

# MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

August 2018 Step, Tradition, and Concept Eight

## Step Eight

***"Made a list of all people we had harmed, and became willing to make amends to them all."***

I would like to breakdown Step 8 by focusing on certain words and phrases and then put it back together.

The first word is "harmed." Step 8 is focusing on rebuilding relationships, so we need to identify those people we have harmed. Harmed meaning physical or mental damage, to injure, damage, or hurt. Now that I have a clear understanding of the word harm I need to make "... a list of persons [I] have harmed..." By writing down this list I am holding myself accountable. I am admitting I have made mistake's. As you make your list, think honestly of the harm you did by being irresponsible, irritable, impatient, and dishonorable. My list was not long on people but very long on pain, on hurt, on harm. Finally after you have listed everyone you have harmed add one more name - your own. You have harmed yourself. You must forgive yourself.

I have made my list, so the next phase I look at is "...became willing to make amends..." I am not making an apology but an amend which has to do with restoring justice, trust, and love. During my drinking days, and may I add my ultimate low, I scared one of my children very badly. Sorry was not going to cut it. I had to stop drinking forever and let my child know that she is safe and loved by me.

The final phrase is "...to them all." I knew that some people on my list I could not make amends to. So I separated my list to people I could make amends to now, having attained several months of sobriety, people I could make amends to later and people I may never be able to make direct personal contact. I have someone on my list whom I am not ready to make amends to, and they are not open to hearing anything from me.

Step 8, to me, is all about forgiveness, so I conclude with a poem by Rudy Francisco.

Gather your mistakes,

Rinse them with

Honesty and self - reflection

Let dry until

You can see every choice

And the regret becomes brittle

Cover the entire surface

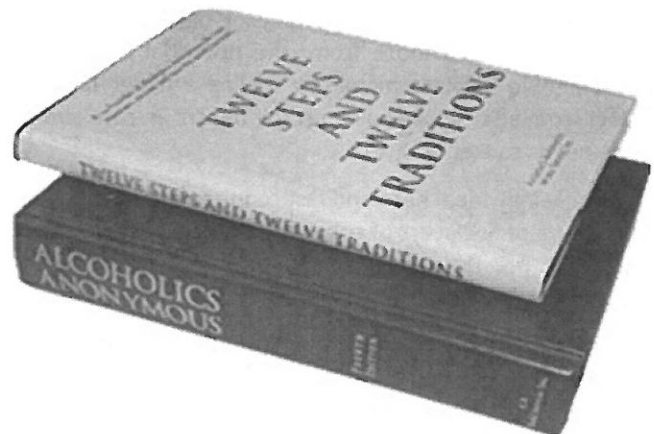
In forgiveness

Remind yourself that

You are human

And this too is a gift

Donna, Edina, MN., for the MIRUS



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**Greater Minneapolis Intergroup • Alcoholics Anonymous®**

7204 W. 27th St., Suite 113 • St. Louis Park, MN 55426-3112 • 952-922-0880 • [www.aaminneapolis.org](http://www.aaminneapolis.org) • email: [info@aaminneapolis.org](mailto:info@aaminneapolis.org)

OFFICE HOURS: Monday, Wednesday, Friday 9 am-4:30 pm • Tuesday & Thursday 9 am-7 pm • Saturday 9 am-1 pm

## Notes from your Service Office:

### The General Service Theme for 2018 is:

#### “A.A. - A Solution for All Generations.”

April 14th's Gratitude Night will go down in Intergroup history for many reasons. I am grateful to those that plowed through the snow and made it there and grateful to those that made the decision to not chance the drive. I have never believed in letting winter weather change my plans. This was one time I completely understood someone deciding *not* to drive. Instead of around 800 attending we had around 75. The event was a disaster leaving us unable to cover roughly \$3,000 in expenses and short of the \$2,000 we normally made after expenses. How we were going to recover, I had no clue. I asked our Finance Committee what we should do. They just said to wait to see how the fiscal year ends on September 30<sup>th</sup>.

I heard members sharing that their group was considering passing around the hat an extra time to contribute to our loss from this event. In May some random checks came in for “Gratitude Night.” (\$40... \$200..... \$43.....\$25...\$100.) I reported to the Intergroup Reps at the May meeting we received about \$408 in contributions. Because I heard a

couple groups considering making a contribution, I mentioned if a group was going to do this, we would welcome that, but please mark your contribution for Gratitude Night so we can apply this directly to the deficit.

