

# MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

September 2018 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."***

Reflecting on Step 9, I now realize that I began the process of making direct amends over three years ago when I overcame my contempt prior to investigation and went to my first meeting of Alcoholics Anonymous in Big Lake, Minnesota and became willing to work a program of recovery with a sponsor. When I got to Step 8 and Step 9, my sponsor told me that while Step 4 and Step 5 were all about me... Step 8 and Step 9 were going to be all about those who I had harmed.

When I worked on Step 8, I sought to make the most complete list of people I had harmed. As an example, I went all the way back to my childhood years where I found a memory of when I said some unsavory things about my sister's appearance to her in front of my mother.

When we worked on Step 9, my sponsor helped me categorize my Step 8 list into people I should make a direct amends to and those people who I should not. It was at this juncture that I had to seek humility and the will of my Higher Power regarding one person on my Step 8 list that I felt very inclined to make a direct amends to for my own selfish reasons. My experience with this person is tied to the only meaningful accomplishment I have made in my career. Thankfully I had a Higher Power and a sponsor in my life who gently guided me from my selfish motivations towards the realization that making a direct amends to this person would cause them more harm than good. I decided to make a living amends to this person in lieu of a direct amends.

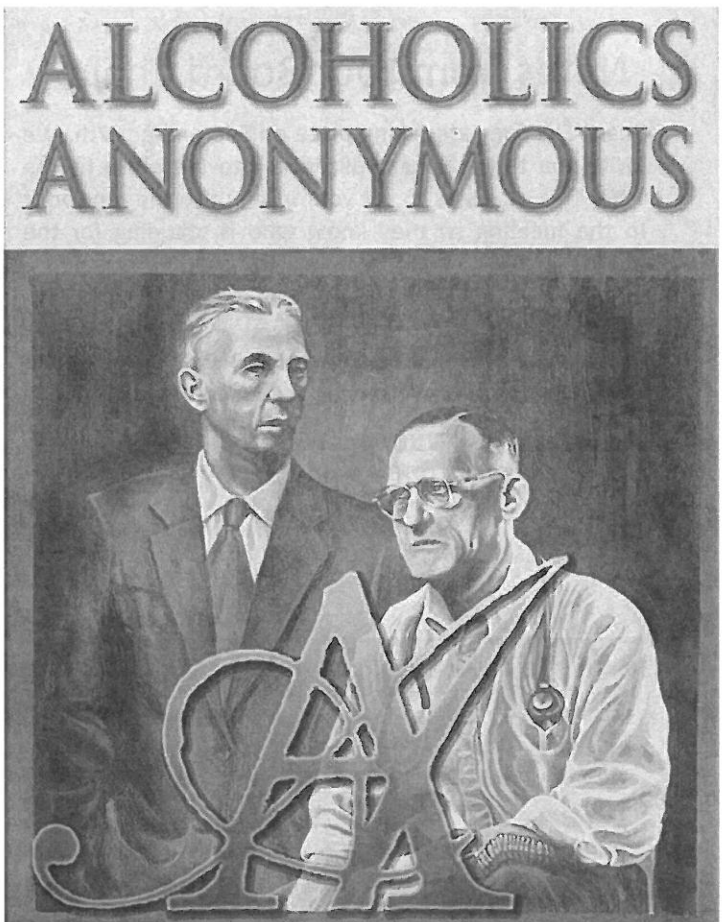
My sponsor then had me pick out a handful of direct amends to make first. I chose to include my mother and my sister in my first round of direct amends.

Just before I was to begin making my first direct amends, I decided to listen to a second sponsor...the one I see in the mirror every morning. I made an unplanned, extemporaneous direct amends to my next-door neighbor (who was not even

on my Step 8 list) after I almost hit her with a rock thrown from my snow blower. A wave of relief and happiness came over me after I apologized to her for my carelessness. I couldn't wait to tell my sponsor what I had done when I checked in with him that evening. When I told him about this first direct amends, he informed me that I had blown it.

My sponsor then shared with me the wisdom he obtained from doing Step 9 with his sponsors. These insights felt right and true to me and so I readily adopted them for completing Step 9. They included:

*Continued on Page 5*



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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.”

We celebrated being in service “50 Years” in a big way Saturday, August 11<sup>th</sup>.

The dunk tank was so much fun! I am not sure who had more fun, the people throwing the balls to dunk someone or the volunteers being dunked. Doug H. started it out sitting on the platform in a suit and tie! The other brave volunteers that made “Dunk the Drunk” a hit were Maureen F.S., Mike A., Steve H., Sooze H., Melanie Y., Jeff N., Jon H., Michael H., Dave A., Jane A.W., Terry L. and Jamie M.

