Step Twelve

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

A constant, expanding circular path of healing or a misquoted, misinterpreted, fractional shadow of what our founders intended?

The Twelfth Step was written and designed to culminate and fulfill while facilitating the healing of those that choose to avail themselves of the path of the Twelve Steps.

In order to work the Twelfth Step, the previous 11 must be done according to the directions as laid out in the Big Book of Alcoholics Anonymous. We are instructed that we MUST: 1) concede to our innermost selves that we are alcoholic and will never regain our ability to drink like normal people (pp 30/44); 2) admit that either God is everything or else He is nothing (pp 53); 3) abandon ourselves utterly to Him (pp 63); 4) undertake a “personal housecleaning” (pp 63 – 72); 5) illuminate every dark nook and twisted cranny to God, ourselves and another human being (pg 75); 6) come to God with complete willingness to remove what we have uncovered (pg 76); 7) humbly ask God to remove the objectionable (pg 76); 8) add anyone we have harmed to our Fourth Step list, and continue in willingness; 9) make DIRECT amends – i.e. not “living amends”, “volunteering at a charity”, etc. (77 – 84); 10) continuously take our own inventory (pp 84) and grow in spiritual understanding and effectiveness; and; 11) practice the daily disciplines to further grow our spiritual lives and develop our God-consciousness.

It will come as a surprise to many in AA that going to meetings is not working “the program of Alcoholics Anonymous. Calling your sponsor every day is not “working the program of Alcoholics Anonymous.”

On page 164 of the book Alcoholics Anonymous, it admonishes us that “you cannot transmit what you haven’t got.” What does that mean? In my understanding, it simply means that if you have not been through the process of the Twelve Steps, had a spiritual awakening, adopted the attitude laid out on page 77 ("Our main purpose is to be of maximum service to God and others"), and are performing intensive work with other alcoholics. If not, then the Twelfth Step cannot be lived.

The Twelfth Step is not something to achieve, although there are touchstones along the way. It is the directions for actively participating in the “design for living” as explained in the Big Book. The instructions. Even the “Doctor’s Opinion” starts with the phrase, “...interested in the medical estimate of the plan of recovery contained in this book.”

Those touchstones, or promises, are actually a metric by which we can tell if we have accomplished the goal(s) of each Step. The instructions for the Steps are always followed by what are commonly called “promises.” Sadly, many hear the 9th Step promises read in meetings, and live in the frustration of not experiencing those very promises in their daily lives. In order to live the promises, we must follow the instructions as to how to do the steps.

This is where a chorus of “I want to work MY program”, “there are no ‘mists’ in the Big Book” and, (stolen from Al-Anon) “take what you like and leave the rest” is heard. Bill W. addresses this very issue on page 11: “For myself, I had adopted those parts which seemed convenient and not too difficult; the rest I disregarded.”

Experience and a solution. These are what set alcoholics apart from all others and makes us effective at bringing healing to those that suffer from the alcoholic condition. As it says on page 17, “the joy and camaraderie should not fade in us.” But what keeps that fire burning in some AAs, while it fades in others?

It’s simple – the instructions are followed, or they are not. On page 58 it says “at some of these we balked.” Many sitting in meetings of Alcoholics Anonymous are stuck in a constant

Continued on page 6
Notes from your Service Office:
The General Service Conference Theme for 2017 is: “Supporting Our Future.”

How can this be December already? I recently saw a TV program that showed how fast and how far a Jet Pack could take a human being, and also the first Uber air transport was advertised. If only we could figure out how to slow down time, or buy some!

Only as a result of working the 12 Steps of the Alcoholics Anonymous program can I be part of life today. That is the simple truth. In the Twelve & Twelve, page 106, Bill said it perfectly: “The joy of living is the theme of A.A.’s Twelfth Step, and action is its key word.” It’s a gift. It is free. How amazing is that?

I do not HAVE to participate in life, I GET to.

We hope you will participate with us on Saturday, December 16th at Intergroup’s annual Winter Open House from 9:00 am to 1:00 pm. There will be food, door prizes, a discount on literature and merchandise and it just might be the break you need from the holiday hustle and bustle.

Come and celebrate New Year’s Eve on Sunday, December 31st at our Pass It On Marathon, located at De La Salle High School. The doors open at 7:00 p.m. and at 8:00 p.m. our speaker, Willis B., will share his experience, strength and hope. Our Chair, Jessica B. and Co-Chair, Steve S. have been working hard to arrange food, games, and a dance so we can all have a lot of fun in a safe and sober environment, and welcome 2018 at midnight. Tickets are $7 in advance and $10 at the door.

