

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

January 2019 Step, Tradition, and Concept One

Step One

"We admitted we were powerless over alcohol - that our lives had become unmanageable."

Confronted with the reality of being evicted from my third house in as many months, I found myself trapped. Not because I was being evicted or kicked out of my house, that was nothing new to me, it was because I could no longer see a way out. I had no plans I believed would help me find a new place, no bright ideas to win back the relationships I had lost, no fight to do better. Here I was, at 19 years old, homeless, jobless, every bridge in my life burned to the ground, and no booze to last me through tomorrow. All of my hopes of a better life came crashing down in that one instant, and thank God they did. In that split second, when everything was crashing down around me, I had a moment of clarity and called my mom. "Hey mom, I think it may be time I go to treatment." "You're allowed home for three weeks while we work out where you go. Bye." As soon as the conversation ended, a thought raced through my mind, "what have I done?" This simple phone call led to a series of events that eventually brought me to the rooms of Alcoholics Anonymous. In the rooms of Alcoholics Anonymous a sponsor reached his hand out to me and gave me the gift that was given to him. This sponsor took me through the 12 Steps and I've been blessed to do so with others. Through working the 12 Steps much has changed, however, one thing has remained. The reason I am an alcoholic. Am I an alcoholic because of the times I would get in street fights at 3 a.m. on a Wednesday morning after drinking all day? Is it because of that time I woke up handcuffed to a hospital bed after drunkenly fighting a security team? Is it because I would go home every night and lay in my own vomit after drinking for days on end? Experience has shown me the answer is no. I am an alcoholic because of the times I went home after getting into a street brawl, thinking to myself, "I'm never going to do that again," and the first thing that would happen when waking up was down another shot of vodka. It is the time when I left the hospital where the thought of being sober for more than a moment drove me to grab a bottle and down as much of it as I could manage. It is the time after waking up soaked in blood, puke, and shame; thinking this won't happen again and being drunk two hours later without a second thought. The

powerlessness of alcoholism isn't in getting drunk and getting in trouble. It lies in those moments where with every fiber in my being and every modicum of self will at my disposal, I would still end up drunk. When everything was on the line; a new job, another chance with my girlfriend, my parents letting me back into their house, getting back to school, I would find myself drunk and hurting again. There is a passage in Alcoholics Anonymous' basic text that reads, "We must concede to our innermost selves that we were alcoholic." Looking back on the phone call with my mother, I had the realization that I was different than others, I could never quit drinking, and that my life would continue to spiral out of control. The helplessness when faced with these truths was overwhelming, for the first time in my life I had felt despair. My experience has shown that the First Step isn't a step of hope, in fact it's the opposite. The fact of my life is that I am and will always be an alcoholic. When left to my own devices life can and will spiral out of control, and I will drink again. The utter powerlessness and hopelessness of my situation was smashed home, in essence, my First Step experience. I am not, nor will I ever be, the solution to my alcoholism, but there is a place that showed the way out of the pit of despair. For that I will forever be grateful to Alcoholics Anonymous.

Ian H., Golden Valley, MN., for the MIRUS

The AA group gave the old-timer a pin recognizing her outstanding humility. And the first time she wore it, they took it back.

J.C., California, April 2008

Q: How can you tell the difference between a sponsor and a therapist?

A: The only time a sponsor uses the word "closure" is before the word "mouth."

Andrew D., May 2001

Copyright © 2009 by AA Grapevine, Inc. - used with permission

Greater Minneapolis Intergruop • Alcoholics Anonymous®

7204 W. 27th St., Suite 113 • St. Louis Park, MN 55426-3112 • 952-922-0880 • www.aaminneapolis.org • email: info@aaminneapolis.org

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

Notes from your Service Office:

The General Service Theme for 2019 is:

“Our Big Book - 80 Years, 71 Languages.”

