

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

August 2019 Step, Tradition, and Concept Eight

Step Eight

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

There were two things that I knew about AA when I walked through the doors seven years ago. That I had to stop drinking forever and that there was a step somewhere in there that said I had to make apologies for my bad behavior. Both were unthinkable at the time, but I had reached what our book calls the “jumping off place”. I couldn’t appreciate that gift of desperation at the time.

What I came to appreciate over time was the beauty of the program. That it is designed so that each step prepares us for the next. It starts by identifying the problem (our powerlessness), lays out the solution (a Power greater than ourselves) and then provides us with the tools to connect us with that Power. Those tools are laid out in a very specific order. First looking inward at ourselves (Steps 4-5), then looking upwards, bringing the God of our understanding into the mix, (6-7) and then looking outward and forward at relationships with others (8-9).

Step 8 is all about love and forgiveness. The willingness to take an honest and comprehensive look at our past behavior and how it has affected others so that we can repair the damage that we have done. We cannot successfully move forward until we have addressed our past. By the time we have reached Step 8, we have already dug deeply in Step 4 dissecting resentments, fears and harm we have caused others in order to identify character flaws. This inventory list provides us with the list of names to be used in Step 8. I found that looking back at my inventories reminded me of how those shortcomings affected my life and provided me with much needed motivation to clean up my past.

I worked with my sponsor to examine each name on the list. What specifically did I do, to whom, and when? How do I right those specific wrongs? I found that not everyone on my list needed an amend. However my sponsor’s insight was crucial. I found I was not always able to be objective in this process,

and it was easy for fear to cloud my judgement and talk me out of the need to make certain amends.

I was told to focus on what this step was intended to do. First, to clear up the wreckage of our pasts. Just as importantly, amends repair relationships that we have damaged and open the door to building stronger and healthier relationships in the future. One of the most revealing things that I learned about myself through working the steps was how my dishonesty affected people I loved most. I thought I was being considerate and selfless to family and friends when I stuffed my own feelings and needs. What I discovered was that I ended up building a wall around myself, constructed out of resentments and bitterness, I felt that nobody cared about what I wanted or needed. I completely isolated myself, depriving myself of any meaningful relationships, preventing them from knowing me, and blocking my ability to be present in their lives. One of the greatest gifts of my recovery is the gift of real relationships.

This brings us to the willingness part of Step 8. The great part about Step 8 is that we don’t have to actually *make* the amends. However we do need to become *willing* to make them. Just as in

Step Eight continued on page 5

8 Made a list of all persons we had harmed and became willing to make amends to them all



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.”

I accidentally ran across this article in a file. It was dated 2011, before me. I do not know who wrote it. I think it is beautifully written and I want to share it with all of you.

For those who are disappointed with the quantity of calls received during group phone shifts:

Think of yourselves as the Fire Department.

There are 19 fire stations in Minneapolis. The total amount of fire and rescue calls received by all stations combined in 2015 was 41,348, including 4,273 false alarms. This averages out to only 5 calls a day, spread out among the 19 stations. Yet each station is fully staffed, 24 hours a day, with people who are trained to handle any emergency that comes their way. Because of the small amount of calls, would we believe that the Fire Department was not needed? Would we think that firefighters would have better uses for their time, more important jobs, than to sit around the station in case an alarm comes in?

This is why we recommend that our phone volunteers come as a group, and use the time at Intergroup to talk among themselves and to be prepared for long stretches of no calls, but to be prepared as well to assist any person calling for help. We try to make the

group phone service as comfortable and fun as possible – free Wi-Fi, cable TV, coffee, an endless supply of Tootsie Rolls, etc.

Being a special worker I do not answer the phones on a regular basis. Only when our volunteers are both on a call, there will be a time now and then when I answer the “third” line and I will never forget *that* call. You can hear and relate to the despair in their voice. It is a great feeling to give them some direction or let them know you will arrange a 12th Step call, and to be able to give them some hope is unforgettable. Sometimes you can hear and feel the relief in their voices. You just never know when that call will come in. But I always say to myself, this is why we *are here!*

Thank you to all the phone volunteers for your service. That may be daytime, groups in the afternoon and night, early birds and night owls! You are amazing!

In Love and Service, Gail S.

