

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

Step Eleven

November 2024 *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.”

Before I allowed myself to actually be sponsored, my practice of Step Eleven was basically praying for knowledge of how God would want me to carry out my will and the power to be successful in those endeavors. I thought I had brought my will into alignment with God’s will, so now they should be the same. The person I had a crush on? God’s will. Snatching up all sorts of service commitments? God’s will. Impulsively pursuing accolades to satisfy my ego? God’s will. Needless to say, I had lost the plot somewhere back at Step Three. I don’t have much tolerance for pain when I’m not drinking, so it wasn’t long before the suffering of untreated alcoholism drove me back to the bottle.

Crawling back to Alcoholics Anonymous, I truly surrendered. My ideas did not work. In sponsorship, I learned how to trust another, how to take direction, and how to experience the satisfaction and serenity of principled action. My sponsor took my hand, gently (and sometimes not-so-gently) showing me how to have a working faith in a Power greater than myself. I started trusting God, accepting and adjusting to whatever came my way, and living in the truth that what the Higher Power wants for me is as good as—if not better than—what I would want for myself.

11th Step Prayer

Lord, make me a channel of thy peace--that where there is hatred, I may bring love--that where there is wrong, I may bring the spirit of forgiveness--that where there is discord, I may bring harmony--that where there is error, I may bring truth--that where there is doubt, I may bring faith--that where there is despair, I may bring hope--that where there

are shadows, I may bring light--that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted--to understand, than to be understood--to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life.

I rarely know what God’s will is for me, but I do know what God’s will isn’t. I continue to not drink, one day at a time. I continue to attend my home group on a consistent and regular basis. I continue to utilize my sponsor, keeping her current on what’s happening in my life. Between meetings and 12th Step work, I am reminded of what it used to be like—and what it can be like again if I stray from my Higher Power and the middle of AA.

I also have a daily routine of reading pages 86-88 in the Big Book, reading the Daily Reflections, praying the 3rd and 7th Step Prayers, making my bed, brushing my teeth, and getting ready for the day. Boy, did I hate it when my sponsor first gave me that to-do list! I dragged my unemployed feet for *months*. But thanks to the discipline this practice instilled in me, I learned how to do the next right thing regardless of how I feel about it. I was able to go back to school, graduate, get a job, advance in my career, and do all sorts of things I would’ve never imagined, including being a good worker, friend, and family member. Putting forth the effort to practice these principles isn’t always easy, but that’s why we pray for *the power to carry that out*. Time and time again, God’s strength has picked up where mine left off. And the results? The results are always in God’s hands. Whew!

Today I get to enjoy a good life and a clean conscience. You were right.

In gratitude,
Jen M., Apple Valley

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.”

November, can you believe it? Days go by in minutes, weeks go by in a couple of days, months go by in a couple of weeks and years go by in a couple of months. But we still have one day at a time.

I cannot avoid letting you know I will be retiring as your manager by the end of November.

I have grown attached to the AA community that surrounds Minneapolis Intergroup. You have made your service center the vital organization that it is. Without your contribution of time and/or monetarily we would not be as great as we are.

Besides the joy of obviously reaching out to the newcomer and knowing they are beginning the opportunity of a lifetime connecting with the AA program; it was amazing to have connected with all of you. When I have heard people say, you are my family in a meeting, I never connected to that saying until now. That is what I feel you all have been for me. We have been a family. I know some of it has to do with the common bond of our disease. For us it is a matter between life or death. It has been special to get to know so many of you personally.

You are in great hands with the current staff. They give no less than their heart and sole to be there for the still suffering alcoholic. They are the best there is!

I thank you sincerely, from my heart, for allowing me to be of service as your manager for the last fourteen years. Technically staff assistant for two years and manager for twelve years. (I cannot get around the honesty program.) I cannot express how difficult it will be to let go of being a part of the staff at Minneapolis Intergroup! Thank you for enriching my life and sobriety.

With Love and Service,

Gail S.,

Your Office Manager



Notes from Your Board Chair:

In 2016, I had the gift of being of service to Intergroup at Gratitude Night as the Registration Chair. For the first time I saw Intergroup in a different light. I experienced the genuine gratitude Intergroup had for those that keep their vital services going and in turn the gift of AA available. It exposed me to a wider fellowship through its celebration of service from the small but undeniably amazing staff, from the hundreds of volunteers, and from past and present members of the Board of Directors. Years later (2022) a sponsee of mine asked if I would be running for a spot on the Board when election time came near, I said maybe. Well as most of us know, that is usually a higher power yes. I have been blessed to be a part of the Board and now I am approaching my last year as your Chairperson. I have had the luck of serving with two outstanding chairpersons, Mike A and Kelli B., and their care for the Traditions, love of service and Intergroup are my guideposts as I make this transition. I have also had the blessing to serve with many wonderful board members too!

