December 2018 Step, Tradition, and Concept Twelve

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."

Why did I relapse? What happened? What will be different this time? All of these thoughts raced in my mind as I struggled to make sense of my recent short, but painful, relapse. Nine months sober, newly relocated to the Twin Cities, and making many choices based on self, I had placed myself in a troubling position. In some respects I was checking the boxes of "good" recovery. I had previously worked the steps, I had a sponsor and I usually attended my home group. Despite these efforts, I was brimming with resentment and fear. After several months of "white knuckling" it, the mental obsession had won. Hung over and terrified the next morning, I called my sponsor and I became willing. "The gift of desperation" set in, but what was I to do to ensure against another relapse? What had been missing in my program the first time?

The answer to these questions was not immediately apparent, but I was in enough pain that I did what I was told – kept going to meetings, prayed, asked for help, and raised my hand to sponsor other women. As days turned to months of sobriety, I still felt unsettled and awkward at meetings, as in life. But, at the stern prompting of my sponsor, I kept engaging newcomers to welcome them and see if they were in need of someone to take them through the steps. Persistence and willingness paid off, and soon I was plodding through the pages of the Big Book with several sponsees.

As I sat across the table from each newly sober woman, I found myself forgetting my own discomfort. When I suggested that she go to the meeting whether she felt like it or not, I found it easier and easier to attend every week myself. While I read and re-read the instructions as outlined in the Big Book, I heard new promises. Work with these women has proven to be the "missing piece" of my recovery. I had not been consistently carrying the message when I relapsed — finally, something I could do differently! And, indeed, Twelfth Step work has been a central factor of my sobriety for the past six years.

Carrying the message is but one component of Step 12, which has three parts: (a) having had a spiritual awakening as the result of these steps, (b) we tried to carry this message to alcoholics, (c) and to practice these principles in all our affairs. The first portion begins with the foregone assumption that I have

already completed Steps 1-11. This is no small task, and I am grateful to the many women who have spent countless hours taking me through each one of them. If that step work is in place, Step 12 states that I will have had a spiritual awakening. Many descriptions of "spiritual awakening" are available, and my favorites are often those shared at meetings. I was recently reminded that my behavior change is a clear indicator of having had a spiritual awakening. I hope that my spiritual awakenings keep happening, and that my reactions to life continue to become softer and kinder over time.

Step 12 then takes the very action that was required for a spiritual awakening and propels it forward in part (b). I am asked to "try to carry this message to alcoholics." For me, participation in this part of Step 12 has been a turning point in my

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NEW YEAR'S EVE 2018 PASS IT ON MARATHON MONDAY, DEC. 31

Sponsored by Greater Minneapolis AA Intergroup Al-Anon, Alateen, and other friends welcome

> RING IN THE NEW YEAR TOGETHER!

De La Salle High School 1 De La Salle Drive, Minneapolis, 55401

8:00 p.m. AA Speaker Christina G., Mpls., MN. (ASL interpreter provided for speaker)

Doors open at 7:00 p.m.

Tickets \$7 in advance* - \$10 at the door

Free parking for the first 175 vehicles Additional metered parking available (bring quarters)

Free coffee and popcorn provided by Intergroup Catered food to purchase starting at 7:00 p.m.

*Advance Tickets Available
IG Representative - Ticket Committee - Intergroup Office
(This Intergroup event is self - supporting though the sale of tickets)

Greater Minneapolis Intergroup • Alcoholics Anonymous ®

Notes from your Service Office:

The General Service Theme for 2018 is:

"A.A. - A Solution for All Generations."

In October we completed an orientation for the AA Information Committee. We currently have thirty non-AA facilities requesting an AA member share information about Alcoholics Anonymous. A total of forty-six commitments are scheduled each month by our three great coordinators, Don S., Janice K., and John P. Volunteers are scheduled one time a month to share what AA is and what AA isn't. Terry L. presented an AAI talk and current members shared their experiences with all the different types of facilities.

It has been exciting to work with three different high schools in the last three months and schedule AA Information talks for 14 classes. Eight young AA members have enthusiastically signed up to speak to these young students. The responses from the teachers and AA speakers has been rewarding and powerful. Questions ranged from, "Did you have the support from your mother and father?" to "Do you have a job?"

We were busy with getting ready for Founder's Day Weekend after Thanksgiving. We cannot thank the groups enough that signed up to host the Intergroup Hospitality Suite 115.