Your Area Chair, Mary M. and Alt. Delegate, Missy P. slaved over a hot grill and cooked all 180 hot dogs. No small feat! We appreciated their service!

We had record sales of literature for any open house we have had so far! We were happy to offer the one day discount and give the individuals, groups and districts a chance to stretch their dollars.

Dan S. and Dave A. arranged over 23 volunteers that took care of all the service positions from the Bean Bag Toss to Greeting to Popcorn makers, etc. It was a celebration to remember! Mike M. literally pulled it all together.

Our next big event will be this month at the Intergroup Rep meeting on September 27<sup>th</sup> at 6:30 p.m. when the Rep's elect four new Intergroup Board members as four members rotate off. Minneapolis Intergroup has been blessed with dedicated AA members that help and support the services of Minneapolis Intergroup to be there for the still suffering alcoholic to find a solution to change their lives.

In Love & Service,

Gail S. your office manager

## Notes from Your Board Chair:

Board Elections are taking place on September 27<sup>th</sup>. We invite you to get your application into the office by the 12<sup>th</sup>. This allows us to get your info out to the reps prior to the meeting so they know who is standing for the board.

5 years of sobriety is the only hard and fast rule.

Give anyone a call on the board to ask what it entails and how much fun we have serving the AA community!

See you all on the 27<sup>th</sup>, if not sooner!

Yours in Service,

Board Chair, Jamie M.



### 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 covering a topic. We are happy to include the deaf community in the journey on the path of recovery. Please join us in getting to know them better.**

**Minneapolis  
Intergroup  
will be closed on  
Monday  
September 3rd, 2018  
in observance of  
Labor Day**



## Intergruop 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.

### Intergruop Staff

Gail S.	Office Manager
Claudia S.	Office Assistant
Terri D.	Office Assistant
Drew H.	Office Assistant

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

## NOTICE



## NOTICE

**Intergruop  
Reps Meeting**  
Thursday,  
September 27th  
6:30 pm

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

## 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

## Intergruop 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.

9/1	Importance of Having a Sponsor His Story
9/8	Step Three / Tradition Three Her Story
9/15	Importance of Singleness of Purpose His Story
9/22	Step Four / Tradition Four Her Story
9/29	What are A.A.'s Three Legacies? His Story

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

### Concept IX:

Long Form: "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."

Short Form: "Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees."

Concept Nine is a favorite of mine. Bill W.'s essay, "Leadership in A.A.: Ever a Vital Need," is embedded in the presentation of the Concept in our Service Manual. In my mind, that essay should be required reading for every A.A. member. Especially in this season of elections at the group, District, and Area levels, we should all be informed and intentional about choosing who it is among us that we think could best put our A.A. principles into action in service to the Fellowship.

But for as many times as I have read through Concept Nine, this time I was surprised to remember how much importance Bill placed on how our groups go about choosing their GSRs (General Service Representatives). Bill writes that GSRs are "the direct agents of A.A. groups; these are the indispensable linkage between our Fellowship and its world service; these are the primary representatives of A.A.'s group conscience." Because of our general service structure, it truly is GSRs who most influence the election of our other trusted servants. GSRs have an overarching power to set the tone for A.A. by who they elect to District officer positions, Area Officer positions, and especially when electing our Delegates. Accordingly, Bill emphasizes that "great care needs to be taken by the groups as they choose these Representatives."

Because of how important a role GSRs play, I cringe to hear of groups who make a habit of electing or appointing some of their newest, least-informed members to the GSR position. The argument usually goes that it will be good for these inexperienced members to jump in and learn from their mistakes – that none of us knew what we were doing when we took any of our jobs in A.A. And for all its good intentions, we often hear an old cliché that A.A. (or God) doesn't choose the qualified, it (or God) qualifies the chosen. I understand the desire to include newcomers in A.A. right from the start. But it sets up the newcomer and A.A. for failure – which is not the intent of our general service structure.

After reading how important the GSR role was in Bill's eyes, it is odd then to see how few groups even bother selecting a GSR. As Delegate, I have had the pleasure to present over 40 Delegate's Reports to Districts over the past two years. I have

attended dozens of Area Assemblies over my many years in general service. Most of the time, we feel fortunate to have even 10 or 20 percent of our active groups represented by a GSR at one of these events.