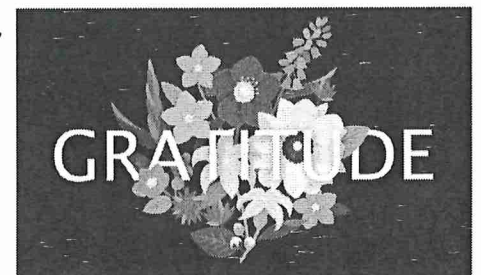
As we move through this season of change, I want to express my deepest gratitude to those who have rotated off the Board, Grace C, John M, Steve S and Christina M. You will always be close in our hearts (and we know where you live - lol just kidding.) And I cannot express enough the heartbreak but also the feeling of joy in what I hope will be a wonderful and rewarding new chapter for Gail S., our current Office Manager as she retires at the end of this November. Gail was and will always be a source of inspiration to

me in my program. She was one of the catalysts that made the idea of serving on the Board something to look forward to, and I could fill this entire Mirus with words of reflection on the gratitude I have for her being in my AA family!

I look forward to working with the new and returning Board members to keep up our part of the bargain; using care and loyalty with our experience, strength and hope to keep Intergroup strong in its mission and primary purpose: to assist groups in the metro and surrounding areas carry the message of AA to those that are suffering. But it is undeniable that Intergroup's greatest strength comes from the support that individuals and groups provide year around. They donate freely of their time, expertise and financial resources and one Gratitude Night will never be enough to express what this means to Intergroup and those they touch, but it is truly a highlight of each year to be a part of it. In that spirit of support, please contact the Intergroup office or go online at aaminneapolis.org to find out how you can help keep the hand of AA there when someone turns to Intergroup for help.

In grateful service,

Jeff A. Board Chair



Intergroup Board

Board Officers

Chairperson Jeff A.
 Co-Chairperson Maverick M.
 Secretary Andy D.
 Treasurer Mark S.

Board Members

Kelli B. Melissa A.
 Crissy H. Karleen K.
 Pam N. Thomas D.
 Angelique P. Gabriella R.
 Gail S. Office Manager, Ex-Officio

General Service District Board Liaisons

District 7 Gabriella R.
 District 13 Andy D.
 District 14 Pam N.
 District 17 Thomas D. Angelique P.
 District 18 Melissa A.
 District 19 Karleen K.
 District 20 Linda M.
 District 21 Crissy H.
 District 22 Kelli B.
 District 24 Mark S.
 District 25 Maverick M.

Intergroup Staff

Gail S. Office Manager
 Erin D. Assistant Manager
 Terri N. Office Assistant
 Scott F. Office Assistant

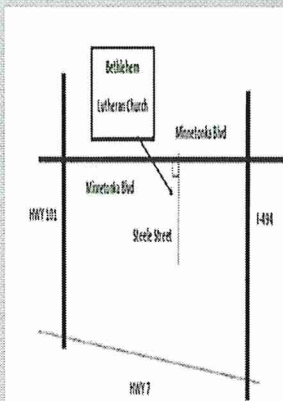
Your Intergroup board meets every month at 6:30 pm on the Tuesday before the Rep's meeting in the Intergroup Office.

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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.

The Intergroup Rep Meeting will be

held at
**Bethlehem
 Lutheran Church**
**16023 Minnetonka
 Blvd.**
**Minnetonka, MN
 55345**
**This is a HYBRID
 meeting.**
**Thursday,
 November 21th
 at 6:30pm**



PLEASE NOTE MEETING IS ON 3rd THURSDAY

DUE TO THANKSGIVING

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

- 11/2 Self Support and A.A.'s Vital Services
 Her Story
- 11/9 Step Eight / Tradition Eight
 His Story
- 11/16 Local Services—Minneapolis Intergroup
 Her Story
- 11/23 Step Nine/ Tradition Nine
 His Story
- 11/30 A.A. Service Entities: District and Area
 Her Story

