

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

July 2019 Step, Tradition, and Concept Seven

Step Seven

"Humbly asked Him to remove our shortcomings."

When I first read this step, I really didn't understand the full meaning of it. I almost considered it one of those fly over steps. You know, well this will be easy after the 4th and 5th steps. In a way, it was easy for me at that time.

The 4th and 5th are steps where I discovered my liabilities shortcomings and not many assets. I approached this step with a sponsor and was more than willing to receive any help, even from a higher power that I didn't fully understand. If you don't have a clear-cut idea of those shortcomings after the 4th and the 5th step, I might suggest you take a harder look at yourself and actions.

The prior 6 steps are designed to strip away age-old layers of denial, ego, self-centeredness that consumed me and my whole life while drinking. I became fully aware with help of my sponsor that this step was far from a fly over step. I had to be ready for my God to help me remove these shortcomings.

I actually made a simple list of them and spent some time discussing them with my sponsor and I was not a happy camper by any means. I look back to those days and realize humility for me has a heavy price. With step 7, I began to realize that I had to stop looking at what I could get out of life and start looking at how could I contribute to others.

In the Twelve and Twelve it is stated, "the attainment of greater humility is the foundation principle of each of AA's twelve Steps". So, to me, this is another opportunity for us to embrace the pursuit of humility as a fundamental aspect of staying sober. None of these shortcomings left me without work. But eventually, they did. Progress not perfection. Oh, and believe me, I also have the ability at any time to take all or some of them back. I have to stay right sized in my life. I have to remember the essence of the "Seventh Step Prayer". *"My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here to do your bidding"* Doesn't that say it all?? If we truly believe in our Higher Power how can we not be more useful to our fellows?

For me, this was just the beginning of obtaining relief from myself and becoming humbler and more useful to my fellow.

I'm constantly amazed at how far I have come, and yes, how much father I can go.

Bill W. couldn't have spoken a more profound virtue for me to live by in one of his talks in 1966. Taken from "As Bill Sees It" page 271.

"All A.A. progress can be reckoned in terms of just two words: humility and responsibility. Our whole spiritual development can be accurately measured by our degree of adherence to these magnificent standards."

"Ever deepening humility, accompanied by an ever-greater willingness to accept and to act upon clear-cut obligations—these are truly our touchstones for all growth in the life of the spirit. They hold up to us the very essence of right being and right doing. It is by them that we are enabled to find and to do God's will." Talk, 1965 (Printed In Grapevine, January 1966)

So, in closing, I can now honestly say, that Step Seven is in no way a fly over step. In fact, none of the other 11 steps are either. Although it's not long on words, it's long on wisdom for us alcoholics. Stay the course and keep your Higher Power and the Program close to you. Your reality will change, and your humility will grow.

Dwight C., Eagan



Greater Minneapolis Intergroup • 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.”

Our program teaches us to live in the present. I need reminders now and then to focus more on this. It is July. It is easier to be in the present with this weather when we have a lot of sunshine, 80 degrees, blue sky and green grass!

Looking at the not so distant future is our 19th Unity Open House on Saturday, August 10th from 9am to 1pm. We love getting ready to get together with all who attend. We have old fashioned doughnuts and hotdogs on a charcoal grill. They will be really special because they will be grilled by our Area 36 Chair, Roy E., and our Area 36 Delegate, Missy P. Their service goes above and beyond the meetings. We are bringing the dunk tank back! Let us know who you would like to see dunked.

On a serious note, bring a sponsee or newcomer to this event. This is a great opportunity to learn about the many ways to be of service. We will share with you what it means to be a “Temporary Contact” for someone coming out of treatment. Or to be a “Correction Contact” for someone coming out of an institution. Minneapolis Inter-

group is always looking for volunteers to be on the 12th Step list and answer phone. Did you know we provide AA Groups and their members *seventeen* “Vital Services?” Staff would love to share each one of them with you. Hope to see you there!

It is not too soon to consider standing for the Intergroup Board. It is a great service commitment but one to carefully consider because it is a three year commitment. We will have four positions available. Look for information on the backside of the Board Resume form. You will find one on our website under “About Intergroup.” If you have any questions what this service entails, ask any Board member, past or present. They will be willing to share their experience with you. On September 26th, Intergroup Reps vote and fill these positions using the 3rd Legacy voting procedure. Resumes are due in the Intergroup office by September 12th.