To this date, July 10<sup>th</sup> we have received a total of \$3,285. What it shows is the heart and strength of the AA community in Minnesota. No one was directly asked to help, the AA members brought it upon themselves to step up and support Minneapolis Intergroup. We cannot thank you enough. This is what will go down in history when we think about April 14th's Gratitude Night 2018.

In this MIRUS we put together a list of those that contributed. Please forgive us if your name may not be mentioned. We didn't keep track at first, not expecting to receive this many wonderful contributions. We had some payments unmarked inadvertently.

In Love & Service

Gail S., Office Manager

## Notes from Your Board Chair:

A Board of Directors is only as good as the people who sit on it.

Elections are coming up next month on September 27<sup>th</sup> to vote in 4 new board members at the Intergroup Representative Meeting. Everyone serving on the board has committed to having conversations with two to four people about standing for the election as well as making announcements at various meetings. I believe that with more people to choose from, the potential to get the best people in place increases. Having a larger base to elect from also helps “build out the bench” in case someone needs to step away.

The only individual hard and fast requirement is to have a minimum of five years of sobriety. Business background is nice but not necessary, same goes with service work within the AA structure.

If you are reading this article in the MIRUS, chances are pretty good that you care about and even have a vested interest in the health and well being of Minneapolis Intergroup. If you have read this far, I hope that you will be willing to go a bit further in helping make the next set of members elected to the board be the best possible. My request of you the reader is this: reach out to two people who you think would make a good candidate, discuss

with them the opportunity and ask them to apply (Applications are available on the website under the tab “Intergroup Representatives” and in the paragraph about “Annual Board Elections,” or in the office.)

If you or they have any questions, please feel free to reach out to myself or anyone currently serving on the board. We would love to fill in any gaps and tell them how this has been by far the best service opportunity we have had in AA!

Thanks again for the assist and have a great end to your summer!

Yours in service, Jamie M. , Board Chair



## Intergroup Board

### Board Officers

Chairperson	Jamie M.
Co-Chairperson	Melanie Y.
Secretary	Dave A.
Treasurer	Donny H.

### Board Members

Jennifer M.	Mitch K.
Jack J.	Dan S.
Sooze H.	Michael H.
Linda M.	Michael M.
Gail S. Office Manager, Ex-Officio	

### General Service District Board Liaisons

District 7	Dave A.
District 13	Mike M.
District 14	Linda M.
District 17	Michael H.
District 18	Dan S.
District 19	Jen M.
District 20	Doug H.
District 21	Mitch K.
District 22	Sooze H.
District 24	Jack J.
District 25	Donny H.

### Intergroup Staff

Gail S.	Office Manager
Claudia S.	Office Assistant
Terri D.	Office Assistant
Drew H.	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 St. Andrew's Lutheran Church 13600 Technology Dr., Eden Prairie, MN 55344
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. N.W., Buffalo, MN 55313
District 17	Second Tuesday, 7:30 pm Crossroads Assembly of God Church 10478 Bell Ave., Plato, MN 55370
District 18	Second Thursday, 6:30 pm Plymouth Congregational Church 1900 Nicollet Ave. S., Minneapolis, MN 55403
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, 7:30 pm Pilgrim United Methodist Church 4325 Zachary Lane, Plymouth, MN 55442
District 22	Second Wednesday, 7:00 pm Mizpah United Church of Christ 412 5th Ave. N., Hopkins, MN 55343
District 24	First Monday, 7:00 pm St. John's Lutheran Church 119 8th Ave. W., Shakopee, MN 55379
District 25	Second Wednesday, 7:30 pm Woodlake Lutheran Church 7525 Oliver Ave. S., Richfield, MN 55423

