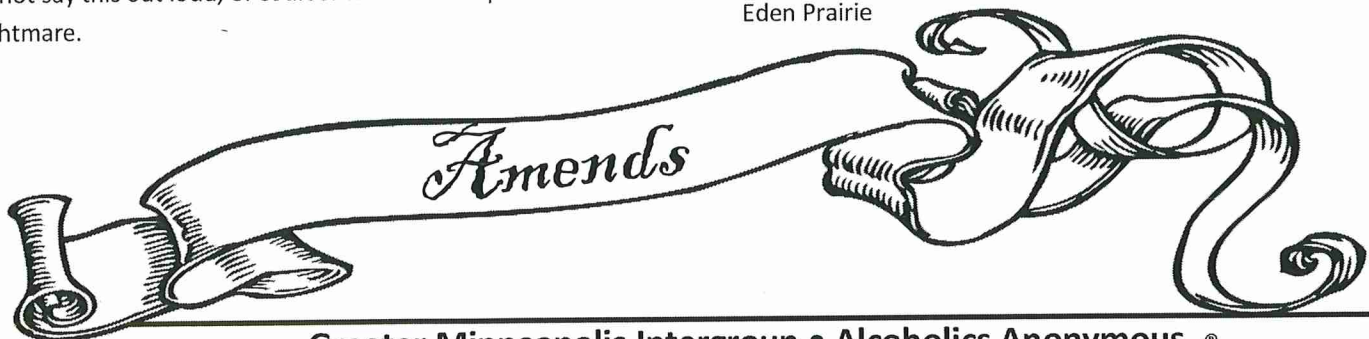
As I become more honest with myself, I see other amends that need to be made. So, I soldier on and call on my faith in a power greater than I to face my fears and right my wrongs. And I consult my sponsor on the how, when and where of each amends. The process gets easier as the wisdom of the ninth step becomes clearer.

I picked up some tips for making successful amends: be calm, don’t argue, accept the outcome, stay in your own lane, and go in with a spirit of willingness and sincerity. Step Nine gives me a pathway to freedom that is gained by cleaning up the past; a freedom to live peacefully in the present. Another promise comes true.

In Service and Love,

Kathy W.

Eden Prairie



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.”

One day I am writing an article for August, and it seems like the next day I am writing an article for September. I hope I had a good summer.

.....TO BE OF SERVICE

Our real purpose is to fit ourselves to be of maximum service to God and the people about us.
Alcoholics Anonymous p.77

It is one thing to know this to be true and another to live it. A saying that always gets my attention when we are asking someone to be of service is, “The life you save may be your own.”

On Saturday, October 12th we will have a workshop on service opportunities offered by Minneapolis Intergroup. Save the date! This will be at the Bethlehem Lutheran Church, 16023 Minnetonka Blvd, Minnetonka. (After the 10am Saturday Orientation Meeting)

There will be a panel of members that have served on answering phones on the 24-hour hotline, sharing information about “what AA is and what it isn’t” at treatment centers, being on the 12th Step list, serving as a Night Owl or Early Bird phone volunteer, and what it is like to be an Intergroup Rep. Lunch will be provided.

There will be time for questions. If you are a sponsor, it is a perfect day to get your sponsees involved in service.

On Monday, September 30th will be our annual inventory. Counting every item in the office; wallet cards, medallions, pamphlets, etc. We will be closing early that day. Our hours will be from 9:00am to 1:00pm.

