

November 2019 Step, Tradition, and Concept Eleven

Step Eleven

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Some refer to Step's Ten, Eleven and Twelve as maintenance steps and I understand why. Through the actions of the first nine steps, the obsession to drink had been lifted and I was experiencing a degree of emotional peace. The truth at that time was that my newly found physical and emotional sobriety was fragile at best. How do I keep what I have? Is this it? What is God's will and does that include happiness? I have since come to understand the last three steps as growth steps. The more I incorporate Step Eleven in my daily life, the more I grow spiritually and my understanding of God. My will is what got me in trouble in the first place, but even with the knowledge of that, I was fearful to do what God intended for my life. I have found true happiness and serenity, when my will matches God's will. How do I pray?

When I first started working the steps with my sponsor, the whole God concept seemed like a major road block. I wasn't agnostic, but my concept of God was one of judgment and punishment a twisted view of my early religious perspective. I believed religion and spirituality were the same and that if the only solution for alcoholism was a spiritual experience and reprieve, I was damned because of all the carnage I had caused others in life. I was relieved to learn that I can start over with my own concept of God and that I can find a spiritual solution for my life without a strict religious code. My prayers were "fox hole" prayers and ones of bargaining. "God, if you let me get away unscathed from this sobriety check point, I will never drink again."

Presented with Step Eleven for the first time, I felt that I was already "working it". In reality, I was praying for my own will and no meditation. Early on in sobriety, finances were tough. I was digging out from years of bad choices and misunderstandings. I was separated from my wife and paying for two

households, two mortgages, back taxes, etc. and was quickly living paycheck to paycheck. Every morning I would get up and pray for strength and more money. "God, I'm doing the next right thing, I'm making financial amends, why won't you give me more money, do you want me to have a resentment?" I was miserable and starting to question if I would ever be happy. My sponsor suggested I work Step Eleven...pray only for God's will and strength to take the action.

"God, I don't have all the answers, you know my struggles, use me as you see fit and give the me power to carry it out." Every morning and every evening I prayed that prayer. One morning I arrived at work and had paid the last bills for the month. My car was on empty, I had no money for food and I had two weeks until my next paycheck. I was scheduled to chair a meeting that night and pick up two newly sober guys before the meeting. Fear was starting to take over and I was in full panic mode. I went to my car and prayed the prayer I had made earlier that morning and then sat waited for the anxiety to wain and for God to provide an answer....my first real experience with meditation. I returned to my office to find an envelope with a check and a note. My boss had written a note thanking me for being an incredible employee the last nine months (I had been sober for ten months) and that he had found an accounting error on my com-

Step Eleven continued on page 5



Notes from your Service Office:

The General Service Theme for 2019 is:

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

In September I went to the 34th Annual Intergroup/
Central Office Seminar in Mesa, Arizona. There were 144
members registered with 65 new managers there for their
first time. This was my seventh seminar. It is a rewarding
experience to reconnect with managers I have met over
the years. You can see, hear and feel the dedication. It
does not diminish with time. In the workshops many share
what is working and what is not working. I always hear
new ideas. It is so great to spend time with people doing
the same work you are doing. There is a lot of passion
there.

Welcome to our new Board members Missy W., Brian C., Natalie N., Cory S., and Dwight C. I am excited to serve with them for the next three years. They are an important part of Minneapolis Intergroup to assist in our efforts to contact, educate and assist alcoholics, their families, and others in dealing with the problems of alcoholism.

In October we updated our 12th Step list. Volunteers called each person on the list to verify they were still able and willing to be a part this vital service. Members are listed in the city they live. When a person calls for help we can connect them to someone that lives in their area. On the initial update we learned fourteen members moved.

Some moved to a different area of the city and a few moved out of state. Nine different phone numbers were not accessible or in service. It may happen for a long period of time you are not called to make a 12th Step call, but you are making it possible to have someone there when needed. If you are willing to be on the 12th Step list fill out a "Contribute Your Time" form. Forms are available at some meetings, at the Intergroup office or can be filled out right on our website: aaminneapolis.org. We need your help!

Your Minneapolis Intergroup service office will host a hospitality suite at Founder's Day Weekend on November 29th and 30th. Many AA groups sign up for a two hour shift to help out and bring food to share. We are now looking for groups to host the suite this year. Please call the Intergroup office if your group is interested to sign up. We welcome you to stop in Suite 115 and see us when you are attending the event.