Happy January and my best wishes to everyone for a peaceful and sober 2019! I have learned from you that it is one thing to be sober and there is another thing to have sobriety. When I got out of treatment the first time, I felt I was a loser, my life was over and I was sentenced to AA. Little did I know it was just the *beginning* of my new life and I was really a *winner*. My sobriety started when I began to be of service in A.A. Giving back, what I was freely given, made all the difference in the quality of my sobriety. I am so grateful to have the opportunity to work as your office manager and work with so many of you. Thank you to everyone that has been of service to Minneapolis Intergroup. We couldn't do it without your willingness to reach out to the still suffering alcoholic.

This month begins the new theme for 2019, recommended from the 68th General Service Conference:

“Our Big Book – 80 Years, 71 Languages”

Topics for discussion are:

Yesterday's World – Our Legacies Begin.

Today's World – Demonstrating Integrity, Anonymity and Service.

Tomorrow's World – Courage to be Vigilant.

All of these topics will be presented this month on January 25th, 26th and 27th at the Recovery, Unity and Service Conference, also known as RUSC. Sponsored by Southern Minnesota Area 36 Assembly, it is one of the best conferences I have attended. For more information go to area36.org. You won't want to miss it!

In Love and Service,

Gail S., your office manager



Notes from Your Board Chair:

We are full-speed ahead into a fresh, new year. Before coming into AA, I didn't do much thoughtful reflection on the year that was ending, much less set any sort of goals for the year to come. For the last five or six years in recovery, it has been suggested I choose a word of the year to focus on. Previous years I have chosen words like humility, discipline, and tolerance. Because I had a very busy, fast-paced 2018, my word for 2019 is serenity. Serenity, that feeling we all get to discover through the Steps in this Program and through being of service to others.

At Minneapolis Intergroup, we get to help carry the AA message, and the gift of serenity, to still-suffering alcoholics every day. This happens particularly when one alcoholic is able to connect with another alcoholic, whether that be through a 12-Step phone call, an AA information

talk, the Intergroup Orientation meeting, the purchase of literature, or any of the other services facilitated by Intergroup. All of this 12-Step work is made possible by the hundreds of volunteers that support Intergroup.

Each year Minneapolis Intergroup puts on an event called Gratitude Night to celebrate all of our volunteers, and this year that will take place on April 13, 2019 at the Convention Center in Minneapolis. Mark your calendars now as we will have great speakers from both AA and Al-Anon, as well as a dance following the speakers. Come join the fun!

With Love,

Melanie Y., Intergroup Board Chair

Intergroup Board

Board Officers

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

Board Members

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.

Articles from A.A. World Services, Inc. and The A.A. Grapevine Inc. appearing herein are reprinted with permission and are not to be considered an endorsement for Greater Minneapolis Intergroup or the MIRUS newsletter. A.A. ©, Alcoholics Anonymous © and the AA Grapevine © are registered trademarks of AA World Services, Inc. and the AA Grapevine, Inc.

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.

NOTICE



NOTICE

**Intergroup
Reps Meeting**
Thursday,
January 24th
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.

1/5	Anonymity as a Spiritual Principle His Story
1/12	Step Twelve / Tradition Twelve Her Story
1/19	Importance of Having an A.A. Home Group His Story
1/26	Step One / Tradition One His Story

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

Concept I:

Short Form: Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole fellowship.

The A.A. Service Manual tells us in Concept I that Bill W. transferred the responsibility of AA's world services to the whole fellowship at the St. Louis International Convention in 1955. Bill also tells us why and by what authority it was done.

A.A. membership was growing by leaps and bounds. By 1950 the Twelve Traditions had been adopted for the groups to survive. But on the whole, the fellowship worldwide was still counting on Dr. Bob and Bill W. for advice and guidance. When the idea was suggested to turn over the world service to the fellowship, there was push back from A.A.'s Service Headquarters. The Trustees of that time and the fellowship as a whole really did not communicate unless through Bill and Bob. The Trustees felt inviting Delegate's from all over the country would cost money and the possible introduction of politics into our fellowship! The average member of Alcoholics Anonymous was busy with their own Group's business and Twelfth Step work. Some didn't even know that Trustees existed.

But, then Dr. Bob was diagnosed with a fatal illness. He and Bill realized that they were not going to be around forever. The gap between the fellowship on the whole and the Trustees had to be bridged if AA were to survive!