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

CONCEPT XI

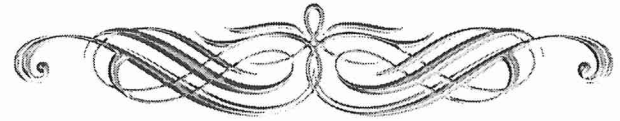
While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore the composition of these underlying committees and service 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 show Bill's vision for Alcoholics Anonymous, and speaks directly to us today, all these years later. He opens the essay with these words:

The longtime success of our General Service Board will rest not only on the capabilities of the Trustees themselves; it will depend quite as much upon the competent leadership and harmonious association of those non-Trustee committee members, corporate service directors, executives and staff members who must actively carry on A.A.'s world services. Their quality and dedication, or their lack of these characteristics, will make or break our structure of service. Our final dependency on them will always be great indeed.

Which are true indeed. Anyone who has ever called our General Service Office, emailed any staff member, or had the opportunity to visit, has been met graciously, by extremely knowledgeable and competent people, dedicated to A.A. as a whole.

This concept tells us that, even more than the Board, these servants are on the front line of communication, both to A.A. and about A.A. Without them A.A. wouldn't operate half so efficiently, if at all. They are instrumental to those directly up the service triangle, giving us the information and resources to do our service to the still suffering alcoholic. We are fortunate to have them, and fortunate that Bill saw their evolution as an invaluable resource, bringing talent, skills, and expertise to the table, whether they be paid employees, non-trustee directors, or serving as appointed committee members. The essay lays out some of the committees and functions in operation,



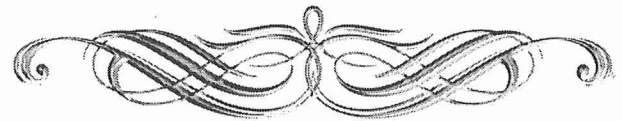
serving our Fellowship. It is worth reading, to better understand A.A. as a whole. Bill closes the essay with these words:

Add to these the further thought that no organization structure can fully guarantee our Headquarters against the depredations of clashing personalities, that only the sustained willingness to practice spiritual principles in all our affairs can accomplish this, and we shall never need to have any fear for our future harmony

which remind us all that no matter where we are in our upside-down triangle, from home group member to Trustee, we always have the invitation to practice and rely on spiritual principles, in all our affairs.

Meg H.

Delegate Area 36/Panel 73



**Minneapolis
Intergroup Office
will be closed on
Monday, November 11
for Veterans Day,
Thursday, November 28
and Friday, November
29 for Thanksgiving &
Saturday, November 30
for Founders Day**

What are Faithful Fivers?

Faithful Fivers are A.A. members who graciously contribute five dollars or more* each month to support Minneapolis Intergroup.

As a Faithful Fiver, you support efforts to carry the A.A. message of hope to still suffering alcoholics in the Greater Minneapolis Area.

“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*

Minneapolis Intergroup provides the following “Vital Services” to all A.A. groups and their members:

- ✓ Answer Phones 24 Hours a Day
- ✓ Information & A.A. Meeting Location Calls
- ✓ A.A. 12-Step Calls
- ✓ A.A. Literature—English & Spanish
- ✓ A.A. Grapevine Publications
- ✓ A.A. Orientation Meeting
- ✓ A.A. Group Evening Phone Answering
- ✓ MIRUS Newsletter...*the Shared Voice of IG*
- ✓ Public Information/CPC Resource
- ✓ Intergroup Information Committee
- ✓ Intergroup Sponsored Events
- ✓ Meeting Directories
- ✓ Daytime Office Volunteers
- ✓ Night Owl/Early Bird Phone Committee
- ✓ Cooperation with Outside Agencies
- ✓ Web Site—Meetings Updated Weekly
- ✓ Special Event Information

Your Faithful Fiver contributions go directly to supporting these services! Faithful Fivers receive a subscription to Minneapolis Intergroup’s monthly newsletter, the *MIRUS*.

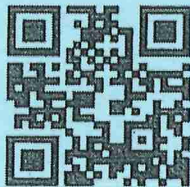
become a Faithful Fiver

“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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Yes! Please enroll me as a Faithful Fiver!

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 _____

Option B: Direct Payment

Contribute using cash or check by stopping in the office or mailing your check payable to:

Minneapolis Intergroup

7204 West 27th Street, Suite 113

St. Louis Park, MN 55426-3112

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 Eleven: 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.

