

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

January 2020 Step, Tradition, and Concept One

Step One

"We admitted we were powerless over alcohol - that our lives had become unmanageable."

When I came into Alcoholics Anonymous, I wasn't done yet. I wasn't done lying to myself, to the people around me. I hadn't admitted defeat...yet. I was too arrogant to admit defeat. Defeat was a weakness. Admitting I was powerless over alcohol was just something I wasn't going to ever do. I could beat it! I will win! I'm not powerless, because I'm choosing to drink, every time I pick up that bottle from the liquor store. Every time I get to the end of that bottle and say to myself, "that is it. I'm done now." And then I *choose* to go to the liquor store the next day and start all over again. That was the lie I kept telling myself, every day! You see, when I first came to AA, I was desperate, but not defeated. I didn't want to lose my relationship with my girlfriend. So, I went to AA. I found a sponsor. I started to go to meetings. But I didn't stay sober. In fact, I kept drinking AND going to AA. I wanted to prove to myself that I could win, that I could beat this. That I'm not a REAL alcoholic, because, I can still function and still have a job. I hadn't lost everything...yet. But as I kept going to meetings, I started to believe that I was an alcoholic. I was working with my sponsor and she shared with me her experiences, and they were similar to mine. The way I thought, was exactly the way others in AA were thinking. I heard my story in what others were sharing about their experiences. What I wasn't willing to listen to was their strength and hope. Because I still wasn't ready to admit defeat. I just kept on pretending, lying and believing that I was in control. Soon, my façade of a life was becoming real. I realized that I couldn't keep going like this. That I was going to lose everything and that scared me. I was in debt with my business and not paying my bills. I was continuing to lie to my girlfriend, my sponsor and the people around me in AA. I was starting to realize that this was never going to end. At one point, I didn't care about living. I was just existing

and surviving, day to day. Until one day I finally realized that I was going to die, living like this. And that's when I was able to admit that I had lost. That I was never going to beat Alcoholism. I realized that admitting I was powerless was not a weakness but a strength. I became honest with myself. I could no longer manage my own life. I had to surrender, and surrender I did. I was beaten. Beaten by alcohol. Beaten like a prize fighter. If I got back into that ring one more time, I would get knocked out! I threw in the towel. Admitted that I could not win, I will never win. And in that surrender, I was free. Free from the grip that Alcohol had on me. I found a new way, a solution. Alcoholics Anonymous and it's principles, outlined in the 12 steps, guidance from my sponsor and the fellowship in the rooms of AA was my solution. I am forever grateful to AA and the help of others in the program! I am grateful for that 1st step.

Tedra B., Minneapolis, MN



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 2020 is:

“2020: A Clear Vision For You.”

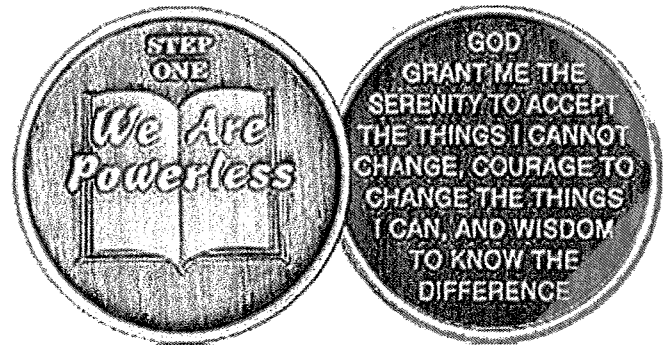
Happy New Year! We are blessed to be a part of the great fellowship of Alcoholics Anonymous. It is a vital part of my recovery. Without it I would not be sober. That is a fact. You taught me everything I know about living a happy, peace filled life. You helped me learn how to be a part of life and not on the outside looking in. In what other fellowship can you attend a meeting or event anywhere in the world and instantly feel a part of with people you meet for the first time?

We are currently working on our 37th Annual Gratitude Night celebration. It will be on Saturday, March 28th at the Minneapolis Convention Center. Each year we want to show our appreciation to all the hundreds of volunteers that give freely their time to keep the vital services of Minneapolis Intergroup going to reach and help the still suffering alcoholic. We are excited to have Grant P. of Mount Pleasant, S.C. be our AA speaker and to have Nancy H. of Edina, MN be our Al-Anon speaker. See the flyer on our event calendar for details.

Big announcement!!! Minneapolis Intergroup, St. Paul Intergroup, and Young People in AA are working on a joint venture to bring the fellowship together at an event this summer? We are excited to bring you the first of it kind. Watch for “*The Fellowship We Crave – Uniting the Twin Cities*”. Save the date for Saturday, June 6th. More details soon.

Yours in love and service,

Gail S. Office Manager



Notes from Your Board Chair:

Ahhh, January, a new year, a fresh start! We have survived the Holiday Season and things can return to normal!

January usually also suggests resolutions, making changes. In my drinking days the first of January I would be resolute in my decision to slow down or, god forbid, quit altogether. These resolutions were NEVER voiced aloud for fear of being held accountable. Sobriety has taught me accountability, among other things and while I'm no longer afraid of voicing my resolutions, I still find it difficult to stick to them.