It is easy to lament the lack of commitment of groups or individual A.A. members when seeing the number of attendees. But I would put some of the blame on how we have structured our A.A. service events and our A.A. service calendar. Most A.A. members, like anyone who is asked to serve in any capacity, are glad to show up and do their part when they are given meaningful opportunities to contribute, to discuss, to decide, and to take action. Unfortunately, our service structure has made even our Area Assemblies – where GSRs are supposed to be most actively engaged with our world services – a long day of reports, presentations, and sometimes, not a single vote or discussion of an issue relevant to our groups. No wonder we see less participation. Maybe it's time to revisit what our service structure and our annual calendar is intended to accomplish. And to gather the input from those groups and GSRs who are not attending along with those too-few GSRs who do. These are the most important voices. Otherwise, those of us who have been long-time attendees, rotating from position to position over decades, will probably continue to perpetuate a structure and a system that will get the same meager participation we're currently getting.

In the meantime, in this season of A.A. elections, we should look for the most qualified and most experienced candidates for each position. By placing the right people in the right jobs, we develop trusted servants who can take on increasingly more demanding service positions. We can each do our part to make sure that the groups we attend have a GSR and that the people we choose to fill those roles are our most qualified members. Then we can send them into the general service structure with confidence, knowing that our GSRs will be a great influence on the rest of the service structure. Look around and encourage the active, committed A.A.s you know to stand for the GSR position. Then support them as they go out to do the work our Fellowship needs done.

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)

Thanks for all your service,  
Curt K.

Delegate – Panel 67

Area 36 – Southern Minnesota  
[delegate@area36.org](mailto:delegate@area36.org)



MINNEAPOLIS

1968

50

2018

YEARS

INTERGROUP

*Continued from page 1*

1. Write down what I am going to say, review it with my sponsor and meditate over it ahead of time (at least for the first few direct amends).
2. Avoid "softening the blow" regarding the harm I caused by minimizing the impact or rationalizing what I said or did.
3. Be mindful to not cause more harm through the direct amends I make.
4. Avoid making promises and commitments as part of my direct amends that I cannot keep. For example, replace "this will never happen again" with "I will put forth my best effort to not do this again."
5. When traveling to make a direct amends, make the direct amends the only activity I do during my trip and avoid the temptation to schedule other activities to do on the same trip.

I made my first direct amends to my mother who I had scared with my erratic behavior during my last drinking binge just after she came to live with me. This was a huge blessing because my mother passed away a few months afterwards.

When I made my direct amends to my sister regarding my unsavory comments about her looks during our childhood, I received an unexpected gift. She told me that she did not remember the incident I was making the direct amends to her for and that she remembered and appreciated the time I came to her defense in our adult years to take her side after our father had jokingly made some insensitive comments about her appearance. I had completely forgotten that exchange! What a huge blessing that was to discover, all thanks to the miracle of having a Higher Power, having a sponsor, doing step work with my sponsor's help, and being willing to work a program or recovery in Alcoholics Anonymous. Amen!

Alan S, Buffalo, MN., for the MIRUS

## The Twelve Traditions

### TRADITION NINE

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

I have learned over the years that the best way to be of service is 1) being willing to step up when asked to fill a position and 2) that I need to work with others to get this done. To serve on a board or committee means just that. I am here to serve and be open to suggestions, not to fight others or the process, which may be the most difficult part when my character defects arise. If I am humble enough and ask for spiritual guidance, then I am being responsible to AA as a whole, whose goal is to help the still suffering alcoholic.

Linda M., 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**

## AA Information Talks

### Carrying the Message Outside the Rooms of Alcoholics Anonymous

**Orientation Sponsored by  
Greater Minneapolis Intergruop  
Alcoholics Anonymous**

**Saturday, October 27, 2018**

**11:00 am - Lunch provided**

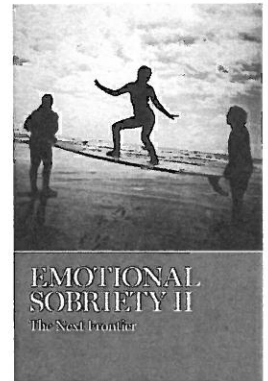
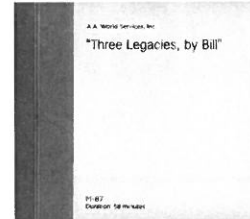
**11:45 am - Discussion - Shared Experiences**

**12:30 pm - How to Present to Non-AA Facilities**

**A shared experience of how we can carry the AA  
message beyond our meetings**

**Mizpah United Church  
412 5th Avenue North  
Hopkins, MN 55343**

**“We are Responsible for AA’s Future  
- Let it Begin with Us”**



AA Pamphlet of the Month:

