April 2019 Step, Tradition, and Concept Four

Step Four

"Made a searching and fearless moral inventory of ourselves."

This step comes after we have done the other three steps, admitting our powerlessness over alcohol, coming to believe that a Higher Power can restore us to sanity and making a decision to turn our will and lives over the care of a Higher Power, of our understanding. In the Fourth Step, fearless and searching describes that one must address the truth about themselves, not just minor infractions, but the secrets that make one break out into a cold sweat when thinking about putting them on paper. But these are the very things which will set us free in recovery and give us the courage and strength to complete the remaining steps.

I've heard it said that one only needs to do one Fourth Step in recovery. In my experience, as we continue to live life on life's terms, change and grow, as do our surroundings, circumstances and life stages, another moral inventory often becomes necessary. Some not in a 12 Step program may say, "you mean you keep reading the same book and talking about the same steps over and over?" My response is that I am different, each meeting is different and so when you add those components, they are not the same passages, and the steps take on new meanings depending on where each of us is at on a daily basis.

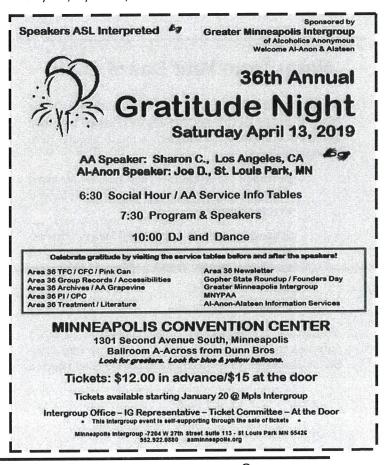
My Fourth Steps were completed in the format of the Big Book and the columns 1) addressing person, place or thing, 2) what happened, 3) what it affected and, 4) my part. This step is completed so we can look at ourselves and see the role we have played and how we have shown up in the world. I like the phrase, "becoming right sized." We are often folks of extremes, thinking we are either high above others or far below them, with the truth somewhere in between. Completing the Fourth Step gives us insights and allows us to see the patterns of our behavior. Doing this step with a sponsor is imperative, in my experience. This will help you stay on track, getting guidance as you go into areas of your life that may have been contributing factors to your drinking, and facing that we were not only hurting ourselves with our drinking and behavior.

When faced with fear in completing the Fourth Step, we have to remember that what led to our coming into this program of recovery was a nightmare of mental, physical and spiritual sickness that left us defeated and broken as we walked in the doors. In considering those recollections, how could completing the Fourth Step be any worse of an experience? If you

are in a fight with a porcupine (the disease of alcoholism) wouldn't you want all of the quills pulled out, or would you want to leave some of them in because they were in a sensitive or embarrassing area. Personally, that would motivate me more to have them removed.

The freedom that comes from taking this inventory and the information that it gives us about ourselves is invaluable and well worth the discomfort. In learning that we are active players in our lives, we can see that we are no longer victims and our relationships with others and ourselves have an opportunity for restoration. In trying to find your way to a new destination, you need to know where you are starting from in order to figure out how to get there.

Caryn P., Plymouth, MN. for the MIRUS



Notes from your Service Office:

The General Service Theme for 2019 is:

"Our Big Book - 80 Years, 71 Languages."

Minneapolis Intergroup takes a great interest in what happens at the annual General Service Conference each year in New York. Each item on the agenda is taken very seriously and goes through a painstaking process requiring approval by a select committee, as well as the Conference body as a whole. Finally each item must be approved by the General Service Board in its required annual meeting following the Conference.

An item may involve a change in the title of a pamphlet. You may ask why bother? A change of words can make a powerful statement and affect the reader's perception of the material. An item up for approval may involve revising content to reflect current experiences.

We want to know what literature changes will be forthcoming to be sure Minneapolis Intergroup has the most up to date literature for all AA members in our area. And when new literature is published, we want to have it available for you. We have some of the updated literature in stock now. More will be coming soon. At the 2018 Annual Conference, eleven pamphlets and two books have been revised. A new publication coming is titled: Our Great Responsibility: A Selection of Bill W.'s General Service Talks, 1951-1970. During the course of twenty General Service Conferences Bill gave more than thirty-three talks, sixteen of which have been gathered for this new book. It should be available the end of May 2019.

2019 Conference agenda items are being talked about at the group level now. Every GSR (General Service Representative) will bring their groups consensus to the Delegate's Workshop in Northfield on April 6th. The purpose of this workshop is to inform our Delegate, Missy P. on how the AA members in southern Minnesota feel about the topics up for discussion. She will be our voice at the 69th General Service Conference in May.

