

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

March 2020 Step, Tradition, and Concept Three

Step Three

"Made a decision to turn our will and our lives over to the care of God as we understood Him."

After admitting powerlessness over alcohol and coming to believe in a power greater than myself, the next logical step would be to turn my will and life over to this power, right? Wait a minute! First I have to make a decision! And this decision means being willing to let go of my life-long quest to feel normal, worthy and "with power". Making a decision is hard enough for me, let alone letting something I can't even see or hear take over my life! Soon this would become my saving grace though, as the "We" replaced the "I".

As a very shy and insecure girl, I was always seeking ways to belong and to please others. I got it in my head that it was all up to me to be this person I fantasized about being. I really had no clue how to live a happy life with any peace and contentment. When I discovered alcohol in my early teens, it quickly became the vessel to temporary confidence, but there was never enough to fill the void that consumed my thoughts and beliefs about myself. This led to worse pain and shame and wound up creating just the opposite of what and who I was trying to be.



When I came to Alcoholics Anonymous I was a regretful puddle of self-loathing and God was on the list of causes along with myself. The warmth and welcome I received here was so powerful that it brought me to tears every day for about a year. I listened, got honest and opened my mind to these life-changing steps. As I came to believe in God again through the words and wisdom of these people I now consider my family the "We" became my gateway to hearing Him. This fellowship of people so much like myself led me through my darkest days and this step, this "decision" became the most pivotal point at which I realized that "I" am not alone! "I" don't have the answers and God does! Now I understand and now I have so much faith, peace and serenity I never thought was possible because every day "we make a decision to turn our will and our lives over to the care of God as we understand Him." For God and this simple program save my life still, every day when I let them.

Ever so grateful,

Debbie M., St. Louis Park



**God, I offer myself to Thee-
To build with me
and to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy Power,
Thy Love, and Thy Way of life.
May I do Thy will always!**



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.”

March is all about Gratitude Night 2020 and about all of you! I cannot begin to tell you how much Minneapolis and all of its suburban areas have an AA community like no other. You are why Minneapolis Intergroup is the strong service center it is today. AA members in Minnesota practice all three legacies of the AA program. Recovery, Unity and Service.

I wish I could thank you all individually. We meet so many great AA members. Some of you may not know we have over seventeen ways a person can be of service at Minneapolis Intergroup. You could answer daytime phones, be on the 12th Step list, Coordinate the Saturday Orientation Meeting, speak at the Saturday Orientation Meeting, AA Group answering phones in the evening, write an article for the MIRUS newsletter, or help fold the MIRUS newsletter, AA Information Committee desk volunteer, be a speaker for the AA Information Committee, Chair an Intergroup Sponsored Event, volunteer at an Intergroup Sponsored Event, be daytime office volunteer, be a Nightowl phone volunteer, be a Earlybird phone volunteer, speak at a high school health class, or serve on the Intergroup Board.

Whether an hour a week, one day a month, or one time a year, we thank you!

We will recognize you on Saturday, March 28th at the 37th Gratitude Night at The Minneapolis Convention Center in downtown Minneapolis. Otherwise known as the AA Prom. It is a joy filled night to get together with all of you special people! Many Area 36 service committees will be there to share information with you about what is currently happening in many areas of service in AA.

Enjoy listening to Grant P., our AA and Nancy H. our Al-Anon speaker share what it used to be like, what happened, and what it is like now. This year for the first time, take a memorable photo at the PhotoBooth provided for you and enjoy a dance or two or ten with our new DJ at 10pm to midnight.

In Love and Service,

Gail S., your office manager



Notes from Your Board Chair:

I love March. It's basically the last month of winter and you can smell spring in the air, and when I was growing up, my mom used to swear by "Coming in like a lion/lamb..." and in my world, it really did seem to be true. But, much like the Groundhog, it's just a fun speculation.

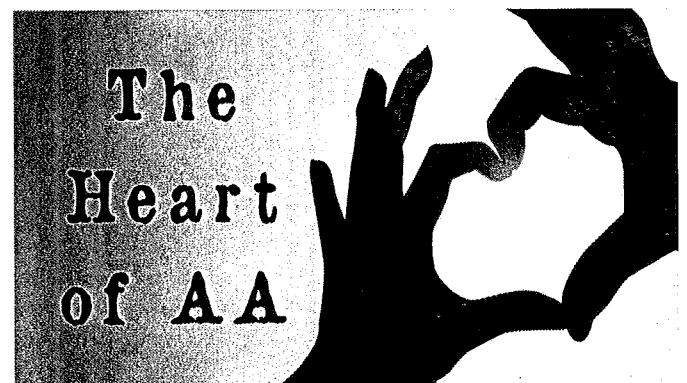
As I sit looking out at the fresh 8 inches of snow overnight, I am profoundly grateful. I'm grateful that I live in a state that possesses such beauty, I'm grateful for the 3rd step which gave me permission to turn the reigns of my life over to something much bigger than me and I'm grateful for the 3rd tradition that allowed me to decide if I was an alcoholic, and then enveloped me into the fellowship.