There a lot of great events coming up this year! There is, of course, Gratitude Night and Gopher State, and then we have a new event. Both Intergroups of Minneapolis and St Paul are teaming up with YPAA for a combined event this summer. Stay tuned for more details

Yours in Service,
Patti P.
Board Chair

Thank you to the groups that helped with the Intergroup Hospitality Suite at Founder's Day event.

Minnetonka Big Book Study	But A Symptom
Dynamic Woman	Foxhall Chapter 7
Tradition Five	The Hall Groups
Woman on the Wagon	Kosy's Men's AA
Great Blessings	MNYPAA
SLPSNAAG	Happy Destiny
Garage Dog's Men's Group	

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.

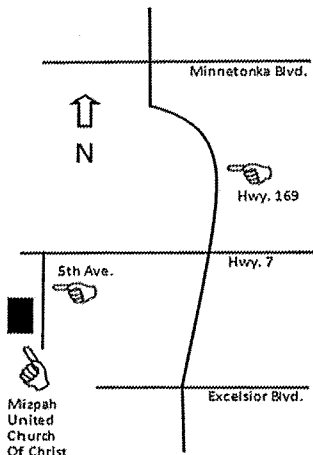
Metro District General Service Meetings

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

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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.

NOTICE



NOTICE

Intergroup Reps Meeting
Thursday,
January 23rd
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.

1/4	Staying Away from the First Drink Her Story
1/11	Step Two/ Tradition Two His Story
1/18	Importance of Having a Sponsor Her Story
1/25	Step Three/ Tradition Three His Story

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

Concept I:

Long Form: The final responsibility and the ultimate authority for A.A. World Services should always reside in the collective conscience of our whole Fellowship.

Bill W. turned over the responsibility of World Services to the Fellowship as a whole at the 1955 International Convention. It was there that we were able to elect a Trusted Servant from each Area to represent us at the General Service Conference in New York each year. At that time the Trustees that Dr. Bob and Bill had put into place at the General Service Office were not on board with the decision. They felt there would be huge costs and too many politics involved with adding the Delegates to the mix. The Trustees were appointed to the Office for the purpose of handling bigger Public Relations and create uniform literature for AA as a whole. Something the groups and districts couldn't do on their own. But as they realized that Bill and Dr. Bob wouldn't always be around to be the link between the Trustees and the Groups, they looked to Tradition 2 for the guidance. Tradition 2 says that, "For our group purpose, there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern." They finally realized that if Tradition 2 could keep a Group on track, why not the Fellowship as a whole. I don't think they ever believed that there wouldn't be schisms. But, I think they had faith in a process that history had proven worked!

However, would the groups take up the torch and run with it? I believe we have! Not to say that there haven't been issues, because the last couple of years have proven that there is more work to be done. For example, the Manuscript Legal issue. And now the issue of the Literature Proposal in regards to how we update our literature. Are we willing to take on that responsibility? Or do we hand that over to the Publisher of AAWS to do for us, as is being suggested in the Proposal? Are we still willing to do the work and hand over the authority to AAWS to

fulfill our requests? I know that General Service isn't for everyone. There are many ways to fulfill Step 12 in regards to Service. But, we cannot just pass it off to someone else to do the work and use the excuse that it's all just politics. Bill didn't just pass the torch to part of the Fellowship. He counted on the whole Fellowship to ensure what he and Dr. Bob started would continue to save lives. Are we willing to keep the torch lit? That is a question for each individual member and group to answer for themselves.

Yours in Service,
Missy P
Area 36 Delegate Panel 69

Actual 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. 8

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*, p. 8

The Twelve Traditions - How They

TRADITION ONE

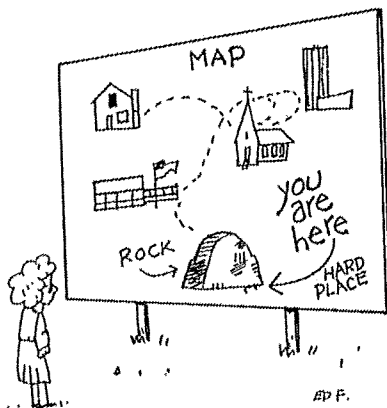
“Our common welfare should come first; personal recovery depends on A.A. unity.”

I am learning how to be a “team player”; something I didn’t even try to be prior to coming into A.A. I couldn’t be because I had no purpose other than me. Now I have a purpose and that is to stay sober, which I do by working with others and focusing on the Twelve Steps and Twelve Traditions of A.A. I interpret Tradition One to mean my personal recovery is dependent upon our common welfare.

Because we are each other’s lifelines, I choose to look for the similarities and not the differences in each of us. I am willing to cooperate for the benefit of all A.A. members. By working to benefit us all first, I feel a part of something greater than me, life is more fun, and finding unity is more rewarding than always having to be right. Practicing the principle of unity has rewarded me with personal freedom, greater happiness and the joy in seeing active alcoholism fall away from many newcomers.