Bill also refers to Tradition Two in Concept I which states, "For our group purpose, there is one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are trusted servants; they do not govern." The groups are the authority, delegating responsibility. It is the collective experience of the Groups.

My personal experience is this: if you give me authority without responsibility, it will not go well! I was invited, and so went to a lot of Service Conferences and functions way before I was elected into any service position. When I was elected as General Service Representative for my home group (the Third Tradition Group in Northfield), I already knew what my group expected of me. I was to become fully informed at the District and Area, bring that to my group and take back our conscience. I was not to skip District or Area meetings. I was not at Area and West Central Regional functions for a party or a break from family life. I was to sit in, at the time, uncomfortable chairs all day and take notes. I need to bring back a full report to the Group upon my return and explain if I voted differently than they had asked

me to. They were giving me the responsibility with the authority! Maybe they just knew how sick I was!!

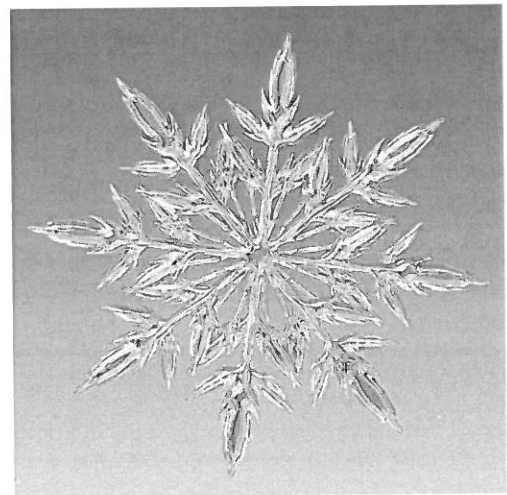
I don't know if Delegate's give you questions to ponder in these articles, but here goes anyway:

Do you personally take the time to find out what you are a part of outside of your home group? Do you take the time to explain to your sponsees what they are a part of and challenge them to learn about of our history?

Thank you for allowing me to be of service in Area 36, it truly has kept me in the middle of Alcoholics Anonymous and has saved my life! And I am truly honored to represent you in May at the next General Service Conference in New York!

Missy P, Area 36 Delegate Panel 69

delegate@area36.org



**Minneapolis
Intergroup
will be closed on
the following dates:
January 1st - New Year's Day
January 21st - M.L.K. Day**

The Twelve Traditions - How they apply in our lives

TRADITION ONE

“Our common welfare should come first; Personal recovery depends on A.A. unity.”

Tradition 1 suggests that the welfare of our fellowship is based upon our ability to unify in purpose and principle. It also suggests that our individual recovery depends upon that unity.

When I was first asked to write a little something on this tradition, I began to think about how this tradition has impacted my sobriety. I began to think about how I practice the underlying principle of this tradition and how I could grow in practicing this tradition.

I witnessed this tradition in action for the first time when I was newly sober. I can't recall the details, but I remember clearly the heated discussion among homegroup members at a business meeting. I can picture in my mind's eye the loud voices, red faces, bulging veins. Then they took a vote. The meeting was adjourned, and everyone walked out of the room together laughing and joking just like they did before the meeting. Back then I remember thinking, “Boy, I belong to a group of crazy people.” Now I know what I witnessed was the practice of Tradition 1. Each member of the discussion clearly felt strongly about their position and was not afraid to voice it. Passions ran high. Each member was heard and a vote taken. Once the vote was taken, I had the privilege of witnessing everyone setting aside individual feelings and what they thought was best for the fellowship, for the collective idea of what the group thought was best for the fellowship.

On a personal level, in hind sight, I had left a trail of broken relationships, because of my inability to practice this principle. I was always trying to get people to see things my way, to understand me, to listen to me, to do what I wanted to do. I always knew the best and most efficient way to complete a task. I could lead and I could follow but never be “one among many.” The way I saw relationships was—winners and losers. This tradition suggests that the welfare of the relationship is more important than my individual perception, idea or wish. It helped me tremendously when my sponsor shared with me how she and her husband make decisions together. If they come together in agreement – great. If they do not agree, action is deferred. They both step back and try to see what is best for their group of the two using the tools AA gives us –

inventories, prayers, sponsors, etc. When an agreement is reached, not based on their individual desires but what is best for their “group,” they proceed. Based on her experience, I began to practice this tradition not only in AA but with family, friends and at work. It appears to me that the better I am at practicing this tradition, the better my relationships are. The better my relationships are, the better I am.