Your Office Manager

Notes from Your Board Chair:

When the Big Book proclaims in *Working with Others*, “this is an experience you must not miss,” I think they may have been talking about serving on an Intergroup Board! You may have heard that Board elections are coming up next month on September 26, 2019 at 6:30 p.m. during the monthly Intergroup Reps meeting. That evening, Intergroup Representatives from area AA meetings will elect four new members to serve on the Board of Directors for Minneapolis Intergroup. As the outgoing Chair, I encourage anyone who is interested in standing to reach out to one of the current or former Board members with any questions you might have.

Being a member of the Board has been an invaluable AA service commitment for me over the last three years and in my recovery as a whole. I hope to see as many candidates stand for elections this year as possible. The only “rule” to stand is that you have a minimum five years of sobriety. I personally stood only two weeks after my five-year anniversary and was elected, so don't let that -- or

anything else -- deter you if you are interested, have a passion for AA, and enjoy being of service. The deadline for submitting resumes is September 16, 2019, but note you may stand the night of elections as well. I promise, you will not regret taking this leap!

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

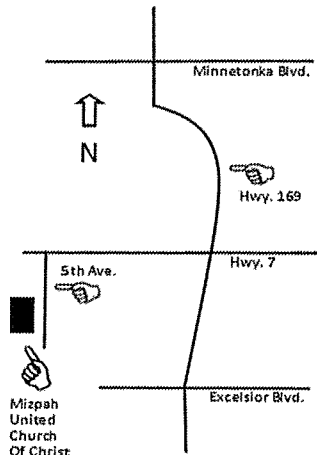
District 21 Second Tuesday, 7:30 pm
 Pilgrim United Methodist Church
 4325 Zachary Lane, Plymouth, MN 55442

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

NOTICE



NOTICE

**Intergroup
 Reps Meeting**
 Thursday,
 August 22nd
 6:30 pm

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

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.

- 8/3 Importance of Having a Sponsor
His Story
- 8/10 Step Three /Tradition Three
Her Story
- 8/17 Importance of Singleness of Purpose
His Story
- 8/24 Step Four/ Tradition Four
Her Story
- 8/31 What are A.A.'s Three Legacies?
His Story

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

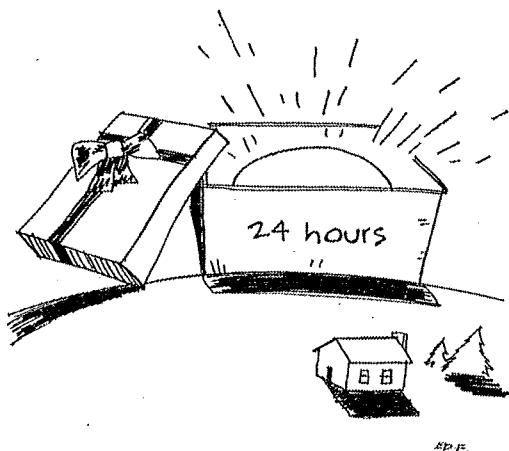
Concept VIII:

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

Long Form: The Trustees of the General Service Board act in two primary capacities: (a) with respect of the larger matters of over-all policy and finance, they are the principal planners and administrators. They are their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustee is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

Short Form: "The Trustees are the principle planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

We as Alcoholics usually learn things the hard way! The Alcoholic Foundation had been set up as separate Trustee Committees, which had their own "power". With too many chiefs who had their own agendas of what they wanted, this obviously didn't work. So, it had to be set up that the Trustees would have oversight of those that they would elect as Directors of the two separate entities (Grapevine and AAWS). Both entities would have their own budgets and specific jobs. This way the two directors could concentrate on their specific needs and duties to the fellowship. The directors would be voted in by the Trustees with the specific skill set needed for the specific entity. How does the fellowship fit into this? We elect our own Regional Trustees with the mindset that they are our representatives, with the "Right of Participation" and the "Right of Decision". Just as we



gift

cannot oversee the daily work at the General Service Office, so we elect the Trustee, the Trustee can only have oversight of the General Service Office's daily work. They have the oversight through the election of the Directors of the two entities, who then report to them throughout the year. They in turn report back to us.

The two separate entities take care of World Services. They ensure that we are represented on a broader scale than any one group, District or Area could do alone. They are there to answer any questions or concerns that we have. They will only share their experience or direct us to someone who may have more experience.