In Love and Service,

Gail S., your Office Manager

Notes from Your Board Chair:

Spring around the Intergoup offices means that Gratitude Night is upon us! This got me thinking about gratitude and its true meaning, so I turned to the dictionary. Here is what I learned:

Definition of gratitude: the quality of being thankful; readiness to show appreciation for and to return kindness.

Synonyms: gratefulness, thankfulness, thanks, appreciation, recognition, acknowledgment, hat tip, credit, regard, respect; sense of obligation, indebtedness

Antonyms: ingratitude

Historically, gratitude is not a new concept at all, but it sure was for me once I sobered up. I was not very capable of looking past my own nose at the time, so I had to

be directed to gratitude by the Fellowship and by my sponsor. As I strive to continue growing in my recovery I still need to focus on gratitude daily. One way I do this is with a group of other women in the Program by listing five gratefuls within the group each morning. This may seem basic, but it sure does make me pause, reflect, and set my thinking on a plane more aligned with something bigger than myself.

We hope to see as many of your bright faces at this ticketed event as possible, so that we may collectively express our thankfulness and appreciation for all that you do for Minneapolis Intergroup daily. As many may recall, last year's event nearly got snowed out, though as so often happens with Alcoholics Anonymous, the meeting went on despite the inability of many to participate. This year we hope to make up for that gap and need your help in carrying the word about this great event. It is sure to be a great time!

Your Board Chair, Mel Y.

Intergroup Board

Board Officers

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

Board Members

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Jack J. Dan S.
Deb W. Mike A.
Donny H. Patti P.
Gail S. Office Manager, Ex-Officio

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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	Mike A.
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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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, April 25th 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.

4/6 Step Six / Tradition Six His Story4/13 A.A. Literature - The A.A. Grapevine

Her Story

Her Story

4/20 Step Seven / Tradition Seven

His Story

4/27 Self Support and A.A.'s Vital Services

Her Story

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

Concept IV:

Long Form: "Throughout our Conference structure, we ought to maintain at all responsible levels a traditional 'Right of Participation', taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge."

Short Form: "At all responsible levels, we ought to maintain a traditional 'Right of Participation,' allowing a voting representation in reasonable proportion to the responsibility that each must discharge."

Last issue in Concept III, I talked to you about the Right of Decision. I mentioned in the last full paragraph that I would be going to the General Service Conference on the behalf of Southern Minnesota Area 36. That is where the Right of Participation comes into play for the Delegate. Bill and Bob turned the fellowship over to us, the members of Alcoholics Anonymous. They did it so that we could take care of it. They gave us the authority but also the responsibility to ensure its future.

What does that mean? Well, it means that with ultimate authority comes responsibility and therefore the Right of Participation. I talked about the Right of Decision as well. All of this comes together at the Conference. As your Delegate, I bring to you all of the topics that will be discussed at the Conference in May. I give it to your groups so that you may have a voice in those topics at the conference. The ultimate authority is yours, therefore you should be informed to be able to make those decisions. As you send me off to New York I will take the Area's conscience with me. As I hear discussion at the conference I may hear something new that may change our Area's conscience in regards to that topic. I then have the Right of Decision to change our "vote." I also have the responsibility to come back to you and explain why I changed our vote. The "Right of Participation" is where: you asked me to serve you as Delegate; I have the "Right of Participation" at the Conference to change the vote. You are not sending me blindly with a decision and that is it. As it can best be explained it is that I am not a robot being sent with information to give. You are allowing me to fully participate in the process, just as we as an Area are given the "Right of Participation" at the Conference. Thank you for the opportunity to serve you at the Conference! It is a great honor!!

Yours in Service Missy P. Area 36 Delegate Panel 69 Delegate@area36.org

Minnetonka Big Book Study Group of Alcoholics Anonymous

presents its

25th Annual Serenity Breakfast Sunday May 19, 2019

at the Minnetonka Community Center 14600 Minnetonka Blvd ~ Minnetonka, MN 55345



Guest AA Speaker Jeff V. from Fargo, ND

Speaker will be ASL interpreted

Breakfast: 8:00 am to 10:25 am Speaker Meeting: 10:30 am to Noon

Only \$8.00 in advance ~ \$10.00 at the door (Speaker only = Seventh Tradition)

VOLUNTEERS NEEDED

Gopher State Roundup XLVI, which will be held over Memorial Day weekend,

May 24 - 26, 2019, takes an incredible amount of work to make it the

exciting spiritual weekend that it is.

If you would like to become a part of making it all happen, just check the committee you would like to work on and return the form to the address listed below. You will be contacted for your assignment as the Roundup date nears.