This leads nicely into Gratitude Night! I was just a few months sober when I experienced AA Prom! I, of course, didn't know what that meant, and was too embarrassed to ask. I quickly found out, and it has become a favorite event of mine every year!

One of the perks that goes along with being on the board of Intergroup, is getting an opportunity to meet the speakers. By that I mean, we, as a board, take them to lunch, and have a chance to talk to them like regular people. I have found a deeper connection with them because of this.

So mark your calendars for Saturday, March 28, 2020! I look forward to seeing you there!

Patti P., Board Chair



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.

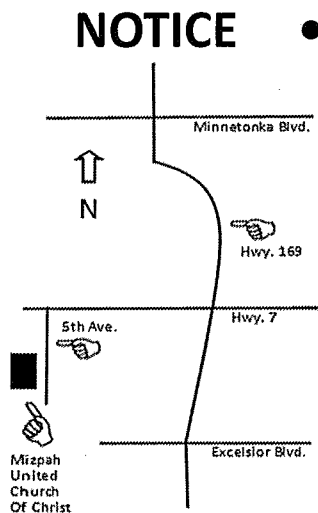
Intergroup Staff

Gail S.	Office Manager
Terri D.	Office Assistant
Savanna H.	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.



NOTICE

NOTICE

Intergroup Reps Meeting
 Thursday,
 March 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.

3/7	Step Six/ Tradition Six His Story
3/14	A.A. Literature—The A.A. Grapevine Her Story
3/21	Step Seven/ Tradition Seven His Story
3/28	Self Support and A.A.'s Vital Services Her Story

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

Concept III:

Long Form: As a traditional means of creating and maintaining a clearly defined working relation between the groups and, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of Decision."

Short Form: "To ensure effective leadership, we should endow each element of A.A. – the Conference, the General Service Board and its service corporations, staffs, committees and executives – with a traditional "Right of Decision."

In my mind it is no mistake that Concept Three being the "Right of Decision" follows Concept II where Bill talks to us about the Ultimate Authority and Responsibility. He makes clear that we have the ultimate authority but with that comes responsibility. No matter what level or type of service that you are involved in, there comes a responsibility to do the job and the authority given you to do it.

So then comes the "Right of Decision." This rings true to me when I am involved at the General Service level. In all of the service positions that I have had the opportunity to participate in, I have always felt the support of those I have served and when there is new information that may change their vote, I feel comfortable going back and communicating why I changed their vote. I have always felt fully informed throughout our service structure in Area 36. We always expect to have all of the background information when a decision is to be made. And we always have enough lively conversation that goes with it! As far as the General Service Conference is concerned: we have always wanted and asked for the Agenda Items and the background to go with it as soon as we can get our hands on it. But, do we really participate in the fully informed part of what goes in in between conferences? How many of us read the Final Conference Reports? Or do we just depend on the Delegate to inform of us of everything that happened? Because from my experience last year, I couldn't possibly have fit everything I did and learned at the Conference in the hour that most Districts provided to me to report back. It's up to us as individuals to dig for information as well!!

Thanks for allowing me the opportunity to serve!!

Missy P.

Area 36 Delegate Panel 69

VOLUNTEERS NEEDED

Gopher State Roundup XLVII, which will be held over Memorial Day weekend, May 22-24, 2020, takes an incredible amount of work to make it the exciting spiritual weekend that it is. If you would like to become a part of making it all happen, just check the committee you would like to work on and return the form to the address listed below. You will be contacted for your assignment as the Roundup date nears.

I would like to work on the following committee:

_____ Greeters _____ Ushers _____ Registration _____ Tickets
_____ Chair Room to Grow _____ Staff Information Booth _____ Security
_____ Al-Anon

Name _____

Address _____

City, State, ZIP _____ e-mail _____

Phone Number with Area Code _____



Please return the completed form to:

Gopher State Roundup

P.O. Box 390533

Minneapolis, MN 55439-2026



Complete electronically at gopherstateroundup.org

Minnetonka Big Book Study Group of Alcoholics Anonymous

presents its

26th Annual Serenity Breakfast Sunday May 17, 2020

at the Minnetonka Community Center
14600 Minnetonka Blvd ~ Minnetonka, MN 55345



Guest AA Speaker
Beth H. from Cary, NC


Speaker will be ASL interpreted

Breakfast: 8:00 am to 10:25 am
Speaker Meeting: 10:30 am to Noon

Only \$10.00 in advance ~ \$12.00 at the door
(Speaker only = Seventh Tradition)

The Twelve Traditions - How They Apply In Our Lives

TRADITION Three


"The only requirement for A.A. membership is a desire to stop drinking."