Thanks for allowing me to serve you,

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

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 Correct. Facility-Plymouth (Men & Women)
Corrections Facility Contact Program (Men & Women)
A New Vision (Sober Living) Men Only
Anthony Lewis Center, Burnsville (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

The Twelve Traditions - How They Apply In Our Lives

TRADITION Eight

“Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But, we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. Twelfth Step work is never to be paid for.”
 Long form of the Eighth Tradition.

To paraphrase a footnote in the writing on the eighth tradition in our book, Twelve Steps & Twelve Traditions: The work of present-day staff members has no counterpart among the job categories of commercial organizations. These A.A.'s bring a wide range of business and professional experience to their service at the General Service Office and our local Intergroups and Central Offices.

When an alcoholic in need of help calls our Intergroup for help, I need to know that the person on the other end of the line knows about A.A. from a personal point of view. I don't want some non-alcoholic who doesn't understand what it means to be an alcoholic answering the call. Our staff doesn't do Twelfth Step work ~ they make Twelfth Step work and service work possible to those of us who are members of A.A. So, we hire A.A. special workers, we pay them well, and they earn what they get!

We are especially fortunate in the Minneapolis Service area that we have such qualified staff and volunteers at our Intergroup.

Thank you!
 Dick C. Orono

Step Eight continued from page 1

Step 6, we need to become “entirely ready” to let go of our fear and our blame of others. I found it helpful to ask myself what prevents me from clearing the negativity out of this relationship.

I started with the easiest amends first. Trust that you will know when it's time to make the amend and make peace with each person. Is there an old pattern that prevents me from being honest in this relationship? Am I (still) trying to please this person or control this relationship that prevents me from being honest? In addition of course, I prayed for the right motives and words.

I came to AA to stop drinking. What the steps leading up to, including Step 8, gave me was a way to identify and remove those things blocking me from myself and my Higher Power. A way to let go of grudges, fears and beliefs that no longer served me so that I could start over with a clean emotional slate. A way to allow me to repair and nurture the relationships in my life.

It's time to stop waiting. It's time to become who we are meant to become. I don't know who said this, but make sure that ten years from now you can say you chose your life and didn't settle for it. Amen!

Pam N. Minnetonka



**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...

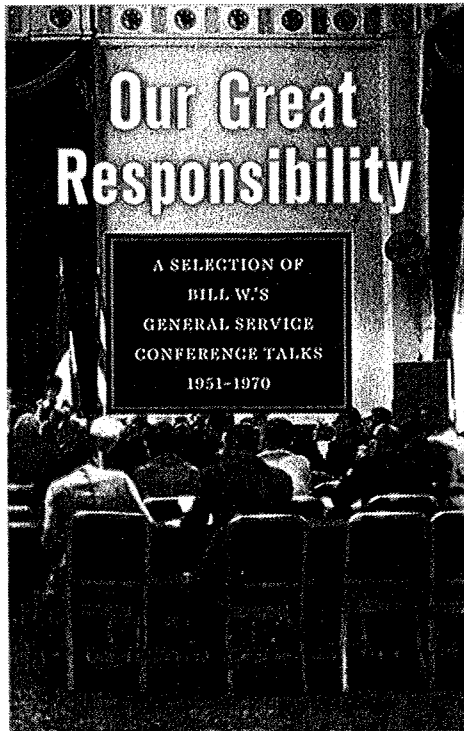
Phone Volunteering: Daytime Phones, Group Phones, Early Birds and Night Owls
 Southern Minnesota Area 36 Temporary Contact Program
 Southern Minnesota Area 36 Correctional Facilities Contact Program

“An opportunity for all AA members to connect into service”