I would like to work on the following committee:

GreetersU	shers	Registration	_	_Tickets
Chair Room to Grow	S	aff Information Boo	oth	Security
		Al-Anon		
Name		******************		
Address	***************************************	under ver ver stelle alle ver de la communication de la communicat		and the same of th
City, State, ZIP				
Email				
Phone Number with	h Area	Code		

Please return the completed form to:
Gopher State Roundup
P.O. Box 390533

Minneapolis, MN. 55439-2026

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complete electronically at gopherstateroundup.org

The Twelve Traditions - How They **Apply In Our Lives**

TRADITION FOUR

" Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

Tradition Four states: Each group should be autonomous except in matters affecting other groups or AA as a whole. The word "autonomous" means self-governing, not subject to the control of another. So, because of this tradition each meeting is free to choose how to conduct their meeting as long as it doesn't adversely affect other meetings or AA as a whole.

I will forever be grateful for this tradition because there was so much variety in meetings when I first got sober. Soon after going to my first few meetings and having no success in finding a willing sponsor, it was suggested to me that I call Minneapolis Intergroup, that they would set me up with a sponsor. I later learned that Intergroup doesn't do that, but nevertheless I called and was told that someone would call me back in a few minutes. A guy named Bill called me soon after and invited to a meeting that night. That turned into a meeting almost every night for a long time.

Because of this tradition I was introduced to a wide variety of meetings: speaker meetings, step meetings, discussion meetings, Big Book meetings and others. Had all of the meetings followed the same rigid formula, I am sure I would have been bored out of my mind and therefore would have found an excuse not to go.

Even today, after many years of attending meetings, I find it refreshing to find a meeting format that offers an innovative approach. Recently I've been attending a new meeting that listens to Joe and Charlie tapes and then we go around the room and share our thoughts about what we have just heard. So I am truly grateful for this tradition and to AA for giving me a new life.

Michael A, Prior Lake, MN

Volunteers are needed at Gopher State Roundup!

Gopher State Roundup uses volunteers in many areas each year. All Roundup activities are assigned to the following committees:

- **Al-Anon Family Groups**
- **Hospitality Rooms**
- Hotel
- Information
- Reception Registration
- Room to Grow
- Tickets
- Security and Outdoor Services

Working as a volunteer during the Roundup is a great experience. Each year, hundreds of volunteers are needed to help before, during and after the Roundup. We cannot guarantee that each person will be used, but we make every effort to achieve maximum volunteer participation.

Volunteers can sign up on the website: www.gopherstateroundup.org.

THANK YOU AND ENJOY THE ROUNDUP!!!

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail."

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) A New Vision (Sober Living) Men Only Texas Terrace Villa 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

Gopher State Roundup XLVI

May 24th, 25th & 26th, 2019

DoubleTree Hotel, Bloomington, MN.

Hospitality suites are available by reservation for this event.

If your group is interested in a hospitality

suite and the associated rates, please contact:

Kelli M. at 952-836-8282

Katy D. 952-250-4166

HospitalitySuitesCommittee@gmail.com

If you had a room last year,

you will be sent this year's application form

in February. We hope to see you there!

Gopher State Roundup Hospitality Suites Committee

PLEASE POST ON BULLETIN BOARD

"We Will Be Amazed"



GOPHER STATE ROUNDUP XLVI MAY 24, 25 and 26, 2019

Activities and Accommodations at: DoubleTree by Hilton Hotel, Highway 100 & 494, Bloomington, MN

MEETINGS • SPEAKERS • FELLOWSHIP • HOSPITALITY ROOMS • A.A. FILMS

REGISTRATION – \$20.00 Contribution (ages 13 & over) Visit www.gopherstateroundup.org for registration

Guaranteed Special Room Rates Register early for the best rate. Details at

www.gopherstateroundup.org or directly with DoubleTree by Hilton at 800-222-8733. Mention Gopher State Roundup for special rate.

Gopher State Roundup is a special A.A. conference with Al-Anon participation. Gopher State Roundup is self-supporting. No contributions from A.A. groups are used to pay

for this event.

Expenses such as hotel fees, travel & lodging for the speakers, and printed material are paid through registration fees.

No baskets are passed during this event.

SPEAKERS

FRIDAY, MAY 24

7:30 PM Terri K., A.A., Woodville, OH 10:00 PM Adam T., A.A., Los Angeles, CA

SATURDAY, MAY 25

9:30 AM Jenny P., Al-Anon, Eureka Springs, AR 11:30 AM Richard B., A.A., Quebec, Canada 2:00 PM Aaron J., Al-Anon, Charlotte, NC 4:00 PM Pat N., A.A., Minneapolis, MN (Long-timer presentation) 7:30 PM Joc C., A.A., Palm Coast FL 10:00 PM Tiffany H., A.A., Indio, CA

SUNDAY, MAY 26

10:00 AM Ralph W., A.A., Los Angeles, CA

ASL interpretation is provided for the meetings listed above.

CDs are available in the Grand Ballroom foyer.

