

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

April 2020 Step, Tradition, and Concept Four

Step Four

"Made a searching and fearless moral inventory of ourselves"

The spiritual path of recovery moves from Step 3; in which we offer ourselves to God, praying for relief from the "bondage of self" in order to better do God's will (3rd Step prayer) into Step 4. This is the first step which really required me to take some action.

One of the most impactful 4th steps I've ever done was through the Original 4th Step Seminar...this experience fundamentally changed how I look at and view this step. For years I've heard this step talked about with such trepidation, that I feel it has a way of perpetuating an underlying fear or uncertainty with regard to Step 4. Today, I believe it's nothing to be feared at all...but instead, that this step is just about looking at the stories of our lives, as the Big Book says, in "a fact-finding and a fact-facing" way.

The purpose of this fact-finding, fact-facing inventory is an "effort to face, and to be rid of, the things in ourselves which had been blocking us" (Big Book pg64). The question is blocking me from what? Blocking me from a Higher Power, from the Sunlight of the Spirit, or the GOD of my understanding. It really doesn't matter what I choose, but all I need to understand at this point is that the process will help me to be rid of the things which are blocking me. I believe it is difficult for the Sunlight of the Spirit to shine through me if I'm filled with Resentment, Fear, and Sex/Behaviors which are creating guilt/remorse/shame.

I began making lists starting with Resentments, then Fears, then Sex/Behaviors...identifying the stories in my life where these things were causing a spiritual malady within me. In all of these lists I identified People, Institutions, Principles, The Causes, The Instincts which were interfered with, and finally the exact nature. Through this process I was supported not only by my sponsor, but also by the seminar group itself. It was also pointed out in the seminar that this is a spiritual process and not a psychological process I was told over and over throughout the seminar to just "Trust the process"

This was all a process in seeing how SELF manifested in my life, and in ALL of these stories what was the exact nature, or in other words...my part. I had to take an honest look at where I had been Selfish, Dishonest, Self-Seeking & Frightened, and

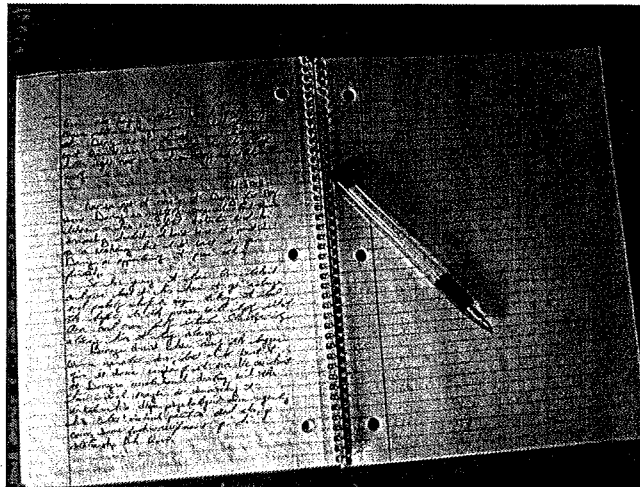
Inconsiderate in all of my stories. In putting it all down on paper I was able to begin to identify certain patterns. The biggest of which was that in all of it I was the common denominator. Some of these decades old stories began to lose some of their power, perceptions began to shift, and I began to have the feeling or sense that perhaps a lot of my Resentments, Fears, Behaviors were of my own making.

The underlying principle of this step is Courage, and the process certainly required me to call on my Courage. But, not necessarily in the sense of what Courage has become synonymous with today...Bravery. But, Courage in the sense of the original meaning of the word. The word is derived from the Latin word Coeur (meaning Heart), originally meaning a heartfelt act.

It was helpful to not just bring my intellect to this process, but also my Heart. It seems that most of the spiritual world is contrary to my conventional wisdom. My best thinking would never have had me doing any of this 4th step stuff. I've heard it said that the most difficult distance I have to travel in all of recovery is the 18" from my Head to my Heart. If I'm going to make that journey, I better have a "God of my understanding", and "trust the process"

Bob D.

Excelsior, 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.”

Minneapolis Intergroup is a service center for Alcoholics Anonymous. Our mission is to reach the still suffering alcoholic and help them find a solution for their drinking problem. What we also offer are opportunities for AA members to be of service. To me service is giving freely of yourself and not expecting anything in return. But we all know how that works, more times than not, we get more out of it than we give. For me, it is the difference between having quality sobriety vs. quantity.

We have a group phone commitment we need help filling. It is the 2nd Tuesday of each month at 7:00 pm to 9:30 pm. If your group would consider taking this commitment please contact any staff member from the office. We will provide an orientation for anyone who has not answered phones before. Some groups have had their service commitment for many years. The phones are not as busy as they have been in past years because of the internet and mobile access, but our phones being a 24 hour hotline is assurance when that one call comes in they will be welcomed to Alcoholics Anonymous by a live person.

We always need help with day time phone shifts. We have one shift from 9:00 am to 1:00 pm and another from 1:00 pm to 4:15 pm, each day Monday through Friday. If it's once or twice a month we could use your help.