## 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.

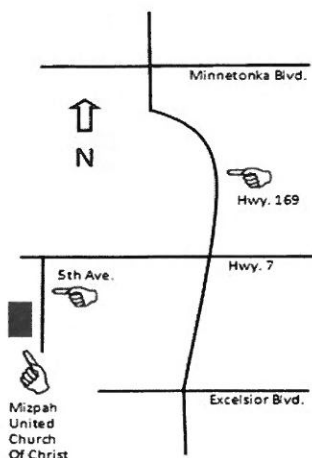
8/4	Importance of Having an A.A. Home Group Her Story
8/11	Step One / Tradition One Her Story
8/18	Staying Away from the First Drink His Story
8/25	Step Two / Tradition Two Her Story

## NOTICE

## NOTICE

**Intergroup  
Reps Meeting**  
Thursday,  
August 23rd  
6:30 pm

At Mizpah United  
Church of Christ:  
412 5th Ave N.  
Hopkins, MN 55343.  
(See orientation mtg  
directions)





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

### Concept VIII:

Long Form: "The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities."

Short Form: "The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities."

Bill W.'s essays about the Twelve Concepts for World Service are focused on setting up structures that allow for stuff to get done — namely our world services across the Fellowship. The structures he envisioned were designed so that the people we asked to do our work would know what their roles and responsibilities are. Concept Eight outlines the role of our General Service Board and its Trustees' Committees as developing plans and strategies at the highest levels of policy and finance. For day to day operations, however, the Board should delegate responsibility to our two corporate entities, A.A. World Services, Inc. and The A.A. Grapevine, Inc.

As with delegation at any level within the service structure, the entity that is being asked to act on our behalf is given the right of decision and the right of participation. In the case of our two service boards, each has its own charter, its own funds, its own executive, and its own staff. The boards oversee the staff of the General Service Office and the staff of our Grapevine and La Viña. The staff members are vitally important in putting our group conscience into action. But it is ultimately the Trustees and non-Trustee Directors on the two corporate boards who are responsible to see that our world services are carried out.

There are other reasons to empower each of our two corporate entities with its own board, management, and staff. Bill cautioned against any concentration of money or power with a single person or a single entity. Having each service entity have its own funds, its own leaders, and its own board members ensures more independence and guards against the kind of concentration that Bill warns of. In the past couple of years, the Grapevine staff have moved onto the same floor as the General Service Office staff. There has also been a heightened spirit of cooperation and communication between the A.A.W.S. Board

and the Grapevine Board. But cooperation and communication should not lead to too much actual integration. There are good reasons that the two corporate boards must remain wholly separate.

Maintaining separate boards for A.A. World Services, Inc. and A.A. Grapevine allows each body to focus its work on its own specific tasks. Each corporate board can be more effective this way. It is also possible then to recruit board members and staff with specific skills to support the work of each board and entity. The skills needed to run the General Service Office are not necessarily interchangeable with the skills needed to run the Grapevine.

Concept Eight suggests that our General Service Board concentrate its efforts on high-level strategy and policy for the good of A.A. as a whole. We have established the two corporate entities, A.A. World Services, Inc. and The A.A. Grapevine, Inc., to handle the day to day operations of our A.A. world services. Each is unique and should be focused on its own specific scope of work. As our principles suggest, these two corporate entities should be given all the authority and freedom they need to manage their own activities. We can trust that they will do the work we need done as best as they can.

More information about the Concepts can be found in The A.A. Service Manual at [http://www.aa.org/assets/en\\_US/en\\_bm-31.pdf](http://www.aa.org/assets/en_US/en_bm-31.pdf)

Thank you for this opportunity to serve,  
Curt K.  
Delegate, Panel 67  
Area 36 - Southern Minnesota  
[delegate@area36.org](mailto:delegate@area36.org)



### Please note:

**On the first Saturday of each quarter of February, May, August, and November we will have a deaf or hard of hearing speaker with an interpreter at the 10 a.m. Saturday Orientation Meeting at the Mizpah Church either sharing their story, a Step & Tradition or doing a topic.**

**We are happy to include the deaf community in their journey on the path of sobriety. Please join us in getting to know them better.**

## The Twelve Traditions

### TRADITION EIGHT

*"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."*

Tradition Eight Long Form "Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. Twelfth Step work is never to be paid for. (page 191 - Twelve Steps and Twelve Traditions)

A friend of mine, a Licensed Alcohol and Drug Counselor (LADC), was asked to fill in on short notice and serve in his capacity as a LADC at a treatment facility for alcohol and drug rehabilitation. He agreed and after fulfilling the commitment, submitted his invoice for compensation. Although my friend is alcoholic, he served in his capacity as a LADC and as such is worthy of his hire.