AA Pamphlet of the Month:

A Members Eye View of Alcoholics Anonymous

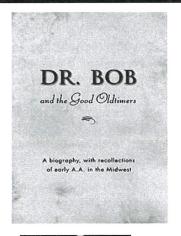
AA Book of the Month:

Dr. Bob and the Good Oldtimers

Grapevine Book of the Month:

The Best of Bill







Group Contributions - February 2019. Thank you all, in the Spirit of Hope.

2218 Squad 3 As Bill Sees It - Medina Back To Basics - Coon Rapids **Basic Principles** Basic Twelve Bloomington Groups Squad 74 (2) Bryant Lake Group Buffalo Wednesday Group Carma Coffee Meetings Cavalier Men's Thursday 8 P.M. Cavalier West Saturday Night Group Common Solution Big Book Study Crushed Grapes Dry Dock Dynamic Women's Group Elders Big Book Stories Friday Elders Big Book Thursday

Elders Steps & Traditions Tuesday Elders Topic Sunday 10 A.M. Excelsior Wednesday Night Group First Class Fourth Dimension AA Group Foxhall Chapter 7 Group Fridley Alano Squad 3 Fridley Alano Squad 33 Glencoe Group Gloria Dei Group Gratitude Group Groveland Group Happy Destiny Happy Hour Squad 27 Howard Lake - Waverly AA Group Isanti Alano Squad 12 It Might Have Been Worse

Ladies Night Happy Hour Sahara Club Mainstreeters AA Plymouth II Alano Minnetonka Big Book Study Group (2) Minnetonka Senior AA Monday Morning Big Book - Plymouth Normandale AA Group Primary Purpose Noon Burnsville Ramsey NowThen AA Richfield Bloomington Alano Squad 5A Richfield Bloomington Alano Squad 4E Richfield Bloomington Alano Squad 6G Rich/Blmngtn Alano Sunday Spkr Mtg River Valley AA Group Rockford Riverview AA Group Saturday Night Live Group Senior Happy Hour Serenity Seekers St Hubert's AA

Sisters In Step St Louis Park Sunday Night AA Group Step by Step - Long Lake Steps to Serenity Group Stepsisters of Northfield Sunday Night Grace There is a Solution Women's AA Group Third Tradition Group of AA Thursday Night Women's AA Group Tonka Alano Club Group Tradition Five Tradition One Twin Lakes Alano Squad M Waconia Friday Nite AA Group West Moore Lake AA Group Women on the Wagon - WOW Women's 12X12 on Central

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** February 2019

Lakers Alano ● Basic Twelve ● Sahara 6 p.m. Wed Big Book ● It Might Have Been Worse

**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

April 13th, 2019 36th Annual Gratitude Night Minneapolis Convention Center Doors Open at 6:30 p.m. Program & Speakers at 7:30 p.m.

April 12th - 14th, 2019 Sunlight of the Spirit Weekend Holiday Inn, 1201 Torgerson Drive Fairmont, MN. www.sotsweekend.org

May 3rd - 5th, 2019 49th Annual Iron Range Get - Together Hibbing Park Hotel, Hibbing, MN. Info: Jack 218-341-7367

May 19th, 2019
25th Annual Serenity Breakfast
Minnetonka Community Center, Minnetonka, MN.
Breakfast - 8:00 a.m.
Speaker Meeting - 10:30 a.m.

General Service Announcements

April 6th, 2019 Delegate's Workshop / Area Assembly Bethel Lutheran Church, 1321 North Avenue Northfield, MN. 9:00 a.m. - 5:00 p.m.

May 4th, 2019
Area Committee Meeting
Standing Committee Meeting: 9:30 a.m. - 11:30 a.m.
Area Committee Meeting: 1:00 p.m. - 5:00 p.m.
Mankato City Center Hotel, Mankato, MN.

May 19th - 25th, 2019 69th Annual General Service Conference New York City, N.Y.

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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Please make	checks payable to Inter	group Association.	
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Address			
City		State Zip	

Group & Member Services Committee Greater Minneapolis Intergroup Annual Outreach Program

An Invitation to join our Committee!

This summer help carry the Intergroup Service message to those who may not be informed what services IG provides.

Become a part of the 2019 GMSC Group Outreach

We ask that you have some idea as to how Intergroup serves the AA community.

So you can be better informed, we ask members who want to serve on this committee to attend the Group Assignment & Kick Off Meeting.

KICK OFF MEETING and Group Assignments

When: Saturday, May 4 or May 11

(Pick one Saturday to attend)

Time: 11:00 am to 11:30 am

Where: Mizpah Church

412 – 5th Ave North Hopkins, MN 55343

(After the Saturday Orientation Meeting)

In 30 minutes we will explain what is expected and assign a group for you to visit.

Group Visits will be in the months of June, July and August with completion by August 31.