

December 2019 Step, Tradition, and Concept Eleven

Step Twelve

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

The beauty of AA is that it is far more than a simple abstinence program. Setting alcohol aside is a first and crucial action. However, AA is so much richer, complex, and life-giving. The Twelfth Step implies that if we discover the principles of the program and begin to apply them in our lives, we will experience a spiritual awakening beyond anything we could have imagined.

Mine has been of the slow, educational variety. Each Step has revealed or awakened in me a new understanding of myself and of my alcoholic drinking, thinking, and tendencies. In Step One, I saw how I'd screwed up my life with alcohol. I pursued wine, vodka, and alcohol-induced euphoria and romance to the point of divorce, unemployment, and emotional wreckage. At that point a friend invited me to join her in attending AA meetings. I railed against Step One. I wasn't a drunk like other drunks. My first sponsor asked me to look for the similarities, not my differences, and I kept coming back. I'm so glad I did. It's taken years to unravel my distorted thinking.

Step Two allowed me to find a God of my own understanding, not the wrathful, judgmental one that I thought God was. I didn't want to be a missionary in Africa or even in Minnesota which is what I thought I'd have to be if I took Step Three. The words "care of God" were pointed out to me. I found a caring, compassionate, loving God in AA.

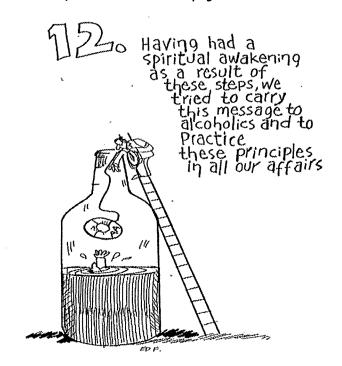
Step Four was a revelation, too. Who knew I'd harbored all those fears and resentments? I dragged a huge gunny sack of negative emotions around with me every day. It weighed me down and impeded my progress. Disclosing all that negative garbage during Step 5 took courage. What would my sponsor think of me? She related her own similarities and loved me despite the fact that I couldn't love myself. In Steps 6 and 7 I asked God to remove the objectionable defects that drove me.

Those two little Steps look so short, innocent, and easy. Yet taking them was hard. It meant that in addition to asking, I needed to start living the opposite of my old ways: patient instead of impatient, tolerant instead of judgmental, driving on the freeway with compassion instead of a raised finger!

I made a list of those I'd harmed, consulted with my sponsor, and set about making amends. As scary as Steps 8 and 9 were, I began to feel a peace and contentment I'd never known while carrying around the old gunny sack of anger, blame, and resentment. Continued inventory (Ten), and (Eleven) prayer and meditation help me to center myself in this way of life on a daily basis and to recognize when I need to change. Each of the first eleven steps awakened in me a new awareness of who I was as an active alcoholic and who I am now as a sober, productive member of society.

Step Twelve asks us to carry the message to other alcoholics. I do this by having a home group and a job in my home group.

Step Twelve continued on page 5



Notes from your Service Office:

The General Service Theme for 2019 is:

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

Answering phones is one of the vital services Minneapolis Intergroup has to offer. There is nothing like the feeling you get when answering the phone and connecting with a person looking for help and offering hope and direction. We are keeping track of calls during office hours (does not include group phone shifts) for October, November and December.

For October we had: AA Meeting Info: 94, 12th Step Calls: 15, General Information: 216, Referrals (Includes Al-Anon): 21. I feel it important to share that on the first two days of November, so far, one day we had three 12th Steps calls at the same time and the next day we had four. One call ended with a 911 call. We will let you know how November and December turn out. Thank you to all who volunteer to answer phones. You have made it possible for the hand of A.A. to be there when someone reaches out for help. We always need help answering phones. Even if it is one day a month. We will provide you with an orientation.

Besides the phones, we receive inquiries by an email posted on our website. I save the emails I get from the website in a file on my desktop. I would like to share a few with you. The following are word for word minus personal identification information.

5/9/19 I reached out and was contacted by the office. Right now I only have email. My wallet was stolen and I've lost my phone. I'm looking

for someone to help me into detox. I need want and would do anything to get well. Right now I think detox may be the only option. I'm trying on my own but taking 50 sips to get over the withdrawals are leading to more bottles on my floor. Can you help me.