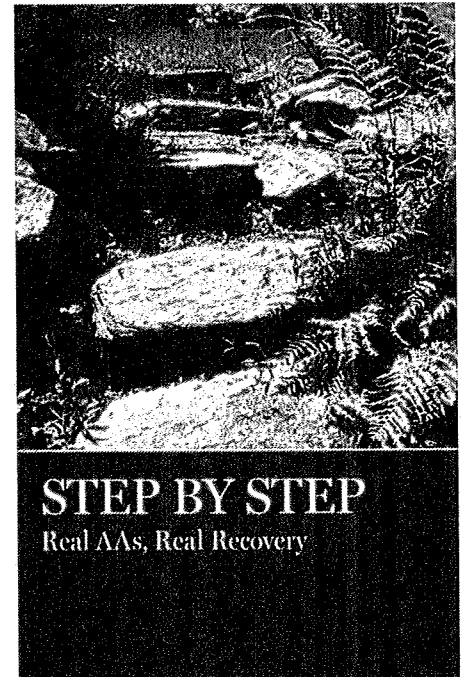
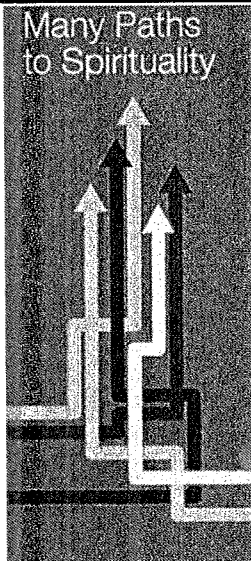


GREATER MINNEAPOLIS INTERGROUP
 7204 West 27th Street, Suite 113
 St. Louis Park, MN 55426
 map & directions at www.aaminneapolis.org

MINNEAPOLIS INTERGROUP BOARD ELECTIONS ARE JUST A MONTH 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')



AA Book of the Month:
Our Great Responsibility
 Grapevine Book of the Month:
*Step By Step, Real AA's,
 Real Recovery*
 Pamphlet of the Month:
Many Paths to Spirituality



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

Amazing Grace
 Andover Alano - Squad 10
 Annandale Lakers
 Bar None Thursday
 Basic Principles
 Basic Twelve
 Boiler Room Men's Group
 Brooklyn Park Step Grp
 By Grace Group-Mound
 Clearwater Groups
 Crushed Grapes
 Desire Meeting
 Discovering AA Squad 1-Wed-
 Monticello
 Dry Dock
 Elders Big Book Stories-Friday
 Elders Big Book- Thursday
 Elders Steps & Traditions Tuesday
 Elders Big Book - Thursday

Elders Topic - Sunday 10 am
 Five Alive AA Group
 Fourth Dimension AA Group
 Foxhall Chapter 7 Grp
 Fridley Alano Squad 19
 From the Heart Friday Delano
 Golden Valley Group
 Gratitude Group
 Great Blessings
 Groveland Grp
 Happy Destiny
 I'll Quit Monday BB
 Isanti AA Squad 3
 It Might Have Been Worse
 Kenwood Grp
 Kozy's Noon Men's AA
 Ladies Night Happy Hour-Sahara Club
 Lakers Friday 6:30

Living Sober AA Group(Burnsville)
 Mainstreeters AA (Plymouth Il Alano)
 Minnetonka Big Book Study Grp
 Minnetonka Senior AA
 New Hope Alano Sq 20
 New Hope Squad 11
 No Bull Big Book
 Normandale AA Grp
 Open Arms Womens AA Meeting
 Open Door Thurs Grp
 Pearls of Wisdom
 Ramsey AA (NowThen AA)
 Rich/Bloomington Alano Sunday Open
 Speaker Meeting
 Rojo Group
 Rule 62 AA
 Saturday Morning Buffalo 12 X 12

Saturday Night Live Group
 Serenus AA Group
 Step Sisters of Anoka
 Suburban North Alano Sq 7
 Sunday Night Step & Tradition
 Meeting
 The Bright Spot
 Third Tradition Group of AA
 Three Legacies
 Tonka Alano Club Groups
 Tradition Five
 Tradition Three Group Waconia
 Unknown AA Group
 Watertown AA Group- Mon
 Women of Wisdom
 You Are Not Alone

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** June 2019 Foxhall Chapter 7

**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 Intergruop. 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 Rahm 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
Cornhusker Roundup XLII
Ramada, Omaha, NE
www.AA-Cornhusker.org

August 31st
Archives Open House
Area 36 Archives Repository
1700 Livingston Ave
West St. Paul, MN

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

General Service Announcements

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

August 16-18th
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
1200 S 42nd Street, Grand Forks, ND

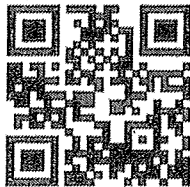
October 12th
Area Assembly
New Ulm Community Center
New Ulm, MN
9:00 am – 5:00 pm

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.

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

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