May 2019 Step, Tradition, and Concept Five

Step Five

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

My first most exciting AA experience was when I heard a member talk at a meeting and based on what he said I knew I was alcoholic and I also new that AA was my answer, my solution. It was a tremendous relief to know there was now a way out of the mess of my life!

The second most exciting AA experience was doing my 4th Step. Sober about 6 months I was anxious to continue to move forward with my progress in the AA program, in my life! I did my 4th Step all in a long night, in ink, on many pages of almost unintelligible stories of resentments, fears and weak sex conduct. Once I set the pen down there came an unbelievable overwhelming sense of relief, of joy! It came clearly to me that I was the problem and I also knew deeply that AA was my solution – I was free!

The third most exciting AA experience wasn't as exhilarating as the first two but has probably provided the greatest lesson and living tool of my entire life ... a result of my 5th Step! A couple weeks after I did my 4th Step I was back in town and able to get with my sponsor, Dick M. to do my 5th Step. He had told me we would do this together when he told me to get my 4th Step done, so I knew this was where we were headed. By this time I knew that Dick was only in this to help me to get and stay sober, and that he was interested in my wellbeing. Yet I was still pretty nervous about this ... I wanted Dick to like me and some of this stuff I was planning to reveal might persuade him otherwise.

The time had come. We sat down in the living room of my efficiency apartment, Dick on the couch and me in a chair at the table. I had lots of almost illegible pages beside me and nervously waited for the go signal from my sponsor! We covered a lot in the next several hours, mostly I talked and he often chimed in with a supportive comment or a "I have one better" kind of experience story.

Now for the highlight – the story that really changed my awareness and outlook on life! It was actually the opener in my fifth. At the top of all my pages I had written "I wish my father had loved me more" so I read this and I thought Dick came off the couch with a "supportive comment." He said

something that I heard as "who the hell are you to want more from your father than he was capable of giving? Your father loved you as much as he possibly could; if he could have loved you more he would have!" I was rocked and immediately thought "this is not going well!" With no discussion nor any debate he said something like "next." I was not able to dwell on my shock and concern for my well being — on to the next item.



Notes from your Service Office:

The General Service Theme for 2019 is:

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

Change is not always easy. We had to say goodbye to our Staff member of five years, Drew H.

He is off to a warmer climate. Drew contributed so much to Minneapolis Intergroup. He will be missed.

Is your group looking for a service commitment? When Minneapolis Intergroup gets a call from a non-AA facility looking for a group to bring a meeting to their facility we will make a flyer and put out copies in the office, we list them in the MIRUS each month and list them on the website under the tab "Service Opportunities." We currently have three facilities that have expressed to me a serious need for the AA message for their residence. They are:

New Vision (Sober Living) in Southeast Minneapolis (Men Only)

Andrew Residence in Minneapolis (Men and Women)

Texas Terrace Villa Center in St. Louis Park (Men and Women)

If your group is looking for a service commitment, call the Staff at the Intergroup office for the name and phone number of who to contact at each of these facilities. A couple of them have been waiting several months for a group to call.

Minneapolis Intergroup is looking for volunteers to participate in our annual Outreach Program. Seventy groups are visited each year. There are two main reasons we do this: One is to bring the information about what Minneapolis Intergroup is and what it does. Some groups may only know we exist, but do not know what vital services we offer. We offer AA members with <u>any</u> amount of sobriety the opportunity to be of service to Alcoholics Anonymous.

The second reason is to update our meeting directory. We get many updates from reaching out to groups. Each year as long as I have been here we have deleted two to four groups that no longer exist. This information helps our online meeting directory to have more accurate information for anyone trying to find a meeting, possibly your meeting. We will be presenting the information as to how best to do this service and assign you a group to visit on Saturday, May 4th or Saturday, May 11th at 11:00 am after the regular Saturday Orientation meeting at the Mizpah Church in Hopkins.

In Love and Service,
Gail S. your office manager

Notes from Your Board Chair:

Each year in May, the Group and Member Services committee of the Minneapolis Intergroup board gathers together two Saturdays to provide an hour-long orientation for any members interested in assisting with our annual outreach. You may ask, "What is this annual group outreach, and what does it have to do with me?"

Intergroup can only be efficient in connecting a recovering alcoholic with an AA meeting so long as it has up-to-date information on the meeting. While it is true that many groups make it a point to keep Intergroup informed of address, format, or contact changes, not all groups are able to do so for any number of reasons. Because of this, Intergroup conducts group outreach each spring, typically visiting roughly 70 meetings in designated areas we serve. It is vital that we have correct information about meetings as this information is fed into our website, to

our phone volunteers, and our When & Where booklets. We invite volunteers each year to attend the orientation in May and then visit a meeting to collect information on that meeting and provide material about Intergroup to the meeting if appropriate.

As with all services facilitated through Intergroup in carrying the message to still-suffering alcoholics, this too cannot happen without volunteers like you. If you are interested in helping with this essential service work, please give Intergroup offices a call to sign up for one of the upcoming outreach orientations on May $4^{\rm th}$ or May $11^{\rm th}$, which will take place at Mizpah Church immediately following the Orientation meeting around 11 a.m.