Yours in Love and Service,
Gail S., your office manager

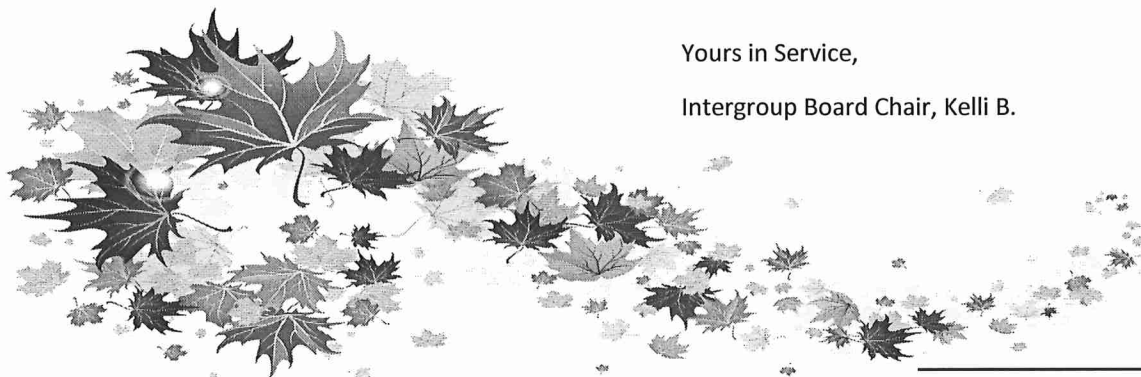


Notes from Your Board Chair:

It is hard to believe that summer is already coming to an end and fall is just around the corner. September is a busy time at Minneapolis Intergroup as it is the end of our fiscal year and election time. At the Intergroup Board of Directors Meeting on September 24th we will elect four new officers to serve the Board for the 2025 Fiscal Year: Board Chair, Co-Chair, Secretary, and Treasurer. Every year four current Board members rotate off and we elect four new Board members. The elections for the new Board members will take place at the Intergroup Rep’s Meeting on September 26th. I am so grateful to the ones that will be rotating off for their support and service. Thank you to John, Grace, Steve and Thomas! I am looking forward to welcoming our new Board members. I will be rotating off as the Board Chair, but will remain on the Board as I have one more year on my three-year term. I have really enjoyed my time with Minneapolis Intergroup so far and it has truly been an honor to serve as your Board Chair this year.

As usual there are some exciting events coming up soon. Area 40 is hosting this year’s Bridging the Gap workshop in Missoula, MT at the Fairbridge Inn & Suites and Big Sky Conference Center September 6th-8th. This is an annual workshop that covers a range of topics related to the Temporary Contact programs bridging the gap from correctional and treatment facilities to AA. If you can’t make the trip to Montana you can attend the 33rd Heartland Roundup in Park Rapids, MN. This year’s theme is “Experience the Serenity”. The following weekend, September 13th-15th, you can be “Rocketed into a Fourth Dimension” at the 78th Duluth Roundup at the Radisson Hotel – Harborview. You can find out more information about these events and many others at <https://aaminneapolis.org/events>. I hope you all have a safe, sober, and happy fall!

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.

Board Members

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

General Service District Board Liaisons

District 7 Pam N.
 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. Assistant Manager
 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

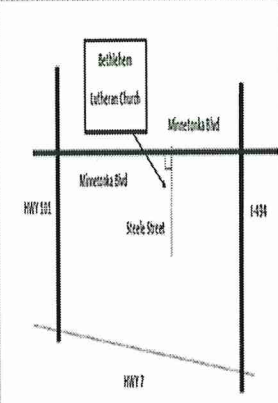
9/7	Importance of Singleness of Purpose Her Story
9/14	Step Four / Tradition Four His Story
9/21	What are A.A.'s Three Legacies Her Story
9/28	Step Five / Tradition Five His Story

The Intergroup Rep Meeting will be held at

Bethlehem Lutheran Church

**16023 Minnetonka Blvd.
Minnetonka, MN 55345**

**This is a HYBRID meeting.
Thursday,
September 26th
at 6:30pm**



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

CONCEPT IX

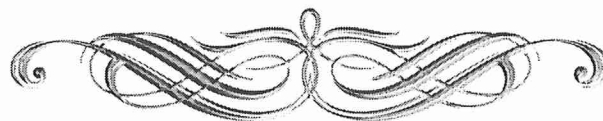
Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board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

The Concept IX essay opens with these words:

No matter how carefully we design our service structure of principles and relationships, no matter how well we apportion authority and responsibility, the operating results of our structure can be no better than the personal performance of those who must man it and make it work.