Charmaine S., Eden Prairie

1. We admitted we were powerless over alcohol - that our lives had become unmanageable




Speakers ASL Interpreted 

Sponsored by
Greater Minneapolis Intergroup
of Alcoholics Anonymous
Welcome Al-Anon & Alateen



37th Annual Gratitude Night

Saturday March 28, 2020

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

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
MINYPAA
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 5 @ Mpls Intergroup

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

• This Intergroup event is self-supporting through the sale of tickets •
Minneapolis Intergroup - 7204 W 27th Street Suite 115 - St Louis Park MN 55426
952.922.0880 naminnneapolis.org

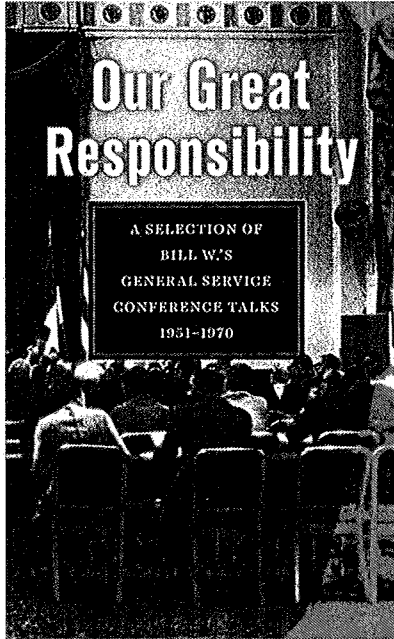
Alcoholics Anonymous

“Big Book” Quotes

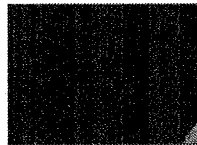
“It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning. I saw that growth could start from that point.” Page 12

“These observations would be academic and pointless if our friend never took the first drink, thereby setting the terrible cycle in motion. Therefore, the main problem of the alcoholic centers in his mind, rather than in his body.” Page 23

“We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed.” Page 30



AA Book of the Month:
Our Great Responsibility
Grapevine Book of the Month:
 Forming True Partnerships
Pamphlet of the Month:
It Sure Beats Sitting in the Cell



**It Sure Beats
 Sitting in A Cell**



**FORMING TRUE
 PARTNERSHIPS**

How AA members use the program
 to improve relationships

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

- | | | | |
|-----------------------------------|-------------------------------|-----------------------------------|-----------------------------|
| 2218 Squad 12 | Fridley Alano "Route 66" | Rich/Blmngtn Alano Sunday Open | Three Legacies |
| Amazing Grace | From the Heart Friday Delano | Spkr Mtg | Thursday Night Grace |
| Annandale Lakers | Gloria Dei AA | Rule 62 AA | Tonka Alano Club Groups |
| Back to Basics Coon Rapids | Good Samaritan Group | Sahara Sunday 8.30 AM Big Book | Tradition Five |
| Basic Principles | Gratitude Group | Saturday Night Live Group | Twin Lakes Alano Squad M |
| Basic Twelve | Groveland Grp | Seeing is Believing | Up the Creek Big Book Group |
| Blaine Alano Squad 99 | Happy Destiny | St. Louis Park Sun Night AA Group | Wayzata Womens Group |
| Blaine Alano Squad 12 | I'll Quit Monday BB | St. Luke's Mon Nite AA Group | We Agnostics of Uptown |
| Brothers of AA | It Might Have Been Worse | St. Lukes Saturday Mens Group | Women of Wisdom |
| Buffalo Thursday Big Book Group | Lakers AA Thurs 6 30 | Step by Step - Long Lake | Women's AA Group at Elim |
| By Grace Group-Mound | Men at Peace | Step Sisters of Anoka | |
| Chaska River Valley AA | Minnetonka Senior AA | Stepsisters of Northfield | |
| Crushed Grapes | Monday Night Group Hanover | Sunday Night Grace | |
| District 19 | Monday Night Step Group | Sunday Night Step & Tradition | |
| Elders Big Book Stories-Friday | New Hope Squad 3 | Sunday Serenity Group | |
| Elders Big Book- Thursday | No Bull Big Book | The Hand of AA | |
| Elders Steps & Traditions Tuesday | North Oaks on Emerson AA | The Promises | |
| Elders Topic - Sunday 10 am | Norwood Young America AA | There is a Solution - Mtka | |
| Foxhall Chapter 7 Group | Plymouth 2 Monday Night Group | Third Tradition Group of AA | |

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 November 2019**

Foxhall Chapter 7 Minnetonka Big Book Study 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

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 on the following dates:
Wednesday, January 1st,
New Year's Day
Monday, January 20th,
Martin Luther King

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.

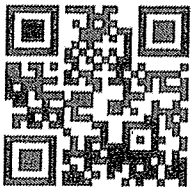
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St. Louis Park, MN. 55426

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Annual MIRUS subscription: \$10 by mail, or \$5 via email.

Please make checks payable to Intergroup Association.

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