With Love,

Melanie Y., 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. Mike A. 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	Mike A.
District 24	Linda M.
District 25	Dave A.

Intergroup Staff

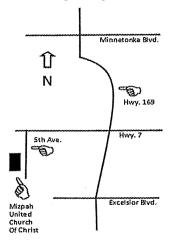
Gail S. Office Manager Terri D. Office Assistant Drew H. Office Assistant Office Assistant LeeAnn G.

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 NOTICE



Intergroup **Reps Meeting** Thursday, May 23rd 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

Her Story

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.

5/4	Step Eight / Tradition Eight His Story
5/11	Local Service Office - Minneapolis Intergroup Her Story
5/18	Step Nine / Tradition Nine His Story
5/25	A.A. Service Entities: District & Area

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

Concept V:

Long Form: "Throughout our world service structure, a traditional 'Right of Appeal' ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered."

Short Form: "Throughout our structure, a traditional 'Right of Appeal' ought to prevail, so that the minority opinion will be heard and personal grievances receive careful consideration."

Bill writes in Concept V that no matter which part of the upside down triangle that an AA member comes from, that the minority opinion should always be encouraged to be filed. When we encourage the minority opinion to be heard it isn't uncommon that the decision made could be reversed. To me it usually means that we may have missed an important bit of information in the original discussion of an item. It does Alcoholics Anonymous an injustice if someone is in the minority and does not speak up. It is usually very hard for me to stand up against the rest of the Assembly/Area Committee and voice a different opinion than the most popular one. It was much easier as a GSR because I was carrying my Groups Conscience and not mine. And as Tradition 2 explains, the Group is the final authority for A.A. World Service. This works the first time a discussion is had and the Group has been fully informed.

What can happen when a Group hasn't been given all of the information? Then there is the issue of missing vital points in a discussion. We can do harm when we aren't giving all of the information and therefore make decisions that may have gone another way. Of course Bill knew this and that is why we have "the Right of Appeal." That is when someone or a group feels that we have made an error in our decision making. They then can make a "Right of Appeal" to the body that made the decision and have the right to be heard.

I have had the opportunity on a couple of occasions to see this process in action. Two Districts in Southern Minnesota felt that the Area Calendar of Events was too heavy with meeting dates. So, they brought forward four proposals to be heard. When the Area Assembly came to a vote, they decided to combine the March Assembly with the Delegate's Workshop. There was a group in Southern Minnesota that felt we had made an error in that decision. They wrote a Letter of Appeal and sent it to the Area Officers and Area Committee. The Area Committee put it onto the October Assembly to be heard. There was discussion that day; however the decision was not overturned. But, the group had their right and time to be heard. That is Concept V in action!!

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 XI.VI, 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:

Greeters	Ushers	Registration	Tickets
Chair Room to Grow	wSta	ff Information Boot	hSecurity
	A1	- Anon	
Name	***************************************		***************************************
Address	***************************************	***************************************	······································
City, State, ZIP	,,,,,,,		***************************************
Email			
Phone Number v	vith Area C	ode	

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

Minneapolis, MN. 55439-2026

~ or ~

complete electronically at gopherstateroundup.org

The Twelve Traditions - How They Apply In Our Lives

TRADITION FIVE

"Each group has but one primary purpose - to carry its message to the alcoholic who still suffers."

By the time I quit drinking in 1975, the primary purpose of my life had been to get drunk, almost daily, more often than not to the point of blackout. Of course I was not aware of this. I thought I was a normal person who liked to have "a drink" at a bar after work, or go to a nice party or just pick up a bottle at a liquor store. I was still trying to live my lifestyle from college days, believing it was superior to that of my friends who had moved on to careers, marriages, children, houses, security and stability, which seemed to me a terrible fate.

Two words that I never would have applied to myself – "alcoholic" and "suffers" – appear in this tradition. I tried so hard to keep a positive image, to put a spin on my drinking to minimize it and make it appear "normal." One AA speaker, Clancy I., uses a phrase that very well describes what happens to a practicing alcoholic: "a series of bad breaks and misunderstandings" and that was what I believed was happening to me constantly.

I was sent to my first AA meeting by a counselor at a psych clinic. I went there thinking I had some mental problem that caused my blackouts and problems and misery. She said I should try AA, "just one meeting," in case it might fit for me. I thought it was a ridiculous idea - I mean, alcohol was the GOOD part of my life - but I agreed to go. I walked into a large speaker meeting in a church and immediately thought I was in the wrong place, that all these clean, happy people must be some sort of church group. Alcoholics were dirty and smelly and they drooled! I turned to leave and I was swarmed, about ten people surrounded me and the next thing I knew I was sitting in a chair with a cup of coffee and getting a standing ovation for being the person with one day of sobriety. (I had not been getting many standing ovations lately.) The warmth and the genuine joy, the love these people had for me, a stranger, was something I will never forget.