This is our invitation to be servant leaders wherever we serve, from greeter at the home group to Trustee. Servant leadership sounds almost aspirational, like it would be great if it were possible, but not practical. It is practical however, by the very nature of Alcoholics Anonymous itself. Remember our upside-down triangle, where the groups are at the top and the Trustees at the bottom. Servant leaders aren't born, it doesn't come naturally to most of us; rather they become, through doing. As we participate fully in A.A. we learn fully what A.A. is. This means going to the business meeting before we know or care about the group's business. The coffee was on when I got here, what more do I need to know? At the business meeting we then get elected coffee maker, and then we're invested in that coffee, and the meeting, and the newcomer. We are becoming servant leaders. Then we get elected G.S.R. (General Service Rep), or asked to serve on committees and we're asked to give up additional time, to serve our group or district, and we invested in that role. We are becoming servant leaders, by serving with other servant leaders.

A.A., by its very nature is, one alcoholic who has made a little bit of progress helping another alcoholic, and service in A.A. is no different. I learn how to be a servant leader from you, by watching and listening as The Traditions are applied when we disagree. By participating in disagreements not to "win", but to serve. Servant leaders lead us by "Practicing these Principles" in all of *our* affairs, so the outcome of leadership is to reach the still suffering alcoholic; that person or persons at the very top of our triangle, those just about to come in the doors. Servant leaders are found everywhere in A.A., and every service



position is an opportunity to become a servant leader. As I heard early on, you don't have to want to do it, you just have to do it. Eventually it becomes a "get to do it" and a "grateful to do it."

In love and service,

Meg H.

Delegate Area 36/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 Nine: AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

1. Do I try to "boss" things in AA?
2. Do I ever resist formal aspects of AA because I see them as authoritative?
3. Do I try to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

Celebrating 56 years of AA
“12th Step Opportunities—
Getting Involved”
1968—2024

Saturday October 12, 2024
11:00 am - 1:00 pm

(Lunch Provided)

Bethlehem Lutheran Church
16023 Minnetonka Blvd.
Minnetonka, MN 55345

Being Responsible for Intergroup’s
12th Step Services

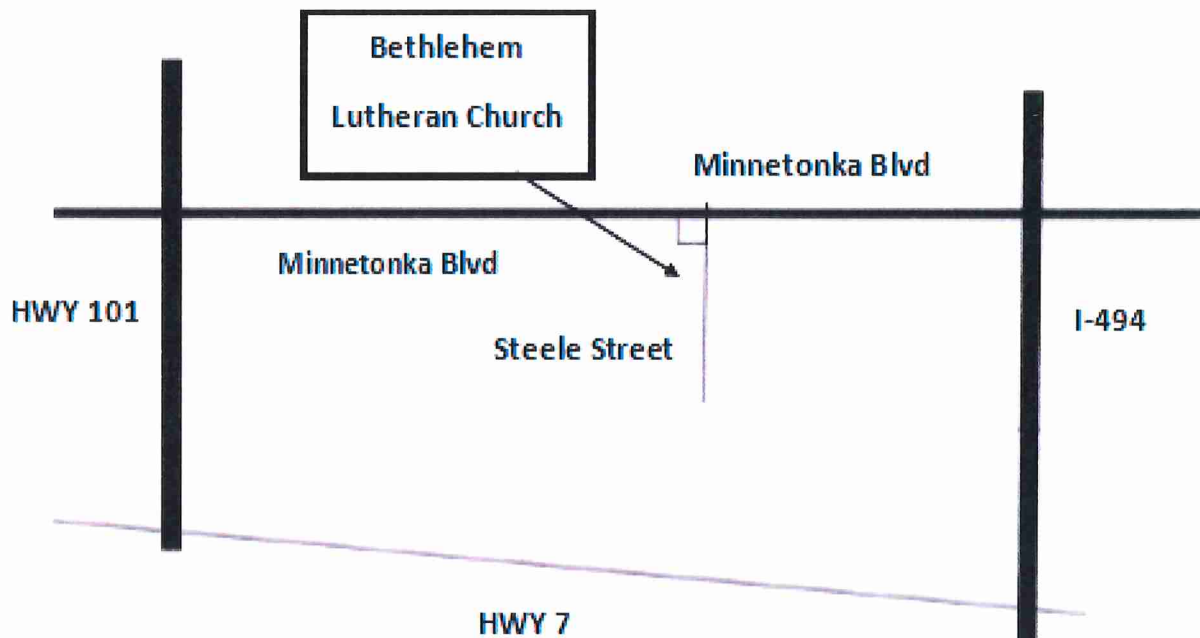
- **Daytime Phone Shifts**
- **Night Owl Phones**
- **A.A. Information Talks**
- **Group Phone Shifts**
- **Early Bird Phones**
- **Serving as an Intergroup Rep**

All AA members encouraged to attend.