"You are an AA member if you say so..."

I'm so grateful that the Third Tradition only requires of me a desire to stop drinking. If it had required much more than that I might not be alive. I wasn't much of a joiner when I was drinking and when I first arrived at the doors of AA, all I saw were the differences between me and "you". One of my early sponsors taught me "If you think you are really unique, then you're just like the rest of us!" Now it's easier for me to see we're all in the same boat.


But I have found the Third Tradition isn't just important for newcomers - it's important for my ongoing spiritual development as well. I get opportunities to practice patience and compassion by listening to other viewpoints and have heard many pearls of wisdom from unusual sources. Many of us haven't had much experience with unconditional acceptance and it can be an amazing thing. The Third Tradition insures we get what we need - each other.

Karen J, Minneapolis for the MIRUS



37th Annual Gratitude Night

Saturday March 28, 2020

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

6:30 Social Hour / AA Service Info Tables

7:30 Program & Speakers
10:00 DJ — Dance and
*******Photo Booth*******

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 MNYCAA AI-Anon-Alateen Information Services
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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 113 - St Louis Park MN 55426
 952.922.0880 nampls.org

Alcoholics Anonymous

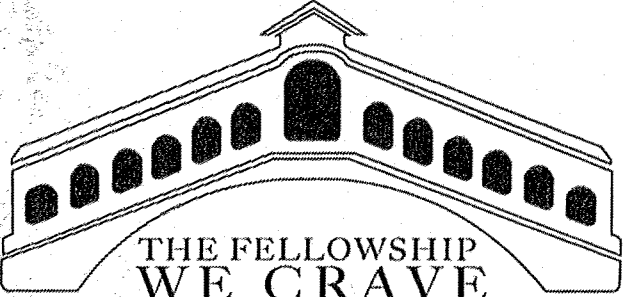
" Big Book" Quotes

"There I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch. I have not had a drink since." Page 13

"There is scarcely any form of trouble and misery which has not been overcome among us." Page 15

"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance, that principle is contempt prior to investigation." - Herbert Spencer Page 568

UNITING THE TWIN CITIES




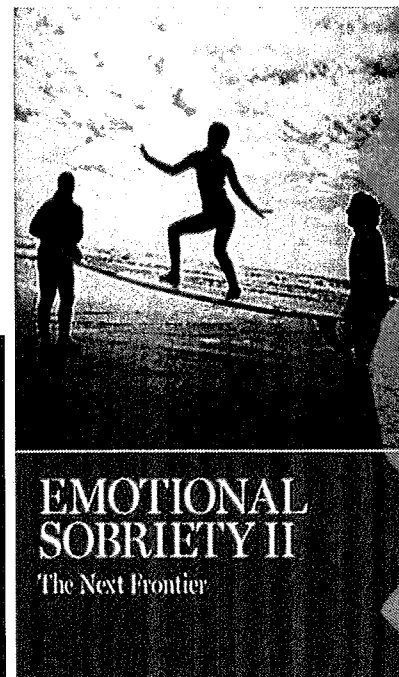
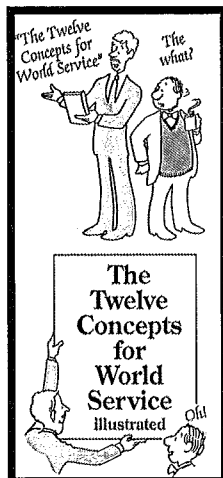
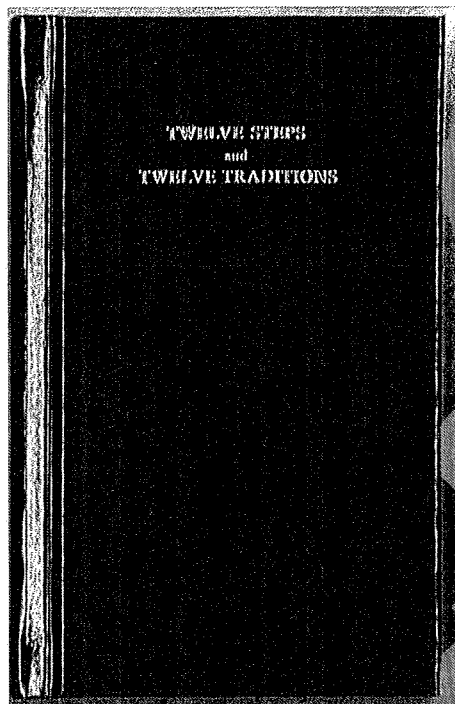
**THE FELLOWSHIP
WE CRAVE**