Mark your calendar for Saturday, December 15th for our Winter Open House. Take a break from the holiday madness and join us for food and fellowship from 9:00 am to 1:00. There will be door prizes. Bring a newcomer that has never been to Minneapolis Intergroup. We will give tours of the service center.

De La Salle High School, in downtown Minneapolis will be a great place to be on New Year's Eve! Pass It On Marathon is a safe, sober event on Monday, December 31st. Doors open at 7:00 pm for food, games, dancing, meetings and fellowship. We are honored to have Christina G., from Minneapolis be our main speaker at 8:00 pm. Tickets are \$7 in advance and \$10 at the door.

In Love and Service
Gail S., Office Manager

Notes from Your Board Chair:

As we all watch the changing of the seasons, we also know that the holiday season is fast approaching. Depending on where I have been along my own journey of recovery, the holidays have brought tremendous joy, sadness, or even both at the same time. This is true for most any alcoholic during the holiday season and can be especially challenging for the newcomer.

My first holidays in sobriety were spent living in a sober house away from any family or friends. I heard that staying busy would benefit me, so I went to various AA meetings all over the Minneapolis area. I stayed late and participated in activities before and after meetings, especially when I did not want to - I began to feel at home and safe.

Despite often feeling sad, frightened, and uncomfortable in early sobriety, I began to gain a sense of love and belonging in those meetings as I was taken in by this Fellowship. One thing that surprised me in early sobriety is that many meetings still take place on the day of a holiday. I began to see that AA shows up no matter the holiday and that I could rely on it to be there when I needed it.

Since that first year in sobriety, I have practiced, to the best of my ability, the actions that other AA members

and my sponsor have suggested during holidays spent with family. I have contributed and been of service wherever possible to them, and I am grateful it has been possible for me to show up in this way because of the AA program.

After having been blessed with several years of joy-filled holiday seasons in sobriety, I experienced a heartbreaking holiday season last year with the passing of my 64-year-old mother/best friend on December 3 after a short fight with cancer. During that time, I truly learned what "life on life's terms" meant, and I stayed in the middle of AA as best I could. Because of this, I stayed sober and was able to serve my family when it really mattered. This year I am feeling many emotions about the upcoming holiday season, and I plan to dig in to AA again just as I did during my first year of sobriety. I will be missing a very big part of my life now that my mother is gone, but I know where I can go to feel loved and supported just as I did when I was newly sober.

If you find yourself in a tough spot of any sort during the holidays, there are many events and meetings available. Give the Intergroup office a call anytime, 24 hours a day, if you are looking for information on a meeting, event, or are interested in volunteering to help the still-suffering alcoholic.

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Intergroup Board

Board Officers

Chairperson Melanie Y.
Co-Chairperson Mitch K.
Secretary Linda M.
Treasurer Dave A.

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Jessica B. Brad R.
Jack J. Dan S.
Deb W. Michael H.
Donny H. Patti P.
Gail S. Office Manager, Ex-Officio

General Service District Board Liaisons

District 7	Jessica B.
District 13	Deb W.
District 14	Dan S.
District 17	Brad R.
District 18	Jack J.
District 19	Patti P.
District 20	Tom B.
District 21	Donny H.
District 22	Michael H.
District 24	Linda M.
District 25	Dave A.

Intergroup Staff

Gail S. Office Manager
Terri D. Office Assistant
Drew H. Office Assistant
LeeAnn G. 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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NOTICE • I



NOTICE

Intergroup
Reps Meeting
Thursday,
December 20th
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

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.

12/1	Step Nine / Tradition Nine Her Story
12/8	A.A. Service Entities: District & Area His Story
12/15	Step Ten / Tradition Ten Her Story
12/22	A.A. World Services / General Service Office His Story
12/29	Step Eleven / Tradition Eleven 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."

In the past year there are two issues affecting A.A. that have drawn many members to read and re-read Concept Twelve closely – first, legal action by the General Service Board attempting to regain possession of a 1939 original printer's manuscript of the book *Alcoholics Anonymous*, and second, a request by the General Service Board for feedback from the Fellowship about what measures might or might not ever be appropriately taken to protect A.A. intellectual property rights. This question has arisen because an outside entity is using the name Alcoholics Anonymous in conjunction with a commercial website.

The reason these two issues draw us to Concept Twelve is because it holds the Warranties of the Conference Charter. (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.

Regarding these two legal matters, Warranties Four and Five provide guidance. Warranty Four states "that all important decisions be decided by discussion, vote, and, whenever possible, by substantial unanimity." In the printer's manuscript matter, the General Service Board chose to act without first seeking discussion and a vote of the Conference. It was clear at the Conference in April that acting without consulting the Conference

first was at the core of many groups' and Areas' concerns about the matter. There was no chance to have input regarding what turned out to be a very expensive undertaking that ultimately failed.