In Love & Service, Gail S., Intergroup Office Manager

Notes from Your Board Chair:
The Holiday Season is upon us all. While some can find a great many things to be grateful for, this can be an especially hard time for alcoholics. Thankfully there are some actions that can be done to help alleviate some of the despondent feelings.

I was one of those who was dreading their first holidays sober. Two of the suggestions I heard were to be of service and get involved. I took that advice to heart and put it into practice in three areas: with the family at home, meetings of Alcoholics Anonymous, and volunteering at Pass It On Marathon.

My sponsor suggested instead of thinking about what I could get out of a trip back home, work to contribute, however small, to the family gathering. Not having much in the way of funds to buy gifts, I offered to help clear the table, wash dishes, and help prepare dessert.

At meetings he said I should spend time looking for a new comer, make them feel welcome, get their phone number and call them the next day to wish them a good day.

At Pass It On, I signed up to bring food to the event. I made it there with the food, socialized with some friends and stuck around for the meeting. This was a safe place to be on New Year’s Eve and helped keep my mind off of drinking for the night. Considering some of the misadventures of past New Year’s Eves, this was a very good thing.

Many people find getting to more meetings during this time can really help them plow through this time without getting plowed. Give the office a call if you are looking for a meeting in your area. Many meetings still take place on the day of a celebrated holiday.

If you are looking for a safe harbor this season, please feel to join us at the Minneapolis Intergroup Winter Open House on December 16. If you want to help with this year’s Pass It On Marathon, (taking place on December 31st) give the office a call and see what opportunities are still open. Tickets for the event are on sale now. We have a great speaker and our guest DJ is returning from last year! Sure to be a fun filled night!!

In the meantime, I wish everyone a peaceful, joy filled, content, and sober holiday season.

Kind Regards,
Jamie M., Intergroup Board Chair
Intergroup Board

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Co-Chairperson
Secretary
Treasurer

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Dave A.
Donny H.

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Office Assistant
Office Assistant
Office Assistant

**Metro District General Service Meetings**
District 7
District 13
District 14
District 17
District 18
District 19
District 20
District 21
District 22
District 24
District 25
Second Monday, 6:30 pm
First Tuesday, 7:00 pm
First Monday, 7:30 pm
Second Tuesday, 7:30 pm
Second Thursday, 6:30 pm
Second Wednesday, 7:00 pm
Fourth Tuesday, 7:00 pm
Second Tuesday, 7:30 pm
Second Wednesday, 7:30 pm
First Monday, 7:00 pm
Second Wednesday, 7:30 pm
Second Monday, 6:30 pm
St. Andrew’s Lutheran Church
United Methodist Church
United Methodist Church
Crossroads Assembly of God Church
Plymouth Congregational Church
Rosemount Community Center, Room 210
Twin Lake Alano Club
Pilgrim United Methodist Church
Mizpah United Church of Christ
St. John’s Lutheran Church
Woodlake Lutheran Church
13600 Technology Dr., Eden Prairie, MN 55344
10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
609 8th St. N.W., Buffalo, MN 55313
10478 Bell Ave., Plato, MN 55370
1900 Nicollet Ave. S., Minneapolis, MN 55403
1388 S. Robert Tr., Rosemount, MN 55068
4938 Brooklyn Blvd., Brooklyn Center, MN 55429
4325 Zachary Lane, Plymouth, MN 55442
412 5th Ave. N., Hopkins, MN 55343
119 8th Ave. W., Shakopee, MN 55379
7525 Oliver Ave. S., Richfield, MN 55423

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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.**

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**NOTICE**

**NOTICE**

**Intergroup Reps Meeting**

**Thursday, December 21st**

**6:30 pm**

At Mizpah United Church of Christ:
412 5th Ave. N.
Hopkins, MN 55343.

(See orientation mtg directions)

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**Intergroup A.A. Orientation Open Meetings**

The Saturday Orientation Open Meeting takes place every week at 10 A.M. at the Mizpah Church, 412 5th Ave. N., located just west of Highway 169 and just south of Highway 7 in Hopkins.

12/2  Step Seven / Tradition Seven
Her Story

12/9  Self Support and A.A.’s Vital Services
His Story

12/16  Step Eight / Tradition Eight
Her Story

12/23  Local Service Office - Minneapolis Intergroup
His Story

12/30  Step Nine / Tradition Nine
Her Story
Twelve Concepts for World Service, written by Bill W. in 1962

Concept XII:

**Long Form:** “General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the Conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and, whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that, though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.”