**3 Talks to Medical Societies by Bill W.**

**Co - Founder of A.A.**

AA CD of the Month:

**Three Legacies, by Bill W.**

Grapevine Book of the Month:

**Emotional Sobriety II**

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

2218 Squad 3  
4111 Group  
7 - Hi Group  
A New Freedom - Plymouth  
A New Freedom - W. Suburban Alano  
Andover Alano Squad 9  
Andover Alano Squad 8  
As Bill Sees It - Delano  
As Bill Sees It - Medina  
Back to Basics Women's Group  
Basic Twelve  
Beyond Jitters  
Blaine Alano Squad 6  
Bridges - Shakopee  
Brooklyn Park Step Group  
Bryant Lake Group  
By Grace Group - Mound  
Cavalier West Men's Thurs 8 P.M. (2)  
Central Pacific Group  
Chaska River Valley AA Group  
Colfax AA Group Thursday Night  
Common Solution Big Book Study  
Continuous Action  
Coon Rapids Alano Squad 11

Crushed Grapes  
Dry Dock  
East Bloomington AA Group  
Elders Big Book Stories Friday  
Elders Big Book Thursday  
Elders Steps & Traditions Tuesday  
Elders Topic Sunday 10 A.M.  
Foxhall Chapter 7 Group  
Gloria Dei Group  
Golden Valley II AA Group  
Gopher AA Wednesday  
Gratitude Group  
Groveland Group  
Halfway There  
Isanti Alano Squad 12  
It Might Have Been Worse  
Ladies Night Happy Hour Sahara Club  
Lake of the Isles Men's Tuesday P.M.  
Lakers AA Thursday 6:30 P.M.  
Lakeville Saturday Big Book Meeting  
Living Sober AA Group - Burnsville  
Lourdes AA Group  
Meditation at Peace  
Minnetonka Big Book Study Group  
Monticello Alano Club

No Bull Big Book  
Oasis Group - Shakopee  
Open Door Thursday Group  
Practical Experience  
Promises at Knox  
Ramsey NowThen AA  
Richfield Bloomington Alano Sq 6G  
Rich/Blmngtn Alano Sun Open Spkr  
Ridge Runners I Group  
Rojo Group  
Sahara Tuesday 8 P.M. Men's Group  
Salt & Pepper Senior Group  
Sat Morn Fellowship - Brooklyn Park  
Saturday Night Live Group  
Sat Night Open Speaker Mtg - Mpls  
SDSG  
Serenity Seekers St Hubert's AA Group  
Sisters in Step  
Sisters Shoulder to Shoulder  
SOS AA Group - Minneapolis  
Squad 62 at Bethany Lutheran Church  
Squad 7 Big Book Study - Blaine  
St Louis Sunday Night AA Group  
St Luke's Saturday Men's Group

St Therese Thursday Night Group  
Step Sisters of Anoka  
Steps to Serenity Group  
Stepsisters of Northfield  
Suburban North Alano Squad 7  
Suburban North Alano Squad 13  
Sunday Night Grace  
Sunday Serenity  
Temple Wednesday AA Group  
The Way Out - Squad 2 at 2218  
There is a Solution - Minnetonka  
Third Tradition Group of AA  
Three Legacies (2)  
Thursday Night Big Book - Buffalo  
Thursday Night Women's AA Group  
Tonka Alano Club Groups  
Tradition Five  
Tradition Three at St Joseph's Church  
U.R.S. Tuesday Night AA  
We Agnostics of Uptown  
We Think Not  
Wednesday Knight Avenue Group  
Wed Women's Serenity Good Shepard  
Women's AA Group at Elim

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 2018

#### Continuous Action

**\*\*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  
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

September 22, 2018  
St. Cloud A.A. Convention  
Midtown Square Mall, St. Cloud, MN.  
12:00 P.M. - 7:00 P.M.

October 12 - 14, 2018  
60th Annual Southern Minnesota Round Up  
Best Western Hotel, Mankato, MN.  
5:00 P.M. doors open  
somnroundup1@gmail.com

### General Service Announcements

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

October 13, 2018  
Area Assembly, Hutchinson Event Center  
1005 MN - 15, Hutchinson, MN.  
9:00 A.M. - 5:00 P.M.

November 17, 2018  
Area 35/36 Joint Workshop  
Bethlehem Lutheran Church  
4310 County Road 137, St. Cloud, MN.  
12:00 P.M. - 4:00 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)  
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

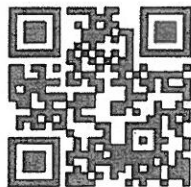
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