And now I must never forget that the most important person in any group or meeting is the newcomer (which is hard to remember because I can be self-centered), and that it is my privilege to be there for that person and to try to help introduce and welcome her or him into this amazing new way of life.

Claudia S., Minneapolis, MN.

Step Five continued from page 1

Just for clarity "I wish my Father loved me more" when wordsmith'ed to fit our suggested 5th Step format would be something like "I resent my father because he didn't love me enough or pay enough attention to me." Dick never took issue with my lack of appropriate format — he stayed focused on the substance of what I was telling him.

So the lesson that was so important ... after the turmoil of the 5th Step settled down I came to realize that I expected more of my Dad than he was capable of giving – he was giving the best that he had! In other resentments discussed I saw that I most often expected more of others than I had a right to expect. And equally as important I expected less of me than I could offer to most situations. It was clear that I needed to flip that kind of living around.

Another most important part of my 5th Step was the love and acceptance I felt after having done my fifth! I was sure I was still Dick's top pigeon, and also that I was a good member of AA! This was the foundation for my sense of well being as a participating member of society!

One more thing of importance ... it is important to be complete per the instructions found in the Big Book. I did not knowingly withhold anything but while sitting at a meeting one night I realized that I had forgotten about an item under sex conduct. I resolved to tell Dick at my first opportunity. After a few more rounds of "forget and remember" I finally unloaded it with him ... relief again!

Terry L., Victoria, MN. for the MIRUS



"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:

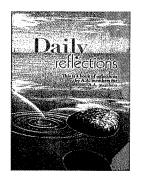
Hennepin County Adult Detention Center (Jall) (Men & Women)
Scott County Jall AA Meetings (Men & Women)
Carver County Jall AA Meetings (Men & Women)
Hennepin County Adult Corrections Facility (Men & Women)
Corrections Facility Contact Program (Men & Women)
Andrew Residence (Men & Women)
A New Vision (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."

-<u>Alcoholics Anonymous</u>, p. 89



AA Pamphlet of the Month:

The Co - Founder's of Alcoholics
Anonymous, Biographical Sketches
Their Last Major Talks
AA Book of the Month:
Daily Reflections
Grapevine Book of the Month:
One on One



BIOGRAPHICAL SKETCHES THEIR LAST MAJOR TALKS





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

A Baffled Lot
Andover Alano Squad 4
As Bill Sees It - Delano
Bar None Tuesday AA Group
Basic Principles
Belle Plaine AA Group
Blaine Alano Squad 3
Bridges - Shakopee
Brothers of AA
Bryant Lake Group
Cavalier Men's Thursday 8 p.m. Group
Cavalier Monday a.m. Women's B.B.
Crushed Grapes (2)

Dakota Alano Thursday Men's Group Eternal Vigilance Foxhall Chapter 7 Friday Night Shift Fridley Alano Route 66 Gloria Dei Group Gratitude Group Great Blessings Groveland Group Happy Destiny It Might Have Been Worse (2) Kozy's Noon Men's AA Lakers AA Thursday 6:30 (2)
Lakers Saturday Morning
Lourdes AA Group
Men at Work - Minnetonka
North Oaks on Emerson
Rich/Bimngtn Alano Sunday Spkr Mtg
Rule 62 AA
Saturday Morning Buffalo 12 X 12
Saturday Night Live Group
Serenus AA Group
SOS AA - Minneapolis
St. John's Monday Night Group
St. Louis Park Sunday Night AA Group

Step Sisters of Anoka
Sunday Night Solutions - Big Lake
Sunday Night Step & Tradition Mtg
Sunday Sobriety
The Becker Group
The Way Out AA Squad 2 @ 2218
Tonka Alano Club Groups
Tradition Five
Tradition Three Group - Waconia
Trinity New Life
Valley West Thursday a.m. Group
Women of Hope
Women's B. B. Study Thurs Buffalo

Every AA group that sends a contribution is sent a receipt along with a "Thank You" letter from the office. It is the responsibility of the group treasurer or trusted servant to share the receipt and "Thank You" letter with their respective group. Every AA group that sends a contribution will be listed in the MIRUS. Upon inquiry your AA group can request a contribution summary.

Group Contributions/Birthday Plan** March 2019

Foxhall Chapter 7 (6) ● Delano Saturday Morning ● Minnetonka Big Book Study

**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

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

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.

June 15th, 2019 Area Assembly Lakeville Heritage Center, Lakeville, MN. 9:00 a.m. - 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.

MINNEAPOLIS
INTERGROUP
WILL BE CLOSED ON
SATURDAY, MAY 25TH &
MONDAY, MAY 27TH
IN OBSERVENCE OF
MEMORIAL DAY
WEEKEND

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

Change Service Requested



NON—PROFIT ORGANIZATION U.S. Postage

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IAnnual MIRU	IS subscription: \$10 by	mail, or \$5 via email.	
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Address			
City		State Zip	
1			