The practice of Tradition 1 helps alcoholics like me to not only participate in the fellowship of AA (which my life depends upon), but also gives me a fighting chance to develop and maintain other relationships (family, friends, work). Thank you for allowing me the opportunity to share a few thoughts on Tradition 1.

Member of AA

“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*

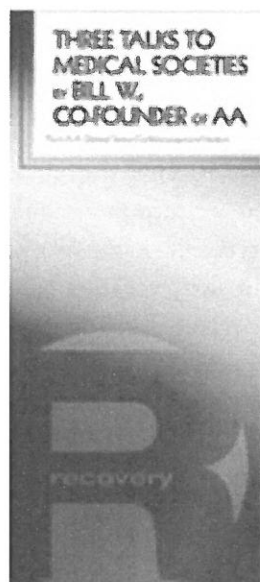
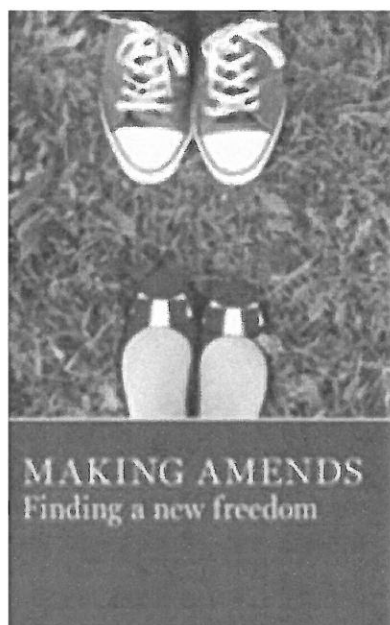
Groups and Members are Invited to:

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)
Andrew Residence (Men & Women)
Henn County Adult Corrections Facility-Plymouth (Men & Women)

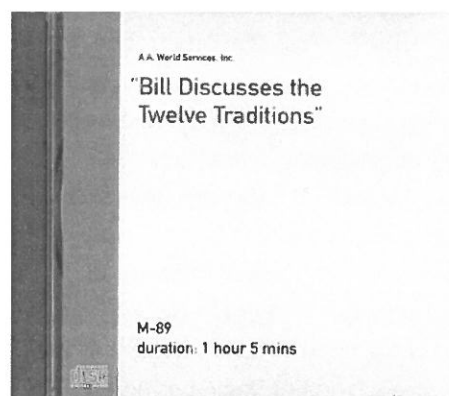
Call or Stop by the Office for Details
**In Cooperation with the Professional Community*

“This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can.”

—*Alcoholics Anonymous*, p. 89



AA Pamphlet of the Month:
Three Talks to Medical Societies by Bill W
 AA CD of the Month:
Bill Discusses the Twelve Traditions
 Grapevine Book of the Month:
Making Amends - Finding A new freedom



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

2218 Squad 1 Depth & Weight
 Alive and Aware Group
 Amigo's II Group
 Annandale Lakers
 Basic Twelve
 Blaine Alano Squad 5
 Blaine Alano Squad 12
 Brothers of AA
 Bryant Lake Group
 Buffalo Tuesday Morning Group
 By Grace Group - Mound
 Carver Sunday AA Group
 Chaska Monday AA Group
 Chaska River Valley AA
 Chaska Tuesday 6 P.M. Candlelight
 Clearwater Groups
 Continuous Action

Dakota Alano Thursday Men's Group
 Excelsior Wednesday Night Group
 Foxhall Chapter 7 Group
 Fridley Alano Squad 19
 Gloria Dei AA
 Good Samaritan Group
 Gratitude Group
 Groveland Group
 Happy Destiny (2)
 Happy Hour Squad 27
 Hopkins Monday Friends Group
 It Might Have Been Worse
 Kenwood Group
 Ladies Night Happy Hour - Sahara Club
 Lakers AA GROW Group
 Lakers AA Thursday 6:30