My service opportunities are an entirely different matter as I am not acting as a professional in any capacity. I am merely sharing my experience and trying in some small way to give back what was so freely given to me. This Twelfth Step work is never to be paid for!

While filling out a contribute your time form at our local intergroup I asked "what's in it for me?" The staff person quickly replied "you get another day of sobriety. What's that worth to you?" PRICELESS

Our service centers, such as local Intergroups and the general service office, may employ special workers. Although perhaps not direct Twelfth Step work, the services our centers provide make Twelfth Step work possible for us. Phones are answered 24 hours a day, meeting directories are available in print and on the internet, literature is on hand, service opportunities are available etc. As it states in the long form of our Eighth Tradition, "Such special services may be well recompensed."

Dick A., Hopkins, MN., for the MIRUS



## BOARD

### ANNOUNCEMENT

**The Annual Board elections will be held at the Intergroup Reps meeting on Thursday, September 27th, 2018**

**There will be 4 openings that are a three - year term**

**Third Legacy Procedure**

**Board Resumes are available at the Intergroup Office or the Intergroup Reps meetings**



**INTERGROUP'S 18TH ANNUAL  
UNITY OPEN HOUSE**  
**JOIN US IN CELEBRATING  
50 YEARS OF SERVICE**  
**SATURDAY AUGUST 11, 2018**  
**9AM - 1PM**

**9AM-11AM DOUGHNUTS & COFFEE \* 11AM-1PM HOT DOGS & CHIPS  
BRING YOUR KIDS/FUN AREA PROVIDED**



**NEED A SERVICE OPPORTUNITY? LEARN ABOUT...**

Phone Volunteering: Daytime Phones, Group Phones, Early Birds and Night Owls  
Southern Minnesota Area 36 Temporary Contact Program  
Southern Minnesota Area 36 Correctional Facilities Contact Program  
**"An opportunity for all AA members to connect into service"**



**GREATER MINNEAPOLIS INTERGROUP**

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

**map & directions at [www.aaminneapolis.org](http://www.aaminneapolis.org)**



## GRATITUDE NIGHT CONTRIBUTIONS

Beltline Group Monday Night Group

Dave & Paula A.

Squad 2 Coon Rapids Alano

Anonymous (4)

Simone & Patrick K.

Squad 18 No Rules Coon Rapids Alano

Karla B.

But A Symptom

Nicollet Chapter AA Group

Age of Miracles

Susan M.

Michael L.

Elders Big Book Stories Friday

Elders Big Book Thursday

Elders Step & Tradition Tuesday

Elders Sunday

Laurie L.

Gale S.

Minnetonka Big Book Serenity Breakfast

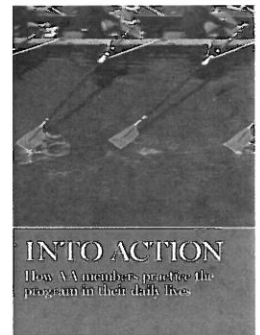
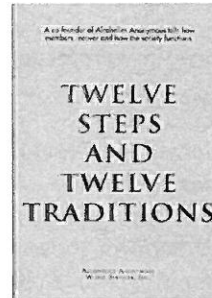
No Bull Big Book

7-Hi AA Group

Cynthia S.

Desire Meeting

Sunday Serenity Group



AA Pamphlet of the Month:

AA for the Older Alcoholic - Never Too Late

AA Book of the Month:

12 Steps & 12 Traditions (Hard Cover)

Grapevine Book of the Month:

Into Action

## Group Contributions - June 2018. Thank you all, in the Spirit of Hope.

2218 Squad 1 Depth & Weight  
A Vision for You  
Amazing Grace  
Back to Basics - Coon Rapids  
Basic Principles (2)  
Basic Twelve  
Blaine Alano Squad 3  
Boiler Room Men's Group  
Bryant Lake Group  
Cavalier Club Mainstreeters  
Colfax Tuesday AA Group  
Continuous Action  
Delano Saturday Morning Group  
Dynamic Women's Group  
East Bethel Group  
Foreword XIX (2)  
Fourth Dimension AA Group