**Short Form:** “The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action.”

Concept Twelve holds the Warranties of the Conference Charter, the original document outlining the structure of our General Service Conference. (The full text of the Charter can be found in The A.A. Service Manual.) The first article of the Charter sets up the General Service Conference as “the guardian of world services and of the Twelve Steps and Twelve Traditions.” This is a serious responsibility. The Warranties offered in article twelve of the Charter are a set of principles to help guide the Conference in that role. To follow these principles is to guarantee that the Conference is acting within the spirit of the Twelve Traditions.

Reading through Concept Twelve and the Warranties, it’s clear that prudence is a central theme. It’s a term we hear a lot around A.A. – mostly in the form of “prudent reserve.” In the case of our home groups, Districts, or Areas, the prudent reserve usually translates into a certain dollar amount that we keep on hand in case we don’t take in enough 7th Tradition contributions to cover our expenses. Being prudent can sometimes be confused with being fearful or cautious. It is often thought of only in the context of money. This is a limited definition of prudent that leaves out the larger meaning in the context of Concept Twelve.

The dictionary definition of prudent is a better place to start when trying to understand Concept Twelve. Prudent is an adjective. It describes a state of being or it can be used to de-

scribe the quality of some other thing or action. We can be prudent. We can take prudent actions. We can make prudent decisions. The dictionary describes prudent as being “wise or judicious in practical affairs; sagacious; discreet or circumspect; sober,” or being “careful in providing for the future.” These are wonderful qualities to have or to use in guiding our decisions and actions.

Being wise or careful in providing for the future does not mean being afraid or never taking any risk. In his essay on Concept Twelve, Bill W., describes prudence as being a middle ground somewhere between fear and recklessness. That is sometimes a difficult balance to achieve. Certainly, as a single human being and especially as an alcoholic, I have less hope of successfully striking this balance on my own. That’s why taking the Steps, belonging to a home group, and having a sponsor have been so valuable to me in my sobriety. With those principles and people guiding me, I am less likely to act out of fear or recklessness.

The same is true in our larger Fellowship. Our General Service Conference is designed to be the path to the middle ground of prudence. If we trust that God is found at the heart of our group conscience (Tradition Two), then we can trust that our General Service Conference is the place where God is found for our whole Fellowship (Concepts One and Two). When issues facing A.A. as a whole are brought before the General Service Conference, the process of discussion, debate, and finally, decision-making is how we act prudently. The Warranties are the principles and the voting members of the Conference are the people that we rely on to guide us to that middle ground between fear and recklessness. Our part is to practice that prudence by fully participating in the group conscience of A.A. in whatever group or body we are currently serving.


Thank you for this opportunity to serve,
Curt K.
Delegate, Panel 67
Area 36 - Southern Minnesota
delegate@area36.org
Our Twelve Traditions

Greater Minneapolis Intergroup has received permission to use excerpts from the new A.A. Grapevine book, “Our Twelve Traditions,” which is available for sale in our office.

TRADITION TWELVE

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Sacrifice is the watchword of anonymity.

Just Another Drunk

August 1981

Tradition Twelve never meant much to me until I left the security and non-anonymity of my home group. By “non-anonymity,” I mean that my home group knew me, all of me; I had nothing hidden from them.

They had taken me in, a nonperson drunk in the final stages of alcoholism and all the despair that goes with it. They had patiently, and sometimes not so patiently, listened to my eternal poor mes and why mes. All I asked for when I first got to AA was pity. I didn’t know enough or have sense enough to ask for sobriety. I didn’t even have “the only requirement for membership.”

They didn’t give me pity—they gave me love. They ignored my symptoms and treated my disease by telling me, no matter what I said was wrong with me, “Don’t drink, and go to meetings.” And in meeting after meeting of sharing their experiences, they taught me slowly, one meeting at a time, how to begin to take one Step at a time, and they came to know me thoroughly.

My home group, a beloved family, watched me grow and get well. My sponsor watched me become a sponsor. I felt their love and pride in me and their joy in my growth in AA sobriety. I felt it and knew it because I, in turn, experienced those feelings with newer members. It was a happy time, and my open and honest sharing in my home group made me well-known and oh, so very comfortable.

Jobs and responsibilities were given to me as I became more capable. Eventually, I was able to do a few worthwhile projects to help the still-suffering alcoholic. I felt sober and successful, and this very peak experience led me to come out West where a new job awaited.