Medina AA Group
 Meditation At Peace
 Men at Work - Minnetonka
 Minnehaha AA Family Group
 Minnetonka Big Book Study Group
 Minnetonka Senior AA
 New Hope Alano Squad 12
 New Hope Alano Squad 40
 Our Friend's Place Squad 44 Sunday
 Ramsey AA (NowThen AA)
 Richfield/Bloomington Alano Sq 2D
 Rich/Blmngtn Alano Sun Speaker Mtg
 Ridge Runners II Group
 Rockford Riverview AA Group
 Rule 62 AA
 Saturday Night Live Group
 Savage Unity AA Group

SDSG (2)
 Squad 5 at St Luke's
 St George Thursday Night AA Group
 St Louis Park Sunday Night AA Grp (3)
 Stepsisters of Northfield (2)
 Sunday Night Grace
 Sunday Night Solutions - Big Lake
 Sunday Serenity Group
 There is a Solution Women's AA
 Third Tradition Group of AA (2)
 Three Legacies
 Thursday Night Happy Hour 5:30 P.M.
 Tonka Alano Club Groups
 Up the Creek Big Book Group
 We Agnostics of Uptown
 Wednesday OK AA Group
 Westwood AA Group

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** November 2018

Foxhall Chapter 7 (4) • Step Action Series - Hutchinson • Up the Creek Big Book

****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

January 1st, 2019
Pancake Breakfast
Twin Cities Bid for ICYPAA
Mill City Commons
3023 Randolph Street N.E.
Minneapolis, MN.
10:00 a.m. - 1:00 p.m.

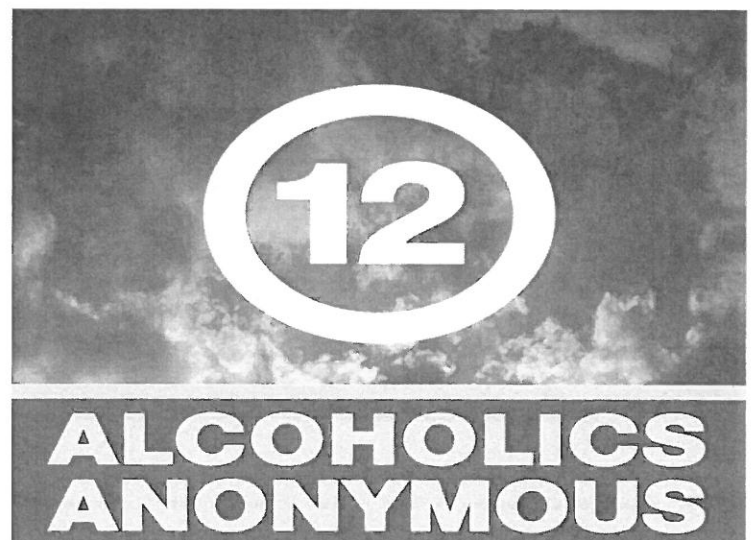
General Service Announcements

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

February 9th, 2019
Trusted Servant Leadership Training
Dakota County Technical College
1300 145th Street East
Rosemount, MN.
9:00 a.m. - 4:40 p.m.

February 23rd, 2019
Area Committee Meeting
Area Standing Committees: 9:30 - 11:30 a.m.
Area Committee: 1:00 p.m. - 5:00 p.m.
Mankato City Center Hotel
101 East Main Street
Mankato, MN

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.



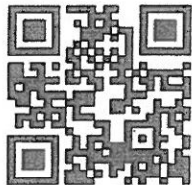
INTERGROUP ASSOCIATION
7204 W. 27th St., Suite 113
St. Louis Park, MN. 55426

NON—PROFIT
ORGANIZATION
U.S. Postage

PAID

Permit No. 416
Hopkins, MN

Change Service Requested



Annual MIRUS subscription: \$10 by mail, or \$5 via email.

Please make checks payable to Intergroup Association.

Please print:

New ☐

Renew ☐

Name _____

Address _____

City _____ State _____ Zip _____