The General Service Board certainly heard the Fellowship's collective frustration about not being consulted in important matters. At the same conference in April, the Board directly asked the Delegates for input regarding the intellectual property question. Since then we have done our part to discuss the topic in our Area and many members have looked to Warranty Five for insight. While the Warranty itself is not explicit about the appropriateness of taking legal action, Bill's writing on Warranty Five states "that a public lawsuit is a public controversy, something in which our Tradition says we may not engage." That would seem clear cut if there were not also other warnings in the same essay about the need to protect the name Alcoholics Anonymous above all else. The issue will clearly need more debate and discussion by the next General Service Conference in order to give our General Service Board clearer guidance. Wisdom from Concept Twelve will be fully reviewed and discussed in that process, for sure.

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

Many thanks to Minneapolis Intergroup for the opportunity to share my thoughts on the Twelve Concepts over the past two years. It is a privilege to have served as Area 36's Delegate and to have experienced the Concepts in action in so many ways. All the best to all of you in your sobriety and your service.

Curt K.
Delegate, Panel 67
Area 36 - Southern Minnesota
delegate@area36.org

Minneapolis
Intergroup
will be closed on
the following dates:
December 24th - Christmas Eve
December 25th - Christmas Day
January 1st - New Year's Day

The Twelve Traditions - How they apply in our lives

TRADITION TWELVE

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

I am a prideful person. I want credit for what I've done. I wanted to brag a bit. I watched people, listened to how they treated others in a meeting. Slowly, very slowly, I learned to be grateful. I learned humility and how anonymity frees me up to be of service just for the joy of being helpful.

Elizabeth D., Burnsville, MN.

Step Twelve continued from page 1

ability to stay sober. As Chapter 7 of the Big Book states, "nothing will so much insure immunity from drinking as intensive work with other alcoholics." I have found this statement to be true time and time again. I have made (and will continue to make) many mistakes in my recovery, but I have *never* gone wrong to spend time in the Big Book with a newcomer. Every time I sit at my kitchen table with a new woman, I learn something from her. Every time I hear her experience and share mine, I am reminded why drinking is not a good idea for me.

I have been taught that as I remain willing, God will give me the Twelfth Step work I need. The "Twelve and Twelve" explains that Twelfth Step work can be carried out in a variety of ways — making coffee, greeting others at the door, or even participating in meetings. While I find sponsorship to be the most rewarding version of Twelfth Step work, I am grateful that my ability to carry the message is not limited to this type of relationship.

The last part of Step 12 asks me "to practice these principles in all my affairs." I was initially quite overwhelmed by this suggestion, thinking it intended for me to strive for perfection in all of my relationships. It has since been pointed out to me that this seemingly tall order is quite attainable when correctly read, "try ... to practice the principles," and that the word perfect is not part of the instructions. I am now able to practice the principles in my marriage by working the Traditions as they apply to our relationship. I am able to practice humility at my work. I am able to practice tolerance for opposite points of view.

When asked what is different in my recovery this time, I am grateful to respond "Step 12!" This step allows me to connect with my Higher Power and with others. It gives me concrete actions that always work for me. When I show up and work with others, I feel better. When I feel better, I don't find a drink necessary.

Rachel H., Edina, MN. for the MIRUS

Notes from Your Board Chair continued from page 2

Intergroup puts on two events right around the holidays, and volunteers are always needed and welcome to help make these a success! Mark your calendars for December 15 from 9 a.m. to 1 p.m. for Intergroup's Winter Open House, where you can drop by to learn more about Intergroup while enjoying breakfast, goodies, and appetizers, plus enter a drawing for a chance to win door prizes. The second event of the holiday season provides a safe place on New Year's Eve at Intergroup's Pass It On Marathon. The event will take place at De La Salle High School, and our speaker this year will be Christina G. from Minneapolis. It is sure to be a great time!

I wish everyone a safe and peaceful holiday season.

With Love,

Melanie Y., Intergroup Board Chair

*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)
Hennepin County Adult Corrections Facility (Men & Women)
Corrections Facility Contact Program (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."