For over a year now, in several states, I have begun anew with several AA groups and many members. I’ve gotten a glimpse of that idea of anonymity as a spiritual foundation. Somehow, living alone in each new and strange place and going unknown to a meeting, I was really just another drunk.

It was a humbling and good way to start all over. I listened to the same wonderful words coming from the mouths of strangers, and I knew that only their faces were unknown to me.

This understanding of them—a spiritual understanding and a knowing of them because of the AA program—gave me a glimpse of the meaning of the Twelfth Tradition. It was a hint of the meaning of humility, and I found it satisfying. I think it became satisfying because I now had to use the tools I’d been given. I needed to live the slogans and the steps. I read the Big Book with care. I read copies of Grapevine that had been carefully selected back home and brought along. Those pages are just like meetings, and in a town where I had no phone numbers to give comfort between meetings or at odd hours, they played a vital role in keeping me sober and comfortable.

I found I became intensely aware of two spiritual ideas: Myself as a “personality” with a chance to grow, because I was truly anonymous in each new group; and the AA “principles” I had to turn to, because I did not have my known and loved home group to fall back on. I was on my own, alone and unknown, and at the same time not alone. An AA miracle!

At those first few (and I do mean few) meetings when my travels began, I was just another drunk, trying to stay sober. No one knew how wonderful I might be, nor how sick and rotten I might be either. But the love was there and was given to me. Somehow, it was very powerful. I was amazed to find myself accepting it humbly and with an awareness of the goodness of anonymity.

After those first meetings, I shared my story and myself, and so I then belonged to each new group. Though I was no longer anonymous to those fellow members, I had gained a precious bit of learning about anonymity as a “spiritual foundation.”

A.M.
Santa Cruz, California

Reprinted from Our Twelve Traditions, pp. 176-177


“... It works when other activities fail.”
Continued from page 1

state of “balk.” Dictionary.com defines balk as: “1. to stop, as at an obstacle, and refuse to proceed or do something specified, and, 2. to stop short and stubbornly refuse to go on.”

Contrary to popular belief, “not drinking” is NOT the goal of Alcoholics Anonymous (pg 19). The goal is to have a spiritual experience, repair our damage and help others. Along with many other blessings, not drinking through God removing our obsession is merely one of many “healings” that occurs through the process, as stated on page 85. Consider that, while no experience is necessary to do them (the Steps), the resulting healings only come about from experience with them. All of them.

Personally, I was taken through all 12 Steps in a single weekend. I typically take people through the Steps in about two weeks, as the directions comprise about 10-15 hours of work. After that, serving my Creator every day is my hope and goal.

Jeff T., St. Paul, MN for the MIRUS

Group Contributions - October 2017. Thank you all, in the Spirit of Hope.

2218 Squad 1 Depth & Weight 7 - Hi Group
7 - Hi Group
A Different Way
Amazing Grace
As Bill Sees it - Medina
Bar None Tuesday AA Group
Basic Principles
Basic Twelve (2)
Birds of a Feather
Blaine Alano Squad 10
Bloomingon Hyland Group
By Grace Group - Mound
By the Book Group
Candlelight Group - Chaska
Canadian Sunday AA Group
Cavalier Monday Women's Big Book
Cavalier West Men's Thursday 8 PM
Central Pacific Group
Chucks & Measures Squad 88 @ 2218
Colfax Tuesday AA Group
Continuous Action
Crushed Grapes
Delano Saturday Morning
Dynamic Women's Group
Eagan Open Speaker Wednesday
Early Risers Group
East Bloomington AA Group
Edina Open Speaker Meeting
Elders Big Book Stories Friday
Elders Big Book Thursday
Elders Steps & Traditions Tuesday
Elders Topic Sunday 10 AM
For Today Group
Foreword XIX (2)
Foxhall Chapter 7 Group
From the Heart Friday - Delano
Golden Valley AA Group II
Gratitude Group
Groveland Group
Happy Destiny
Happy Hour Squad 27
Hope's on Penn
It Might Have Been Worse
Kozy's Noon Men's AA
Lakeville Saturday Big Book Meeting
Loudes AA Group
Men at Peace
Minnetonka Big Book Study Group
Monticello Alano Squad 10
Montrose AA
New Hope Alano Squad 36
New Way AA
Normandale AA Group
Our Friend's Place - Squad 9
Pears of Wisdom
Practical Experience
Primary Purpose Group - Burnsville
Promises at Knox
Rich/Bloomington Alano Open Spkr Mtg
Ridge Runners III Group
Rojo Group
Sahara Sunday 8:30 AM Big Book
Sahara Tuesday 8 PM Men's Meeting
Sat Morn Fellowship - Brooklyn Park
Saturday Morning 12 X 12 - Buffalo
Saturday Morning Fever
Saturday Night Live Group
Saturday Sisters
Sisters of Service
Southwest Women's Group
Step by Step - Long Lake
Step Sisters Monday PM - Minneapolis
Suburban North Alano Squad 7
Suburban North Alano Squad 86
Sunlight of the Spirit Group
TBD (To Be Drinking)
Temple Wednesday AA Group
Third Tradition Group of AA
Thursday Night Grace
Tonka Alano Club Groups
Tradition Five
Turning Point Group - Wayzata
Unknown AA Group
Valley West Thursday AM Group
Waconia Friday Nite AA Group
We Think Not
West Moore Lake AA Group
West Suburban Alano - Life Is Good
Women's Big Book Study - Buffalo