Founder's Day Weekend is a great event that always honors AA members with one year sobriety.

In Love and Service,

Gail S., Office Manager

Notes from Your Board Chair:

When I turned 5 in this program my goal was to be elected to the board, but I had other commitments and my sponsor told me I had to wait until those were over. So I waited a year, and in that year I talked myself in and out of standing for the board no less than 100 times. As my first year was coming to a close, I thought, maybe I should stand for the chair position. I did, along with others, but didn't vote for myself. After the first round, I had a couple of votes and decided to go all in and fight for it. It came down to the hat. I have been in "hat" situations before, but was never the one selected, and now it's clear. The last time I was involved in a hat decision, it was to be the trusted servant in my home group. Had I been selected at that time, I would not have run for the board and I most certainly wouldn't be your new chairperson.

And so begins a new year at Intergroup. As I embark on this new journey as board chair, I would like to first off welcome our new board members: Missy W, Cory S, Natalie N, Brian C and Dwight C who will be finishing Brad's

term on the board. All of you bring a wide array of talent

and enthusiasm that is infectious. It will be an honor to serve alongside each of you.

We have a full calendar of events this year with Founder's Day leading the charge. A weekend full of great speakers, good food and lots of fellowship, I hope to see you all there!

Yours in service

Patti P., Board Chair

11th 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.

Amen.

Page 99 - 12 Steps & 12 Traditions.

Intergroup Board

Board Officers

Chairperson Patti P.
Co-Chairperson Linda M.
Secretary Dan S.
Treasurer Mike A.

Board Members

Jessica B. Deb W.
Mitch K. Missy W.
Natalie N. Cory S.
Brian C. Dwight C.
Gail S. Office Manager, Ex-Officio

General Service District Board Liaisons

District 7	Natalie N.
District 13	Brian C.
District 14	Mitch K.
District 17	Cory S.
District 18	Missy W.
District 19	Dwight C.
District 20	Tom B.
District 21	Dan S.
District 22	Linda M.
District 24	Deb W.
District 25	Jessica B.

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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NOTICE Minnetonka Blvd. N Hwy. 169 Hwy. 7 Excelsior Blvd. Of Christ

NOTICE

Intergroup

Reps Meeting
Thursday,
October 26th
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.

11/2 6 5	Step Nine/Tradition Nine Her Story
11/9	A.A. Service Entities: District & Area His Story
11/16	Step Ten/ Tradition Ten Her Story
11/23	A.A. World Services/ General Service Offi His Story
11/30	Step Eleven/ Tradition Eleven Her Story

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

Concept XI:

Long Form: "While the Trustees hold the final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs, and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters of serious care and concern."

Short Form: "The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern."

We have already talked in the last couple of months about whom it is that elects our Regional Trustees. It is our Fellowship. Our A.A. groups do through the election of the Delegate. But, our world services are not just taken care of by the trustees that we elect. They need help. Remember they are volunteers; they are not paid for their work as trustees. So, they obviously cannot put all of their time into world services as volunteers. They need a lot of help. The standing committee process that we use in Area 36 mimics the General Service Office. They must use a committee system to help them carry out the work that must be done. One of those committees is the Finance Committee. I had the privilege of being able to represent Southern Minnesota on the Finance Committee at the General Service Conference in May of 2019. I was able to work closely with the Chief Financial Officer, Bob and his assistant Zenaida. We need to financially compensate them for their expertise in dealing with the A.A. groups contributions. Bill says in Concept XI: The whole temper of today's world is to spend more than it has, or

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may ever have. When a new and promising A.A. service project moves into sight, we are apt to cry, "Never mind the money, let's get at it." This is where we need those special workers to say, "Stop, look and listen." So, the primary function of this committee, therefore, is to see that our Headquarters operation is always solvent and that it stays that way, in good times and bad. They are always keeping an eye on the budget that is made and will make adjustments when necessary.

There are other committees that are in place that we need. I can only give you a glimpse of one. Go get the Service Manual if you don't have one and learn what it is you belong to.