Foxhall Chapter 7 Group  
Fridley Alano Squad 19  
Gloria Dei AA Group  
Gratitude Group  
It Might Have Been Worse  
Kozy's Noon Men's AA Group  
Lakers Friday 6:30  
Living Sober AA Group - Burnsville  
Mainstreeters Plymouth II Alano  
Medina AA Group  
Meditation at Peace  
Minnetonka Big Book Study Group (2)  
Minnetonka Senior AA Group  
Monday Night Group - Hanover  
Monticello Alano Squad 7  
Nicollet Chapter AA Group  
Normandale AA Group

North Oaks on Emerson AA Group  
Pearls of Wisdom  
Ramsey NowThen AA  
Richfield/Bloomington Alano Sq 4E  
Rich/Blmngtn Alano Sun Spkr Mtg  
Ridge Runners I Group  
Ridge Runners II Group  
River Valley AA Group  
Rule 62 AA Group  
Saturday Night Live Group  
SDSG  
Serenity Seekers at Ridgewood Church  
Sliver Lake - New Brighton Monday  
Southwest Women's Group  
Squad 26 Anoka Today Alano  
St Louis Park Sunday Night AA Grp (2)  
Step by Step - Long Lake

Step Sisters Monday P.M.  
Sunday Night Step & Speaker Meeting  
TGIF AA Group  
The Becker Group  
Third Tradition Group of AA  
Three Legacies  
Tonka Alano Club Group  
Tradition Five  
Trinity New Life  
Up the Creek Big Book Group  
Valley West Thursday A.M. Group  
Watertown AA Wednesday  
Watertown AA Monday  
Wayzata Women's Group Monday  
Wednesday Night Big Book Study  
West Moore Lake AA Group  
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/Birthday Plan\*\* June 2018

Foxhall Chapter 7 (2) • St Louis Park Sunday Night Speaker Meeting • Tradition Five • Crushed Grapes

\*\*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 Intergruip. 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:**

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

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.

#### **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  
Basilica 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 Greet & Meet, 7:30 PM  
The Hall, 4805 Welcome Ave. N., Crystal

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

#### **Sunday:**

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

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

### Special Events

August 11th, 2018  
Minneapolis Intergroup Celebrates 50 Years of Service  
Summer Open House  
9:00 A.M. - 1:00 P.M.  
7204 W 27th St, Suite 113  
St Louis Park, MN.

### General Service Announcements

August 4th, 2018  
Area Committee Meeting  
Mankato City Center Hotel, MN.  
Standing Committee Meeting: 9:30 A.M. - 11:30 P.M.  
Area Committee Meeting: 1:00 P.M. - 5:00 P.M.

September 15th, 2018  
Area Inventory  
Lakeville Heritage Center  
20110 Holyoke Ave, Lakeville, MN.  
9:00 A.M. - 12:00 P.M.

Most Area 36 events have a map on how to find the location @ [www.area36.org](http://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 Mirus should not be construed as any 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.

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail."  
—*Alcoholics Anonymous*, p. 89

### **Intergroup 12 Step Service Opportunities Contribute Your Time at Minneapolis Intergroup Just Stop In!**

**Daytime Phone Answering**  
Training Provided  
**Daytime Office Volunteers**  
Service work available

### **Carry the AA Message to Outside Agencies\***

#### **Groups and Members are Invited to:**

Hennepin County Adult Detention Center (Jail) (Men & Women)  
Scott County Jail AA Meetings (Men & Women)  
Carver County Jail AA Meetings (Men & Women)  
MCF-Lino Lakes SOTP (Men & Women)  
Hennepin County Adult Corrections Facility (Men & Women)  
Texas Terrace Villa Center (Men & Women)  
Estates at Chateau (Men & Women)  
Corrections Facility Contact Program (Men & Women)  
Government Center (Men & Women)

**Call or Stop by the Office for Details**  
\*In Cooperation with the Professional Community

"This is our *twelfth suggestion*: Carry this message to other alcoholics! You can help when no one else can."  
—*Alcoholics Anonymous*, p. 89

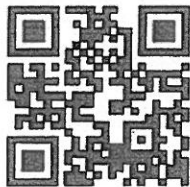
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