In Love and Service,

Gail S., your office manager

Notes from Your Board Chair:

As I sit down to write this month’s article for the MIRUS, I can safely say there’s no doubt about it – it’s summer! Summer always seems to bring a completely different energy into our lives here in Minnesota, as we ride the waves our weather brings year to year.

I am also in a place of reflection for multiple reasons, including the fact that I am entering the last quarter of my term serving as Chair of the Intergroup Board. In truth, I’m still shocked I was even elected a few years back to serve on the Board! I continue to be humbled by just how much dedication and effort goes into the day-to-day operations of Minneapolis Intergroup.

The 12 step work facilitated by the many services of Minneapolis Intergroup are not possible without the great volunteers we are so fortunate to have here in Minneapolis, our capable staff, our tireless office

manager, and our committed Board members. Just as I’m certain it’s now summer, I’m also certain the language of the heart that underlies 12 step work makes up the unity of our Fellowship; I am deeply grateful to be a part of it all.

With the language of the heart and unity in mind, I’ll make my plug for Intergroup’s annual Unity Open House! Mark your calendars for August 10. Rumor has it, we will have a dunk tank again this year – bring your throwing arms!

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
LeeAnn G.	Office Assistant
Erin D.	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.

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.

7/6	Importance of Having an A.A. Home Group His Story
7/13	Step One /Tradition One Her Story
7/20	Staying Away from the First Drink His Story
7/27	Step Two/ Tradition Two Her Story

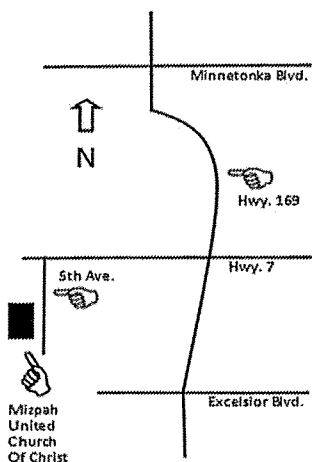
NOTICE

NOTICE

Intergroup Reps Meeting

Thursday,
June 27th
6:30 pm

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



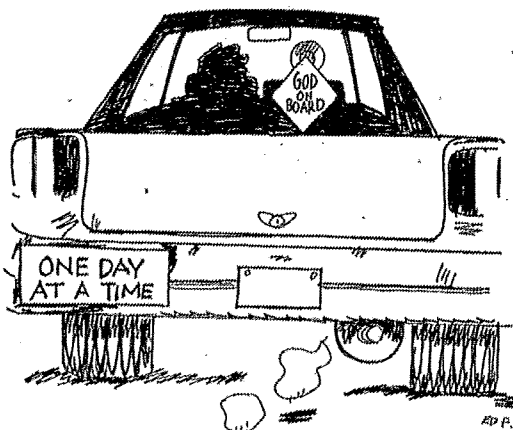
Twelve Concepts for World Service, written by Bill W. in 1962

Concept VI:

Concept VII:

Long Form: "The Conference recognizes that the Charter and the Bylaws of the General Service Board area legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

Concept VII lays out the "rules" for us to distinguish between the power of the Trustees and the power of the Conference. Checks and balances come to mind for me here. The Trustees have the legal authority and responsibility of World Services. The Conference (fellowship represented) has the ultimate authority and responsibility overall. The Trustees and Conference have the authority and responsibility to elect new Trustees as they see them fitting into the needs of the General Service Office and Structure of World Services. The Groups have the power of the purse to make sure that the Trustees are representing Alcoholics Anonymous as a whole. The "Power of the Purse" is easy to misunderstand and has been misunderstood in the past (in my opinion). I have heard AA members speak from the microphone that they are withholding funds due to unhappiness with GSO and the Trustees. They are perfectly within their right to do so. There are some who do not communicate with GSO and the Trustees as to why they are unhappy. That is when the full Power of the Purse is not understood. We need to let them know why we are unhappy so that they may make changes if needed.



The Trustees have authority over World Service but the Conference has authority over our service material. There was an Agenda Item (Literature I for us) that wanted to change A.A.W.S. policy giving authority to the Publishing Department to update our Pamphlets and other Literature. Our Area 36 Groups said no thank you to that Agenda Item. I voted at the Conference as the Groups asked me to. That Agenda Item went back to the Trustees Committee for updating of the Policy. With that said, yes our Literature needs updating!! So, I put that back on the groups to take that responsibility seriously and start making suggestions on how we update those. If it is our responsibility then we need to do it, or they will do it for us! I look forward to seeing all of you at your Districts Delegates Report.