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

12 Step Service Opportunities

Carry the AA Message
to Outside Agencies*

The following facilities are looking for a Group to bring a meeting to:

Augustana Health Care (Men & Women)

Anthony Louis Center, Burnsville (Men & Women)

One Twelve Treatment Center
(Men Only)

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

GREATER MINNEAPOLIS INTERGROUP WINTER OPEN HOUSE

Celebrating the Gift of Recovery Saturday, December 14, 2019

> 9 a.m.-11 a.m. Breakfast Goodies 11 a.m. - 1 p.m: Appetizers

> > Prawings for Poor Prizes!

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 Eleven

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

The word anonymity means the condition of being anonymous. Anonymous is defined as not named or identified. I can certainly identify with the following statements: "By temperament, nearly every one of us had been an irrepressible promoter, and the prospect of a society composed almost entirely of promoters was frightening". "But we do have to soberly face the fact that being in the public eye is hazardous, especially for us." (page 181, Twelve Steps and Twelve Traditions). My promotion of the A.A. program started at a personal level. Imagine a relative's surprise when I sent him the Big Book of Alcoholics Anonymous, unsolicited, via Federal Express during my first few months of sobriety! I just knew this would help him and that the program of A.A. works. This promotion, after having only worked Step One myself, is embarrassing. This tradition steers me from the need for recognition for any positive changes in my life that have come from working the steps. Any desire I might have for public recognition is the opposite of humility. If I keep my head down and do the work to the best of my ability, I have a greater chance of appealing to others looking for a solution to their alcoholism.

At the level of press, I actively avoid the opportunity to be in a full-face photo or quoted by first and last name at the A.A. International Conventions I attend. (Luckily the press at these events has been schooled in our tradition so the occasion rarely arises). I do not write letters to the editors of newspapers proclaiming my knowledge of solutions to alcoholism and citing my membership in A.A. I do not allow my photos or comments to be posted on social media where the event is clearly labeled as an A.A. event or even a group of self identified A.A. members getting together for a social occasion. I strive to follow these guidelines outlined in the book Twelve Steps and Twelve Traditions: 1) Give up my natural desires for personal distinction before the general public because personal ambition has

no place in A.A.; 2) Understand that I am a active guardian of our Fellowship and that breaking this tradition could cause damage — especially if I got drunk. People would have cause to believe that the program of A.A. does not work; 3) Exercise self-restraint; 4) Realize that the spiritual substance of anonymity is sacrifice and real humility at work; 5) Appreciate that A.A. can publicize its principles and its work, but not its individual members.

Mary C., Orono for the MIRUS

Step Eleven continued from page 1

missions. The check was the balance and it was an enough to cover my gas, food and living needs for the next 2 weeks.

I have since learned that prayer is often a one way conversation and meditation is the act of listening. I strive every day to talk less and listen more. There is an analogy I often give the men I sponsor when we work Step Eleven and they have a desire to brush it over. Years ago, I bought a nice 50 inch flat screen plasma TV but for one reason or another, I didn't have time to mount it on the wall. For weeks, I sat and admired that TV in the box. When I finally got time to mount it and I plugged it in, the picture was ten times better than the box. God of our understanding is the power source. We have been given a new life in sobriety, why would we just keep it in the box.

Drew F., Minnetonka for the MIRUS

Founder's Day Weekend 2019

November 29, 30 & December 1, 2019 Celebrating 79 Years of AA in the Upper Midwest and Honoring AA Members With One Year of Sobriety!

Register Online at: www.FoundersDayMN.org

Friday, November 29
4:00 PM Registration Opens
7:00 PM *History of AA in the Upper Midwest
9:00 PM *AA Speaker:
Beth H. (Cary, NC)

Saturday, November 30
10:30 AM *Panel of Weckend Speakers
1:00 PM AA Open Call-Up Meeting
1:00 PM Al-Anon Open Meeting
3:00 PM *Al-Anon Speaker:
Kathy H. (Cincinnati, OH)
6:00 PM Banquet
7:30 PM *AA Speaker:
Don L. (Bellingham, WA)
9:00 PM Dance

Sunday, December 1
9:00 AM Breakfast
10:00 AM *AA Speaker:
Sharon C. (Los Angeles, CA)
*These meetings are ASL Interpreted

Pre-Registration \$20,00
At the Door \$25,00
Registration required and must be paid to attend Founder's Day Weekend events.

Banquet (Limited Seating) \$40.00 The Banquet begins at 6:00 PM Saturday evening.

Breakfast \$20.00
The Breakfast begins at 9:00 am Sunday morning. Theatro scating will be provided at 9:45 AM for the Speaker Meeting.