6/17/19 I think I might have a problem but I'm maybe afraid to admit it...How do I know if I have a problem and if it is too big for me to handle?

9/13/19 I regret that this email might not be in full earnest, but I'm looking for options, as I cannot afford a therapist at this point in my life. Not that I expect therapy or any such related stuff from these meetings. But I'm 27 and have fulfilled the questionnaire on the website that suggests I might need help. I would love nothing more than to live in a world where I don't feel the need to drink every night. But I'm too inexperienced to have the answers I need to move forward. And I'm not so stubborn to say that I can do it all on my own. I just want to be normal and happy again.

Every day I am reminded why we are here. Thank you to all the volunteers for your vital service. We couldn't do it without you.

In Love and Service,

Gail S., your office manager

Notes from Your Board Chair:

The holiday season...I remember as a kid how much I loved this time of year, the laughter, the family, the presents, the snow. As I got older and my alcoholism began to take over, the holiday season turned into "thanks for the new winter boots, but I would really prefer the cash", and suddenly "family" was a burden not a source of joy.

My parents both passed before I found the rooms of AA, and one of my biggest regrets is how selfish I was during this time of the year. Christmas was my mom's favorite holiday, and year after year if I bothered to show up I was late. I got sober on New Year's Eve, and made a promise to myself to embrace my inner child and really enjoy this time of year.

As an alcoholic, from Thanksgiving through Christmas can really be challenging. You need to buy the best gift, and host the best party and DON'T DRINK! Remember that for most of us, the only thing our loved ones want most from

us is to stay on this path of recovery.

I always try to pick up an extra meeting, take on a service commitment, and just get busy!

Intergroup's Winter Open House will be on Saturday, December 14th from 9:00am to 1:00pm, I plan on buying some new books to keep me busy this winter!

I look forward to seeing you all there!

Best

Patti P., Board Chair



Intergroup Board

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Secretary Dan S.
Treasurer Mike A.

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Terri D. Office Assistant
LeeAnn G. Office Assistant
Erin D. Office Assistant

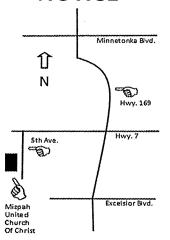
Your Intergroup board meets every month at 6:30 pm on the Tuesday before the Rep's meeting in the Intergroup Office.

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NOTICE





Intergroup Reps Meeting

Thursday,
December 19th
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.

12/7	Anonymity as a Spiritual Principle His Story
12/14	Step Twelve/ Tradition Twelve Her Story
12/21	Importance of Having an A.A. Home Group
	His Story
12/28	Step One/ Tradition One
	His Story

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

Concept XII:

Long Form: General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and whenever possible, by substantial unanimity; that no Conference action ever be punitive or an incitement to public controversy; that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

Short Form: "The Conference shall observe the Spirit of A.A. Tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over the others; that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it always remain democratic in thought and action.

The 12 Concepts are considered to be the Conference Charter by which the Conference operates. The Charter was an informal agreement made between the AA Groups and the Trustees in 1955. The first Eleven Concepts can be amended at any time by the Conference itself. However, Concept 12 and its Warranties require a two thirds vote by all of the groups that are registered at the General Service Office. And there will be six months allowed for those registered groups to consider any such suggested change.

The Warranties of Concept 12 basically guarantee that the Conference cannot become too wealthy or powerful; it cannot put A.A as a whole in a place of public controversy; that it will serve AA only; or take punitive action against anyone. It also lets the Conference know that they are expected above all, to hold our Twelve Traditions at the forefront of the business that

it conducts! They are the guardians of our Traditions! The Warranties are so in-depth that I can only touch on one. The others can be found in the Service Manual under Concept XII, page 60. I chose Warranty One to touch on. "The Conference shall never become the seat of perilous wealth or power." That doesn't mean that we leave the Conference with no money. There must be some money and some authority to use that money. The traditions keep us from taking outside contributions, so the Conference cannot become too wealthy through group contributions only. And the groups themselves are not normally willing to add unnecessary services that need to be funded by their contributions. And as for authority, well the Spirit of Rotation takes care of that! As long as we stay humble and efficient, we should be here for many generations to come!

Yours in Service,

Missy P.