Yours in Service,

Missy P

Area 36 Delegate Panel 69

"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

Intergruop 12 Step Service Opportunities Contribute Your Time at Minneapolis Intergruop Just Stop In!

Daytime Phone Answering
Training Provided
Daytime Office Volunteers
Service work available

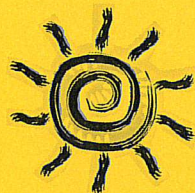
Carry the AA Message to Outside Agencies*

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)
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



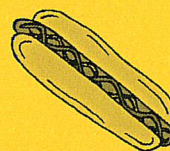
INTERGROUP'S 19TH ANNUAL UNITY OPEN HOUSE

JOIN US IN CELEBRATING
51 YEARS OF SERVICE

SATURDAY AUGUST 10, 2019

9AM - 1PM

**9AM-11AM DOUGHNUTS & COFFEE * 11AM-1PM HOT DOGS & CHIPS
KIDS WELCOME/ DUNK TANK CHALLENGE**



NEED A SERVICE OPPORTUNITY? LEARN ABOUT...

Phone Volunteering: Daytime Phones, Group Phones, Early Birds and Night Owls

Southern Minnesota Area 36 Temporary Contact Program

Southern Minnesota Area 36 Correctional Facilities Contact Program

"An opportunity for all AA members to connect into service"



GREATER MINNEAPOLIS INTERGROUP

7204 West 27th Street, Suite 113

St. Louis Park, MN 55426

map & directions at www.aaminneapolis.org

The Twelve Traditions - How They Apply In Our Lives

TRADITION Seven

"Every A.A. Group ought to be fully self supporting, declining outside contributions."

Tradition 7: "Every AA group ought to be fully self-supporting, declining outside contributions," is one near and dear to me because it's a main theme in my sobriety. "Whoever pays the piper is apt to call the tune..." (p. 164 Twelve Steps and Twelve Traditions). And that's exactly how I liked it. An only child, spoiled rotten and victim of life I blamed my parents for my unhappiness. I hated them because they called the shots and had zero respect for me. I was drunk, manipulative and lying about my finances so I could get more money from them. I couldn't take responsibility for myself and hated myself too.

In AA, practicing the 7th tradition changed all of that. Getting sober at 22, I still needed help from my parents, but slowly took on more and more financially. As time went on, I needed them less and less, and started developing a relationship of adult to adult. Through self supporting in my own life I became responsible for myself.

Now I love, appreciate and respect my parents for all they have done for me. Our relationship is no longer tense and it's actually enjoyable. I look forward to seeing them, and they look forward to seeing me too. They have more respect for me now that I respect them and respect myself. The best part is I'm proud of myself and feel good about my money management and decisions. Becoming self supporting was one more step towards walking in God's will and making a direct and living amends to my parents. The promise that "fear of...economic insecurity will leave us," (p. 84. Alcoholics Anonymous) has finally come true in my life. My higher power takes care of me when I take the right action toward it.

Jen A., Richfield

MINNEAPOLIS INTERGROUP BOARD ELECTIONS ARE TWO MONTHS AWAY. THEY WILL BE HELD AT THE MONTHLY INTERGROUP REP MEETING ON SEPTEMBER 26, 2019 AT 6:30. IF YOU WOULD LIKE MORE INFORMATION ON THIS SERVICE POSITION CONTACT GAIL AT THE INTERGROUP OFFICE ANY-TIME. RESUME FORMS ARE AVAILABLE AT THE INTERGROUP OFFICE OR CAN BE DOWNLOADED FROM THE MINNEAPOLIS INTERGROUP WEBSITE. (CAN BE FOUND UNDER 'ABOUT INTERGROUP')

Greater Minneapolis Intergroup BOARD MEMBER INFORMATION AND REQUIREMENTS

Submissions due at Intergroup Office by September 12th.

In accordance with the IG by-laws all candidate resumes should be submitted to the Intergroup Office 10 Business Days prior to elections. Nominations will also be accepted from the floor on the night of election.