-Alsoholiss Anonymous, p. 89



AA Pamphlet of the Month:

A.A. for Alcoholics with

Mental Health Issues
and their sponsors

AA Book of the Month:

12 Steps & 12 Traditions - Gift Edition

Grapevine Book of the Month:

Grapevine Daily Quote







Group Contributions - October 2018. Thank you all, in the Spirit of Hope. 7- Hi Group New Hope Alano Squad 7

7 - Hi Group A Baffled Lot A New Freedom West Suburban Alano A Way Out Sunday Men's Group As Bill Sees It - Delano Back to Basics Women's at St Luke's Bar None Tuesday AA Group **Basic Principles** Basic Twelve Belle Plaine AA Group Boiler Room Men's Group Breakfast Club - Saturday A.M. Bryant Lake Group Cavalier West Men's Thursday 8 P.M. Cavalier West Saturday Night Group Common Solution Big Book Study Complete Defeat AA Group Continuous Action Crushed Grapes (2) Desire Speaker Meeting Dry Dock Dunn Sober AA Group Eagan Open Speaker Wednesday

Elders Big Book Thursday (2) Elders Big Book Stories Friday (2) Elders Steps & Traditions Tuesday (2) Elders Topic Sunday 10 A.M. (2) Excelsior Thursday Night Foundation Stone Group of AA Foxhall Chapter 7 Friday Night Shift Fridley Alano Route 66 Men's Group Fridley Alano Sauad 3 Golden Valley II Group Gratitude Group Groveland Group Halfway There Happy Destiny Happy, Joyous, Free - Columbia Heights Howard Lake - Waverly AA Group Isanti Alano Squad 12 It Might Have Been Worse La Nueva Esperanza Mainstreeters AA Plymouth II Alano Minnetonka Big Book Study Group (2)

New Hope Alano Squad 11 New Way AA Group No Decaf Normandale AA Group Oasis Group - Shakopee Open Meeting - Everyone Welcome Pearls of Wisdom Practical Experience Promises at Knox Ramsey AA (NowThen AA) Rich/Blmnatn Alano Sun Spkr Mtg Riverlyn AA Group Rockford Riverview AA Group Rule 62 AA Group Sahara Tuesday 8 P.M. Men's Group Sat Morning Fellowship Brooklyn Park Saturday Night Live Group (2) Seeking Serenity Big Book Serenity Seekers - St Hubert's AA Silver Lake New Brighton Monday SOS AA Minneapolis

St Louis Park Sunday Night Group (2) St Luke's Saturday Men's Group St Martin's Monday Nite Group Step Sisters Monday P.M. Steps to Serenity Group Suburban North Alano Sauad 7 Suburban North Alano Squad 88 Third Tradition Group of AA Three Legacies (2) Thursday Night Men's Dakota Alano Tonka Alano Club Groups Tradition Five Twin Lakes Alano Squad M Waconia Friday Nite AA Group Wayzata Step Sisters Wayzata Women's Thursday Group Wayzata Women's 10 A.M. Monday We Think Not West Suburban Alano Life Is Good Women's Big Book Anoka Women of Wisdom Worthy Women Big Book Study

Sauad 62 at Bethany Lutheran Church

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** October 2018

Tradition Five ● Foxhall Chapter 7 (2) ● Bryant Lake Group ● New Nicollet AA Group

**On their sobriety birthday, many AA members contribute one dollar or more for each year of sobriety to any or all of our four service entities; District, Area Assembly, the General Service Office and the local Intergroup. Some members attribute their birthday contribution to their home group. Those groups receive a receipt and "Thank You" letter from the office and are listed in the MIRUS.

Calendar of Events

Open Speaker Meetings

Thursday:

Central Pacific Group, 7:30 PM 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

December 15th, 2018 Minneapolis Intergroup Winter Open House 9:00 a.m. - 1:00 p.m. Door Prizes

December 31st, 2018
Pass It On Marathon
De La Salle High School, Minneapolis, MN.
Main Speaker at 8:00 p.m.
7:00 p.m. to 12:30 a.m.

General Service Announcements

December 1st, 2018

Area Committee Meeting

Mankato City Center Hotel

Standing Committee Meetings 9:30-11:30 a.m.

Area Committee Meetings 1:00-5:00 p.m.

December 8th, 2018
Rotation Meeting (Area Officers & Standing Committee Chairs - Important to Attend)
Elko New Market Library
110 J. Roberts Way, Elko, MN.
9:00 a.m. - 12:00 p.m.

January 25 - 27, 2019 Recovery, Unity, & Service Conference Fairmont Holiday Inn 1201 Torgerson Dr., Fairmont, MN. Registration Opens 5:00 p.m.

Most 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 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.



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

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