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/Birthdays Plan** October 2017

**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
Hennepin United Church, 511 Groveland Av., Minneapolis

Foxhall Chapter 7 Group, 7:30 PM
Wooddale Church, 6636 Shady Oak Rd., Eden Prairie
A sign language interpreter is provided each week.

Friday:
Edina Open Speaker Meeting, 7:30 PM
Christ Presbyterian Church, 6901 Normandale Blvd., Edina

Three Legacies, 7:30 PM
Cross of Glory Church, 4600 Shady Oak Rd., Hopkins
A sign language interpreter is provided each week.

From the Heart Open Speaker Meeting, 7:00 PM
St. Paul's United Church, 201 Buffalo St., Delano

Saturday:
There Is A Solution (Beginners Meeting), 6:00 PM
Dakota Alano Society, 3920 Rahn Rd., Eagan

Saturday Night Open Speaker Meeting, 7:30 PM
At The Common Table (parking in back of Bldg.)
2001 Riverside Ave., Minneapolis

Saturday Night Live Open Speaker Meeting, 7:30 PM
Baslica School 3rd floor (behind the church)
16th St. & Hennepin Ave., downtown Minneapolis
Free parking in the ramp across 16th St.
Wheelchair accessible

Tradition One, 7:30 PM
Pilgrim United Methodist
4325 Zachary Ln., Plymouth

Saturday Night Open Speaker Meeting, 8:00 PM
2218 1st Ave. S., Minneapolis

Sunday:
Step & Speaker Open Meeting, 7:00 PM
First Baptist Church
1021 Hennepin Ave., Minneapolis

Open Speaker Meeting, 11:00 AM
Richfield Bloomington Alano
9321 Bryant Ave. S., Bloomington

Special Events

December 31st, 2017 - New Year’s Eve
PASS IT ON MARATHON
De LaSalle High School
1 De LaSalle Drive, Minneapolis, MN 55401
Doors Open at 7:00 P.M.
AA Speaker at 8:00 P.M.
Dance with DJ Blake at 9:30 P.M.

January 12th, 13th, & 14th, 2018
16th Annual Wild Rice Round Up
Shooting Star Event Center
Manhnhmen, MN 56557
www.wildriceround.com

General Service Announcements

December 2nd, 2017
Area Committee Meeting
Mankato City Center Hotel, Mankato, MN
Standing Committee Meetings
9:30 A.M. - 11:30 A.M.
Area Committee Meeting
1:00 P.M. - 5:00 P.M.

January 19 - 21st, 2018
Recovery, Unity & Service Conference
Mankato City Center Hotel
Mankato, MN

February 10th, 2018
Trusted Servant Leadership Training
Dakota County Technical College

Mtra Area 36 events have a map on how to find the location @ www.area36.org. Open Speaker Meetings are listed for the convenience of members who wish to bring newcomers and non-alcoholic friends. Listing in the Mtra should not be construed as an endorsement on the part of Minneapolis Intergroup. Call Intergroup if you need directions to any of these Open Speaker Meetings. Roundups, Workshops and Special Events are not endorsed by Minneapolis Intergroup and listings are provided for informational purposes only. Flyers for these events are available at the office.

INTERGROUP OFFICE CLOSINGS:
SATURDAY, DECEMBER 23RD
CHRISTMAS HOLIDAY
MONDAY, DECEMBER 25TH
CHRISTMAS HOLIDAY
Annual MIRUS subscription: $10 by mail, or $5 via email.

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