Annual Elections, Thursday, September 26, 2019 – 6:30PM

Because of the time commitment, it is suggested that you discuss this service opportunity with your family and AA sponsor. (10-12 hours per month)

You will be expected to; attend all Board and Rep meetings, attend a monthly General Service District meeting, serve on a Board sub committee, participate in functions that are sponsored by Greater Minneapolis Intergroup.

Your Home Group should be located within the confines of the Metro Minneapolis Suburban Area.

The Intergroup by-laws require each candidate to have 5 years of continuous sobriety on the date the election is held.

A business background can be helpful. However experience at your Home Group, Intergroup, or General Service brings value to the mission of Greater Minneapolis Intergroup.

No more than (2) two members from the same Home Group can serve on the board at the same time.

As an elected board member you are serving all the groups in the greater Minneapolis AA community not just your AA Home Group.

The AA 3rd Legacy procedure is the voting process used for our annual election.

There are (4) four (3) three year term openings. Term begins October 1, 2019 and ends September 30, 2022.

Minneapolis Intergroup is a non-profit Minnesota Corporation 501(c) (3) and is subject to all State and Federal laws.

The IG by-laws require that copies of all submitted resumes be sent to the Intergroup Representatives of record by U.S. Mail 7 business days prior to the annual election.

The Board elections are held annually at the Intergroup Representatives meeting, the 4th Thursday in September. Location: Mizpah United Church, 412 5th Ave North, Hopkins, MN 55343. Reps meeting and annual elections begin at 6:30PM.



INTERGROUP'S 19TH ANNUAL UNITY OPEN HOUSE JOIN US IN CELEBRATING 51 YEARS OF SERVICE SATURDAY AUGUST 10, 2019

9AM - 1PM

**9AM-11AM DOUGHNUTS & COFFEE * 11AM-1PM HOT DOGS & CHIPS
BRING YOU KIDS/FUN AREA PROVIDED**



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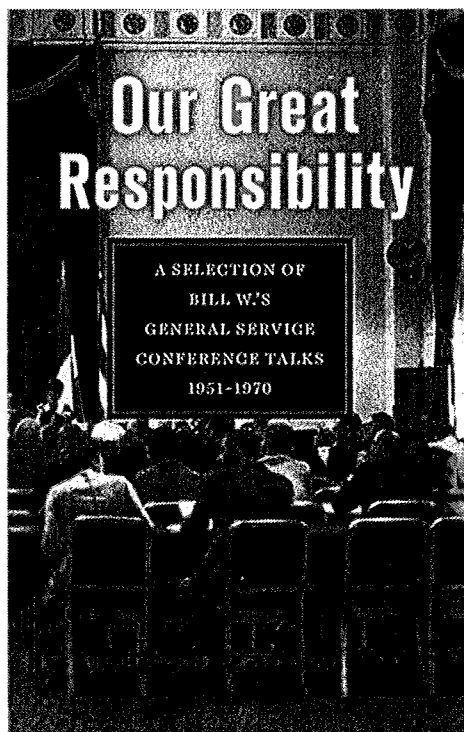


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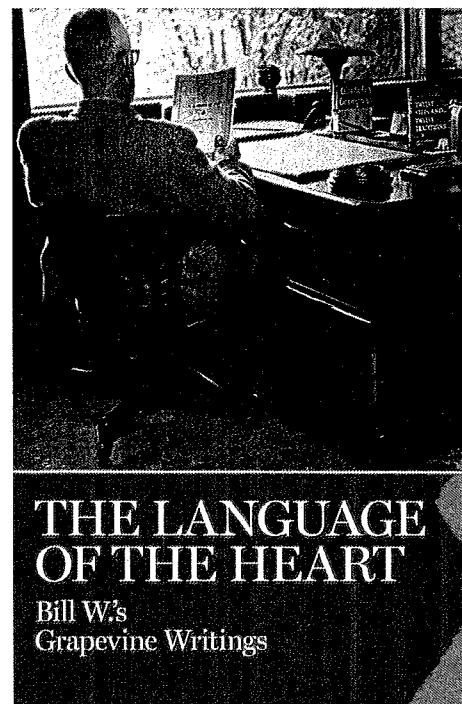
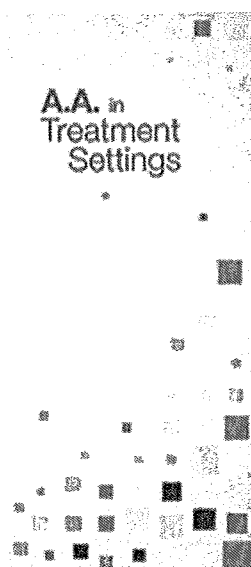
7204 West 27th Street, Suite 113