**SATURDAY
JUNE 6, 2020**

**STATE FAIRGROUNDS
PROGRESS BUILDING**

**GAMES — MEETINGS — SPEAKER
SOBRIETY COUNTDOWN — DANCE**





AA Book of the Month:
Twelve Steps and Twelve Traditions
 (Gift Edition)
 Grapevine Book of the Month:
Emotional Sobriety II –
The Next Frontier
 Pamphlet of the Month:
The Twelve Concepts for World Service
illustrated

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

2218 Squad 1 Depth and Weight
 7-Hi Group
 8 to 80 Group
 A Vision for You
 Andover Squad 8
 Basic Principles
 Basic Twelve
 Basic Twelve & Twelve
 Boiler Room Men's Group
 Bryant Lake Group
 But A Symptom - Mon Nite 7pm
 Cavalier Mon AM Women's BB
 Chaska River Valley AA
 Cliffhangers VI at St. Ed's
 Continuous Action
 Crushed Grapes(2)
 Desire Meeting
 Dry Dock
 Dynamic Women's Group
 Eagan Open Speaker Wednesday
 Elders Big Book Stories-Friday
 Elders Big Book- Thursday
 Elders Steps & Traditions Tuesday

Elders Topic - Sunday 10 am
 Excelsior Wednesday Night Group
 Extravagant Promises
 Foreword XIX Group
 Foundation Stone Group of AA
 Fourth Dimension AA Group
 Foxhall Chapter 7 Group
 Fridley Alano Squad 19
 Glencoe Group
 Gloria Dei AA
 Golden Valley AA Group II
 Gratitude Group
 Groveland Group
 Halfway There
 Happy Destiny
 It Might Have Been Worse
 Joe & Charlie Big Book Meeting
 Kozy's Noon Men's AA
 La Nueva Esperanza
 Lakers AA GROW Group
 Lakers AA Thurs 6:30
 Lakers Saturday Morning AA
 Life is Good AA Group
 Medina AA Group

Minnetonka Big Book Study Group(2)
 New Hope Alano - Squad 5
 Nu-Life AA Group
 Oasis Group -- Shakopee
 Pocket Our Pride
 Promises at Knox
 Prospect Park AA Group
 Rich/Blmngtn Alano Sunday Open Spkr
 Ridge Runners II Group
 Ridge Runners III Group
 Rule 62 AA
 Sahara Saturday AM Mens
 Sahara Thurs 7:30 Men's Closed Group
 Saturday Night Live Group(2)
 Saturday Sisters - Pax Christi
 Savage Unity AA Group
 Silver Lake AA Group
 Sinking Ship AA
 Sisters In Sobriety
 Sisters In Step
 Sober on Saturdays Group
 Southwest Women's Group
 Squad 26 Anoka Today
 Squad 27 AA Group

St. Louis Park Sunday Night AA Group
 Step Sisters of Anoka
 Steps Forward Group
 Stepsisters of Northfield
 Sunday Night Happy Hour
 TGIF Women's AA Group
 The Contingency Plan
 The Hand of AA
 Third Tradition Group of AA
 Tonka Alano Club Groups
 Tradition Five
 Tradition Three Group Waconia
 Tuesday Morning Step Group (Buffalo)
 Tuesday Night Grace AA
 Valley Step AA Group
 Watertown AA - Wednesday
 Wayzata Sunday Night Step Group
 We Think Not
 Wed Knight Avenue Group
 Women of Hope
 Women on the Wagon-WOW

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** January 2020

Foxhall Chapter 7— Basic Twelve— Tradition Five (2) — Minnetonka Big Book Study — Saturday Sahara AM Mens

**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

March 7th

Pursuing Spiritual Growth District 22 Workshop
Spirit of Hope United Methodist Church
Golden Valley, MN
9:00 am to 12:00 pm

March 21st

Service: Gratitude in Action District 15 Workshop
Christ Lutheran Church – lower level
Lake Elmo, MN
11:30 am to 2:30 pm

General Service Announcements

Feb 28th to March 1st

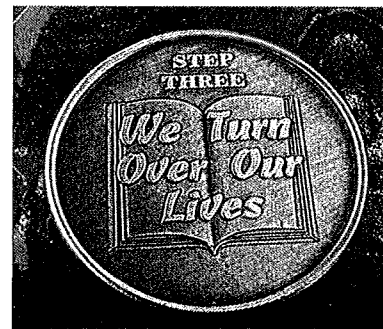
West Central Regional Service Conference
Billings Sports Plex
Billings, MT

March 28th

Delegate's Workshop/Area Assembly
Best Western Plus
New Ulm, MN
9:00 am to 5:00 pm

April 19th-25th

70th Annual General Service Conference
Rye, NY



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.

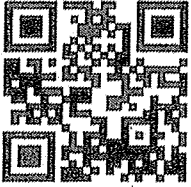
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St. Louis Park, MN. 55426

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