Area 36 Delegate Panel 69

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)
Hennepin County Adult Correct. Facility-Plymouth (Men & Women)
Corrections Temporary Contact Program (Men & Women)
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,

Speakers ASL Interpreted 69

Sponsored by

Greater Minneapolis Intergroup

of Alcoholics Anonymous

Welcome Al-Anon & Alateen



AA Speaker: Grant P., Mount Pleasant, SC Al-Anon Speaker: Nancy H., Edina, MN

6g

6:30 Social Hour / AA Service Info Tables

7:30 Program & Speakers

10:00 DJ and Dance

Celebrate gratitude by visiting the service tables before and after the speakers!

Area 36 TCP / CTCP / Pink Can Area 36 Group Records / Accessibilities Area 36 Archives / AA Grapevine Area 36 PI / CPC Area 36 Treatment / Literature Area 36 Newsletter
Gopher State Roundup / Founders Day
Greater Minneapolis Intergroup
MNYPAA
Al-Anon-Alateen Information Services

MINNEAPOLIS CONVENTION CENTER

1301 Second Avenue South, Minneapolis Ballroom A-Across from Dunn Bros Look for greeters. Look for blue & yellow balloons.

Tickets: \$12.00 in advance/\$15 at the door

Tickets available starting January 20 @ Mpls Intergroup

Intergroup Office – IG Representative – Ticket Committee – At the Door

• This Intergroup event is self-supporting through the sale of tickets
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Twelve Traditions— How They Apply In Our Lives

TRADITION Twelve

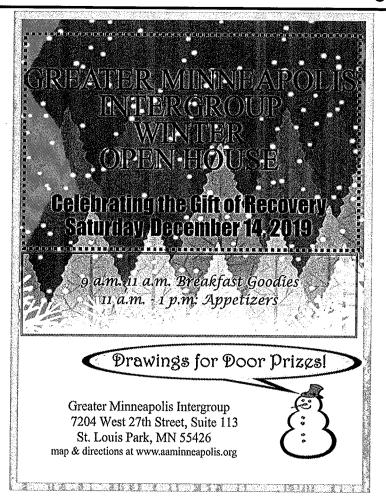
"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

These questions were originally published in Grapevine in conjunction with a series of articles on the Twelve Traditions that ran from November 1969 to September 1971. While they were originally intended as suggestions for individual use, many AA groups have since adopted them and them as a basis for wider discussion.

- 1. Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
- 2. When I do not trust or agree with AA's current servants, who do I wish had the authority to straighten them out?
- 3. In my opinions of and remarks about other AAs, do I imply that membership requirements go beyond the desire to stay sober?
- 4. Have I a personal responsibility to help an AA group fulfill its primary purpose? What is my part?
- 5. Do I do all I can do to support AA financially?
- 6. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me) is my brand of AA attractive so that other drunks might want it?
- 7. What does anonymity mean to me?
- 8. In light of increased awareness of alcoholism and AA's program of recovery among the general public, why is the principle of anonymity still important?
- 9. Am I mindful to respect the anonymity of other AA members who may work in my place of employment or my industry? How about AA members who live in my area or neighborhood?
- 10. What does "principles before personalities" mean to me?

(Traditions Checklist AA Grapevine)





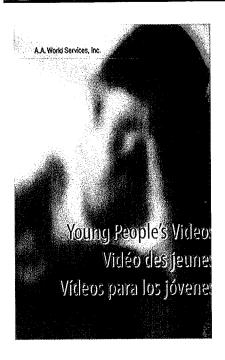
Step Twelve continued from page 1

I volunteer to clean up after the meeting. When I first came to AA, most meetings were smoking meetings. I didn't see why I had to clean ashtrays if I wasn't a smoker, or take down chairs that I hadn't set up, or clean out coffeepots. I did those chores in spite of myself. I learned how to reach out to other alcoholics by making phone calls and doing service that's within my skill set.

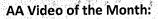
My spiritual awakening wasn't a "white light" experience. I've slowly deepened an understanding of what Bill states on p. 55 of the Big Book. "Deep down in every man, woman, and child is the fundamental idea of God and it is only there that He may be found." I've come to realize that the Spirit of my Creator has been with me since my first breath. I can still my alcoholic, self-centered thinking with prayer and meditation, and reach instead for the love, care, and compassion of God to fill me and renew me. When I can't find that place inside myself, I reach out and call my sponsor. She reminds me that she loves me and that God loves me. Through my tears, I can once again return to life, turn towards Love, and let love inspire my actions.