1. Do I sometimes promote AA so fanatically that I might make it seem unattractive?
2. Am I always careful to keep the confidences shared with me as an AA member?
3. Am I careful about throwing AA members' names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Am I careful not to identify myself or others as members of AA when I post certain things on social media, such as Facebook, Twitter or Instagram?
7. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?
8. If my group has its own website, have we considered this Tradition when we designed it, how accessible it is, and the type of content that it offers?

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Alcoholics Anonymous “Big Book” Quotes

“On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.”

Page 86

“Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle.”

Page 86

“We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind.”

Page 87

“As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.”

Page 87

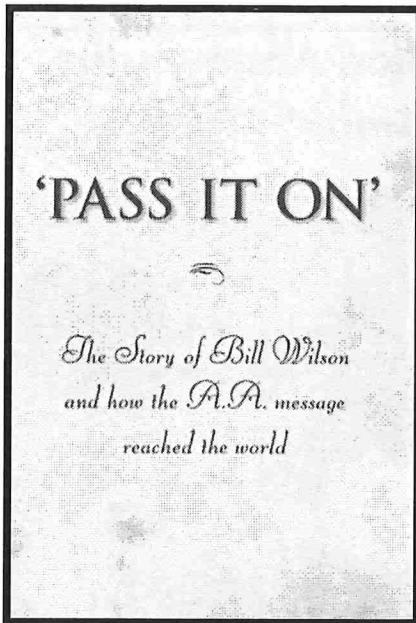
“It works – it really does.”

Page 88

“There is action and more action. Faith without works is dead.”

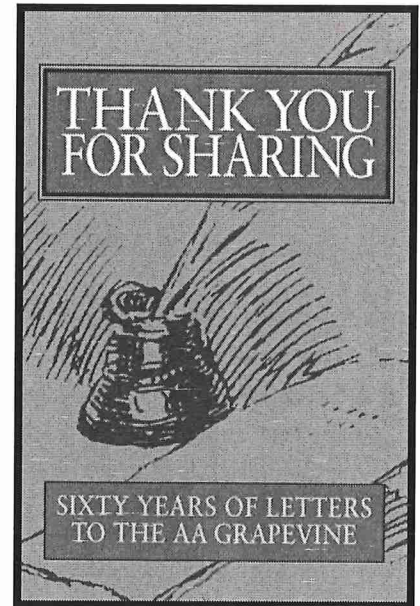
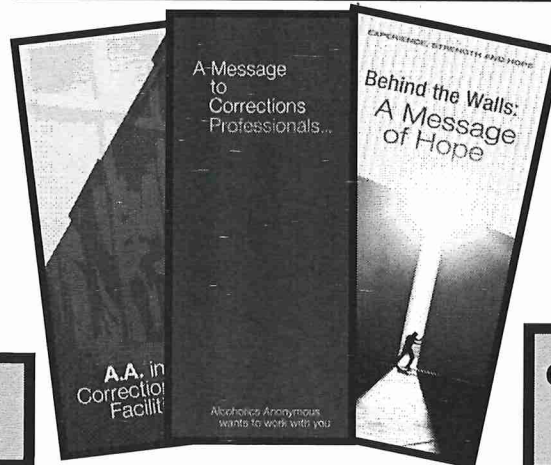
Page 88





AA Books of the Month:
Pass It On, Bill W. Story

A.A. Pamphlets of the Month:
3 Correctional pamphlets
A.A. in Correctional Facilities,
Behind These Walls:
A Message of Hope, &
A Message to Correctional
Professionals