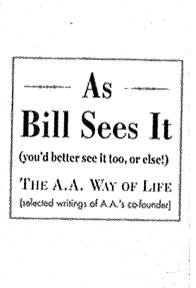
Archive Room Friday Saturday Sunday until 10:00 AM

Founder's Day Weekend Dance Saturday 9:00 PM

Activities and Accommodations at

DoubleTree Bloomington - Minneapolis South - Bloomington, MN
7800 Normandale Blvd, Bloomington, MN 55439 • 952.835.7800 or 800.222.8733

Special Room Rates are available with early reservations,
Please make reservations directly with the DoubleTree Bloomington Hotel.
Indicate they are for Founder's Day Weekend.





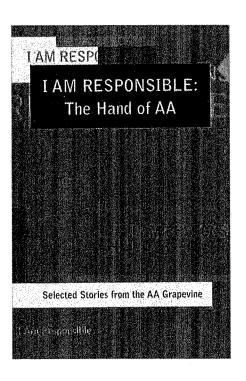
AA Book of the Month:

As Bill Sees It

Grapevine Book of the Month:
I am Responsible: The
Hand of AA

Pamphlet of the Month:

A.A. Tradition—How it
Developed



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

2218 Squad 1 Depth and Weight

4111 Group

A New Day Lakeville

Basic Principles

Bridges-Shakopee

Bryant Lake Group

By Grace Group-Mound (2)

Cliff of Colores

Children of Chaos

Colfax AA Group Thurs. Night

Crushed Grapes

Delano Saturday Morning

Desire Meeting

Dry Dock

Fairview Riverside AA

For Today Group

Foxhall Chapter 7 Group

Gloria Dei AA

Golden Valley Group

Grace Uptown Tuesday

Gratitude Group

Great Blessings

Groveland Group

Happy Destiny

I'll Quit Monday BB

It Might Have Been Worse

Ladies Night Happy Hour-Sahara Club

Lakers Friday 6.30

Lakers Saturday Morning AA

Lakeville Big Book Meeting

Living Sober AA Group

Living Sober Group (Chanhassen)

Minnehaha AA Family Group

Minnetonka Senior AA

Monday Night Men's

New Hope Alano - Squad 12

Nicollet AA Group

Open Meeting - Everyone Welcome

Parkview Group

Rich/Blmngtn Alano Squad 4E

Rich/Blmngtn Alano Sun Open Spkr

Ridge Runners II Group

Ridge Runners III Group

Rule 62 AA

Sahara Sunday 8:30 AM Big Book

Sahara Thurs 7:30 Men's Closed Group

Saturday Morning Buffalo 12 X 12

Saturday Night Live Group

Serenus AA Group

Silver Lake AA Group Squad 27 AA Group

St. Louis Park Sunday Night AA Group

St. Lukes Saturday Men's Group

Temple Wed. AA Group

TGIF Women's AA Group

Third Tradition Group of AA

Thursday Night Women's AA Group

Tonka Alano Club Groups

Tradition Five

Tuesday Morning Step Group (Buffalo)

Twelve Steppers Audubon Group

Valley View AA

Waconia Friday Nite AA Group

Wayzata Women's - Thursday Group

Worthy Women's Big Book Study

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** September 2019

Foxhall Chapter 7 (4)

Crushed Grapes

Basic Twelve

Lynnhurst AA Group

**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

November 2nd

AA Information Talks Orientation Mizpah United Church of Christ 415 5^{th} Ave N Hopkins, MN 11:00 am - 1:30 pm

November 28th

33rd Annual Thanksgiving Gratitude AA Meeting
Sponsored by 12 West AA
Park Tavern, St. Louis Park
ALL ARE WELCOME
8:00 am Breakfast for Purchase
8:30 am AA Meeting (Free)

General Service Announcements

November - TBD

Area 35/36 Joint Workshop St. Cloud, MN 12:00 pm – 4:00 pm

December 7th

Area Committee Meeting

Mankato City Center Hotel

Standing Committee Mtgs-9:30 am-11:30 am

Area Committee Mtg- 1:00 pm — 5:00 pm

Greater Minneapolis Intergroup Office will be Closed

Monday, Nov.11th Veterans Day Thursday, Nov. 28th, Thanksgiving Day Friday, Nov. 29th, Founders Day Saturday Nov. 30th, Founders Day

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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