St. Louis Park, MN 55426

map & directions at www.aaminneapolis.org



AA Book of the Month:
Our Great Responsibility
 Grapevine Book of the Month:
Language of the heart
 Pamphlet of the Month:
A.A. in Treatment Facilities



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

4111 Group
 A New Day Lakeville
 Andover Alano Sq 9
 Andover Squad 8
 Basic Principles
 Basic Twelve
 Better than Gold
 Blaine Alano Sq 3
 Blaine Alano Squad 10
 Bridges-Shakopee
 Bryant Lake Grp
 By Grace Group-Mound
 By the Book Grp
 Cavalier Mens Thurs 8pm Grp
 Cliffhangers 1 - Thurs 7 30 Grp
 Continuous Action(3)
 Coon Rapids Fri Night Grp
 Crushed Grapes
 Elders Big Book - Thursday

Daily Reprieve of Eden Prairie
 Delano Saturday Morning
 Design for Living Grp
 Dunn Sober AA Groups
 Elders Big Book Stories-Friday
 Elders Big Book- Thursday
 Elders Steps & Traditions Tuesday
 Elders Topic - Sunday 10 am
 Elm Creek Grp
 Excelsior Thursday Night
 Excelsior Wednesday Night Group
 Foxhall Chapter 7 Grp (2)
 Gloria Dei AA
 Gratitude Group
 Groveland Grp
 Hope AA - Richfield
 Hope AA Lakeville
 Howard Lake-Waverly AA Grp

It Might Have Been Worse
 Lakers AA Thurs 6 30
 Living Sober AA Group(Burnsville) (2)
 Meditation At Peace
 Men at Work-Minnetonka
 Minnetonka Big Book Study Grp
 Monday Night Grp Hanover
 New Freedom - Chanhassen
 New Hope Alano - Sq 12
 New Hope Alano Sq 7
 Rich/Blmngtn Alano Sunday Open Spkr
 River Valley AA Grp
 Rockford Riverview AA Group
 Rule 62 AA
 Sahara Saturday AM Mens
 Sahara Sunday 8.30 AM Big Book
 Saturday Night Live Group

Serenity Seekers at Ridgewood Church
 Southwest Women's Group
 Squad 26 Anoka Today
 Squad 27 AA Group
 St. Louis Park Sunday Night AA Grp
 Steps to Serenity Group
 Sunday Morning Grp (Savage)
 Sunday Night Grace
 The Becker Group
 The Way Out BB Mon @ Hen. United
 There is a Solution Womens AA
 Third Tradition Group of AA
 Three Legacies
 Tonka Alano Club Groups
 Tradition Three Group Waconia
 Uptown 12x12 AA
 Waconia Friday Nite AA Group
 Wed Knight Avenue 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** May 2019

Tradition Five • Minnetonka Big Book Study (2)

****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

August 10th
19th Annual Unity Open House
Greater Minneapolis Intergroup
7204 W 27th Street, Suite 113
St. Louis Park, MN
9:00 am – 1:00 pm

August 15th, 16th, 17th, and 18th
Cornusker Roundup XLII
Ramada, Omaha, NE
www.AA-Cornhusker.org

September 6th, 7th, 8th
29th Annual Heartland Round-up
Park Rapids, MN
www.heartlandroundup.com

General Service Announcements

August 3rd
Area Committee Meeting
Mankato City Center Hotel, Mankato, MN
Standing Committee 9:30am - 11:30am
Meeting: 1:00pm - 5:00pm

August 16th - 18th
West Central Regional Forum
Alerus Center
1200 S 42nd Street, Grand Forks, ND

October 12th
Area Assembly
New Ulm Community Center
New Ulm, MN
9:00 am – 5:00 pm

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.

**The Minneapolis
Intergroup Office
will be closed on
Thursday July 4th
in observance of
Independence Day.**

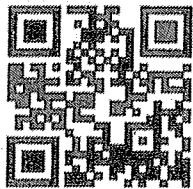
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