Mary B., Apple Valley

For the MIRUS







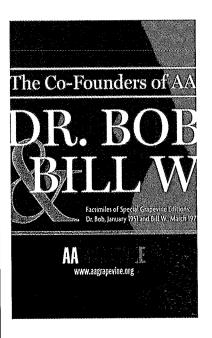
Young People's Video

Grapevine Book of the Month:

Facsimiles of Special Grapevine Editions: Dr. Bob, January 1951 and Bill W., March 1971

Pamphlet of the Month:

A.A. for Alcoholics with Mental Health Issues— and their sponsors



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

Ladies Night Happy Hour-Sahara Club Nicollet (New) AA Group Elders Big Book- Thursday Elders Big Book Stories-Friday Elders Steps & Traditions Tuesday Elders Topic - Sunday 10 am 7-Hi Group A New Freedom - W.S. Alano Amigo's Group Amigo's II Group Andover Alano - Squad 10 Artists & Musicians AA Back to Basics Women's Grp St Luke's **Basic Principles** Basic Twelve & Twelve Big Book Meeting w/Joe and Charlie Blaine Alano Squad 3 Boiler Room Men's Group Breakfast Club-Saturday A.M. Bridges-Shakopee **Bryant Lake Group** Colfax Tuesday AA Group Continuous Action (2) Crushed Grapes Design for Living Group

Edina Women's Group Excelsior Wednesday Night Group Farmington AA Group (Monday) First Class Foundation Stone Group of AA Foxhall Chapter 7 Group Friday Night Shift Golden Valley AA Group II Gratitude Group **Groveland Group** Happy Destiny Happy, Joyous, Free-Columbia Hts Hayden Lake Rd. AA Hope AA Lakeville (2) Hopkins Mon Friends Group Howard Lake-Waverly AA Group Isanti AA Squad 3 Kozv's Noon Men's AA La Nueva Esperanza Ladies Night Happy Hour-Sahara Club Lakers AA GROW Group Living Sober AA Group Lynnhurst AA Group Minnetonka Big Book Study Group(2)

Monticello Alano Squad 10 Monticello Alano Squad 8 New Hope Alano - Squad 5 New Hope Alano AA Groups New Hope Alano Squad 10 New Hope Alano Sauad 7 New Hope Alano Squad 40 New Way AA Normandale AA Group Oasis Group -- Shakopee Pearls of Wisdom Promises at Knox Ramsey AA (NowThen AA) Rich/Blmngtn Alano Sun Open Speaker Ridge Runners II Group River Valley AA Group Sahara Tues 8pm Men's Saturday Night Live Group Saturday Sisters - Pax Christi Silver Lake AA Group Sisters of Service Sauad 62 at Bethany Lutheran Church St. John's Savage AA Group Step Sisters Mon PM Suburban North Alano Squad 7

Sunday Night AA Group in Buffalo Sunday Sobriety The Becker Group The Hand of AA The Tuesday Ladies Lutes Meeting The Way Out AA - Squad 2 @ 2218 The Way Out BB Mon @ Hen. United Third Tradition Group of AA (2) Thursday Night Women's AA Group Tonka Alano Club Groups Tradition Five Tradition Three Group Waconia Tuesday Night Grace AA U.R.S. Tuesday Nite A.A. Valley West Thurs AM Group Watertown AA - Wednesday We Think Not Women's 12 x 12 on Central

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

Group Contributions/Birthday Plan** October 2019

Foxhall Chapter 7 (4) New Nicollet AA Group

Basic Twelve

**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

December 14th

Greater Minneapolis Winter Open House 9:00 am – 11:00 am Breakfast Goodies 11:00 am – 1:00 pm Appetizers St. Louis Park, MN

General Service Announcements

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

January 11th

Trusted Servant Leadership Training Hutchinson Event Center 9:00 am – 4:30 pm Hutchinson, MN

January 24, 25, 26th

Recovery, Unity and Service (RUSC)
Holiday Inn
Lake Elmo, MN
5:00 pm Registration Opens

Greater Minneapolis Intergroup Office will be Closed

Tuesday, Dec. 24th, Christmas Eve Wednesday, Dec. 25th, Christmas 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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