Grapevine Book of the Month:
Thank You For Sharing

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

| | | |
|----------------------------------|--------------------------------|---------------------------------------|
| A Better Way AA | Isanti Alano Squad 12 | Stepsisters of Northfield |
| Alberville Camels | Isanti Friday 12x12 | Sunday Night Step & Tradition Meeting |
| Andover Alano Squad 4 | Isanti Thursday Night Big Book | Sunday Serenity Group |
| Back To Basics Women's Group | It Might Have Been Worse | Temple Wed. AA Group |
| Big Book and Meditation at Peace | Kozy's Noon Men's AA | The Way-Out Big Book |
| Bridges AA Group | La Nueva Esperanza | Third Tradition Group of AA |
| Carry the Message | Ladies Night Happy Hour | Thursday Night Big Book-Northfield |
| Cavalier West Thursday Big Book | Lakers Friday 6.30 | Tonka Alano Society |
| Cavalier West Thursday Men's | Minnetonka Big Book Study | Tradition Three Group Waconia |
| Common Solution Big Book Study | Monday Primary Purpose Group | Turning Point |
| Continuous Action | New Hope Squad 3 | Victory AA |
| Design for Living | Nicollet AA Group | We Are Not Saints-Richfield |
| Desire Meeting | Plymouth 2 Monday Night | Woman's AA Redeemer Luth. |
| Edina Thurs Men's Group | Practical Experience | Women's 12 x 12 on Central |
| Elk River Alano Squad 4 | Ridge Runners III Group | Women's Experience, Strength & Hope |
| For Today Group | Rockford Riverview AA Group | Worthy Women's Big Book Study |
| Fourth Dimension AA Group | Rule 62 Cavalier | |
| Foxhall Chapter 7 Group | Sahara Tuesday Men's | |
| Friday Men's Step Meeting | Sat Morning Fellowship | |
| Golden Valley Group | Saturday Night Live Group | |
| Gratitude Group | Savage Unity AA Group | |
| Halfway There | Senior Men's Barn Group | |
| Hope's on Penn | Serenity Sunday-Lakers Alano | |
| Isanti AA Squad 3 | Sisters in Step | |

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 2024

Foxhall Chapter 7 ,New Hope Alano Sq 36, A Better Way, New Hope Alano Sq 6, Changing Lanes, Minnetonka Big Book Study

**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 Intergruop. 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



November 2nd

Statewide Corrections Committee Workshop
Jack & Jim's Event Center
11025 Duelm Road NE, Foley, Mn
Online Registration – See flyer on event calendar
9:30am to 3:00pm

November 3rd

Gratitude Celebration by District 13
First Lutheran Church
1555 40th Ave NE, Columbia Heights
Begins at 2:00pm
Go to www.dist13southernmn.org for details

November 8th

Contingency Plan 6th Anniversary
Grace Center – 1500 6th Street NE, Mpls
Potluck – 6pm- bring a dish to share
Speaker at 7:30pm
See flyer on event calendar for details

General Service Announcements

December 7th

Area Committee Meeting & Annual Meeting
Committees 9:30am to 11:30am.
Area Committee 12:30pm to 5:00pm
On-line only

Founder's Day Minnesota 2024

Celebrating 84 Years of AA
In the Upper Midwest and
Honoring AA Members with
One Year of Sobriety!

Saturday
November 30, 2024
8:30AM - Midnight

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

Featured Speakers:

- ★ Carolyn Z.
Surrey, B.C. Canada, A.A.
- ★ Ramona C.
Chicago, IL, Al-Anon
- ★ Patt O.
Fullerton, CA, A.A.

- AA & Al-Anon Speakers
- History Panel
- Call Up Step Meetings
- Hospitality Suites
- Banquet
- Dance

SCAN ME
to go to
www.foundersdaymn.org



Sign up Today - Save \$5!
\$25 - Pre-Register
\$30 - Day of Event

Activities and Accommodations at:

DoubleTree by Hilton
Bloomington - Minneapolis South

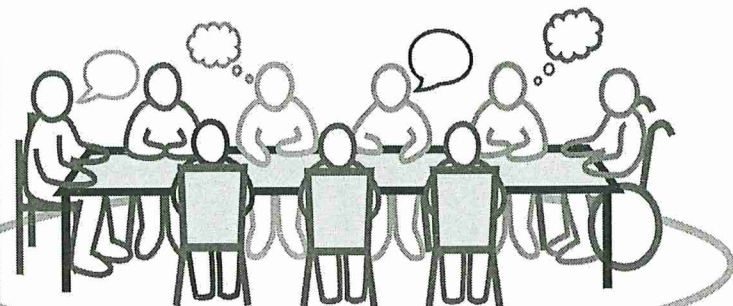
7800 Normandale Blvd
Bloomington, MN 55439

952.835.7800 or 800.222.8733

As always, special room rates are available
at the hotel.

PRE-REGISTER TODAY!

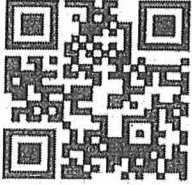
Groups can
book their
Hospitality
Suite here



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

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Change Service Requested



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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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Renew

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State _____

Zip _____

Email Address _____