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Alcoholics Anonymous®

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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

**DON'T
FORGET**

Intergroup Board Elections

September 26th, 2024

Bethlehem Lutheran Church

16023 Minnetonka Blvd. Minnetonka, MN 55345

**Would you like to learn what it
takes to keep the front
door open?**

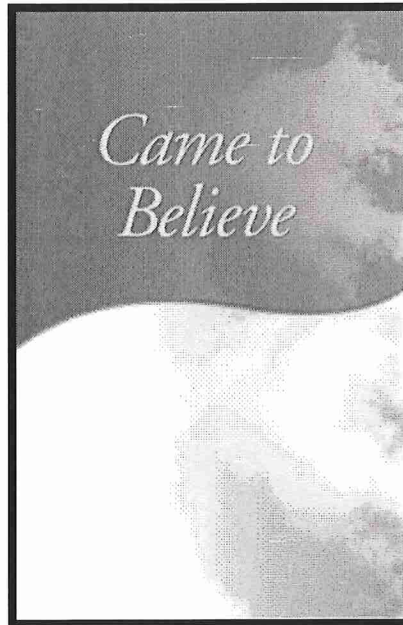
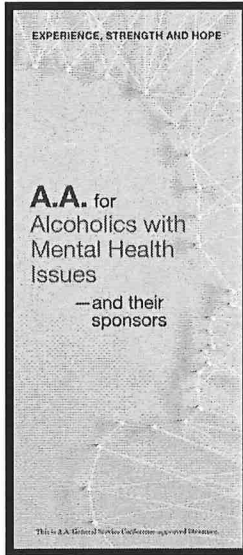
**Consider Serving as a
Minneapolis Intergroup Board
Member!**

Resumes available in the office or on aaminneapolis.org

**It is requested that resumes be submitted by September 12th to be
mailed out to Intergroup Reps but all are accepted up to election day.**

A.A. Pamphlet of the Month:

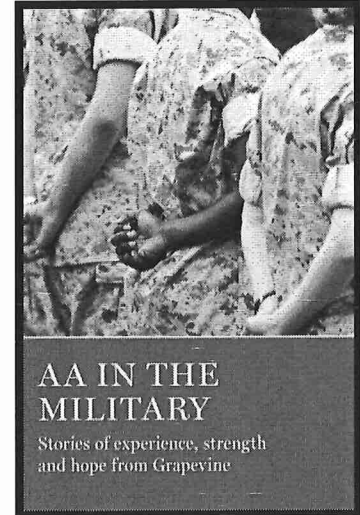
A.A. for Alcoholics with Mental Health Issues – and their sponsors



**AA Books of the Month:
Came to Believe**

Grapevine Book of the Month:

AA In The Military-Stories of experience, strength and hope from Grapevine



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

2218 Squad 17 The Leftovers	Fridley Alano Squad 14	Normandale AA Group	St0eps Forward Group
7-Hi Group	Gratitude Group	Norwood Young America AA	Stepsisters of Northfield
Alive and Aware Group	Great Blessings	Oasis Group	Suburban North Alano Squad 17
Amazing Grace	Hanover Thursday	Pax Christi Thursday Night	Suburban North Alano Squad 7
Andover Alano Squad 9	Happy Destiny	Pillars of Prospect Park	Suburban North Alano Squad 86
Andover Squad 8	Hayden Lake Rd. AA	Practical Experience	Sunday Serenity Group
Basic Twelve & Twelve	Hillside AA Group	Prospect Park AA Group	Sunlight of the Spirit - Female
Birds of a Feather	Hit Squad - H-2	Relapse Enders Tuesday	TGIF Women's AA
Blaine Alano Squad 10	Isanti Alano Squad 12	Ridge Runners III Group	Third Tradition Group of AA
Bloomington Groups Squad 55	Isanti Alano Sunday	Ringmasters AA Group	This Simple Program
Bridges AA Group - Prior Lake	It Might Have Been Worse	River Valley AA Group	Three Legacies
Bright Spot AA	It's Noon Somewhere	Rule 62 Cavalier	Thursday Night Group
Bryant Lake Group	Kenwood Group	Saturday Classes	Tonka Alano Society
By The Book AA	Kozy's Noon Men's AA	Saturday Morning Buffalo 12 X 12	Tuesday Morning Step Group
Central Pacific Group	Ladies Night Happy Hour	Saturday Night Live Group	Tuesday Night Grace AA
Clay City AA	Life is Good AA Group	Saturday Sisters	Turning Point
Cliffhangers 1 - Thurs 7 30 Group	Lost & Found Step Group	Senior Men's Barn Group	Waconia Friday Nite
Common Solution Big Book Study	Lourdes AA Group	Silver Lake New Brighton Monday	Watertown AA
Complete Defeat AA Group	Lynnhurst AA Group	Sisters In Sobriety	Wednesday Lunch Bunch
Continuous Action	Mainstreeters AA	Sisters of Service	Winsted Group
Depth and Weight	Medina AA Group	Southwest Women's Group	Women's 12 x 12 on Central
Elk River Alano Squad 10	Meditation At Peace	SPD-Tuesday Night Group	Women's Big Book Study
Excelsior Wednesday Night Group	Minnetonka Big Book	SLPSNAA	You Are Not Alone
Fairview Riverside AA	Mixed Hazelnuts Big Book	St. Lukes Men's Group	
Foreword XIX Group	Monday Primary Purpose Group	St. Therese Group	
Fridley Alano "Route 66"	New Hope Alano Squad 44	Step Sisters	

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 2024**

Promises Group

**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.

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 21st

Spirituality Through Service Workshop by Dist 22
Valley Community Presbyterian Church
3100 Lilac Drive North
Golden Valley 55422
10:00am Pancakes & more!
10:30am Speakers & breakout groups

September 22nd

Sponsorship Workshop by Gratitude Groups
5748 Nicollet Avenue So, Mpls
6:00pm to 8:00pm - In-person & Hybrid Zoom
For Info: AcceptLife417@gmail.com

September 28th

Spooky ValleyPAA at Valley Fair
5:30pm
(see flyer on aaminneapolis.org or
www.MNYPAA.ORG/VALLEYPAA)

General Service Announcements

October 19th

Area Assembly – Budget & Elections
New Ulm Conference Center
2101 South Broadway
New Ulm 56073
9:00am – 5:00pm
(In -Person)



**CLOSED ON
LABOR DAY**

**MINNEAPOLIS
INTERGROUP OFFICE**

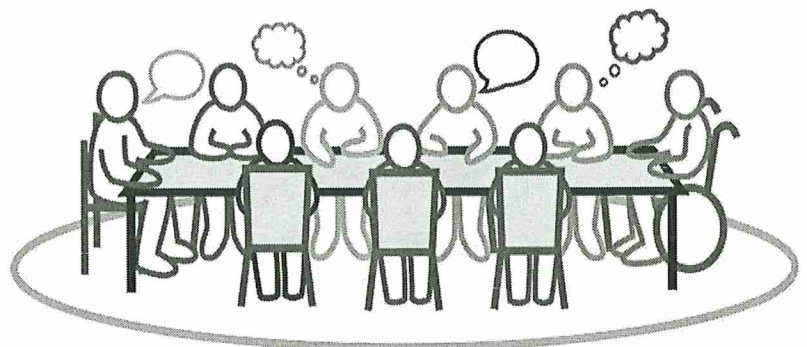
WILL BE

CLOSED

MONDAY,

September 2nd 2024

In observance of Labor Day



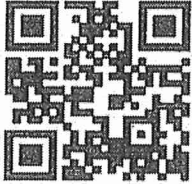
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