In approximately six weeks we will begin our annual Outreach Program. Seventy groups are visited each year. There are two main reasons we do this. One is to bring the information about what Minneapolis Intergroup is and does. Some groups may know we exist but not know what vital services we offer. The second reason is to update our meeting directory. We get many updates from reaching out to groups. Each year as long as I have been here we have deleted two to four groups that no longer exist. This information helps our online meeting directory to have more accurate information for anyone trying to find a meeting, possibly *your* meeting. We will be presenting the information how best to do this service and assign you a group to visit on Saturday, May 4th or May 11th at 11:00 am after the regular Saturday Orientation meeting at the Mizpah Church in Hopkins.

Yours in Love and Service,

Gail S., Office Manager

Notes from Your Board Chair:

Aahhh, spring! I've really come to appreciate Spring. It's a re-birth. Much like the 4th Step, it's a time for me to take inventory, not just of garden stuff and lawn tools, but of my own recovery program. Do I need a reboot? Am I using the tools that I've been given to enlarge my spiritual life or am I resting on my laurels?

Spring is the perfect time to reinvigorate my program. While we may have lost an hour of sleep, we have gained an hour of daylight! That extra hour really helps me to get out of the house and go to that meeting (not like in the winter, where, once I'm home and it's dark, I'm not leaving my comfy abode).

So, as we enter into Spring, (with hopefully no more snow), I challenge you to give your sobriety a boost.

Renew, Reenergize perhaps even revive

Thank you for the opportunity to be of service,

Patti P

Board Chair



Speakers ASL Interpreted 

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



37th Annual Gratitude Night

Saturday September 12, 2020

Join us in this special night of gratitude.
Celebrate how our fellowship rose in unity to make it
through the Covid-19 crisis.

Tickets previously purchased are good for this event

AA Speaker: Jeff V., Fargo, ND
Al-Anon Speaker: Nancy H., Edina, MN

6:30 Social Hour / AA Service Info Tables

7:30 Program & Speakers

10:00 Dance with Tony/YNOT Mobile DJ

*****Photo Booth*****

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

Area 36 Corrections Program
Area 36 AA Grapevine
Area 36 Archives
Area 36 Public Information

Area 36 Newsletter
Gopher State Roundup/Founders Day
Greater Minneapolis Intergroup
MNYPAA

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

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 aaminneapolis.org

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.

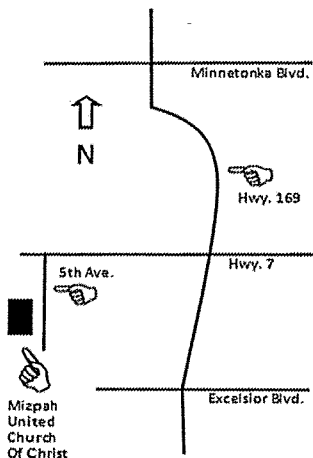
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The MIRUS represents the experience of A.A. members. Their thoughts, expressed herein, are not to be attributed to Alcoholics Anonymous as a whole, nor does publication imply endorsement by either Alcoholics Anonymous or Greater Minneapolis Intergroup.

Metro District General Service Meetings

District 7	Second Monday, 6:30 pm St. Andrew's Lutheran Church 13600 Technology Dr., Eden Prairie, MN 55344
District 13	First Tuesday, 7:00 pm United Methodist Church 10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
District 14	First Monday, 7:30 pm United Methodist Church 609 8th St. N.W., Buffalo, MN 55313
District 17	Second Tuesday, 7:30 pm Crossroads Assembly of God Church 10478 Bell Ave., Plato, MN 55370
District 18	Second Thursday, 6:30 pm Plymouth Congregational Church 1900 Nicollet Ave. S., Minneapolis, MN 55403
District 19	Second Wednesday, 7:00 pm Rosemount Community Center, Room 210 13885 S. Robert Tr., Rosemount, MN 55068
District 20	Fourth Tuesday, 7:00 pm Twin Lake Alano Club 4938 Brooklyn Blvd., Brooklyn Center, MN 55429
District 21	Second Tuesday, 7:30 pm Pilgrim United Methodist Church 4325 Zachary Lane, Plymouth, MN 55442
District 22	Second Wednesday, 7:00 pm Mizpah United Church of Christ 412 5th Ave. N., Hopkins, MN 55343
District 24	First Monday, 7:00 pm St. John's Lutheran Church 119 8th Ave. W., Shakopee, MN 55379
District 25	Second Wednesday, 7:30 pm Woodlake Lutheran Church 7525 Oliver Ave. S., Richfield, MN 55423

NOTICE • NOTICE



Intergroup Reps Meeting

Thursday,
April 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.

4/4	Step Eight/ Tradition Eight His Story
4/11	Local Service Office—Minneapolis Intergroup Her Story
4/18	Step Nine/ Tradition Nine His Story
4/25	A.A. Service Entities: District & Area Her Story

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

Concept IV:

Long Form: Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

Short Form: "At all responsible levels, we ought to maintain a traditional 'Right of Participation', allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

At our General Service Office there are paid staff members who help carry out the services that we have asked them to do. How did we ask them? Through our General Service Conference Agenda Items that our Delegates vote on using our Groups Conscience. Our Delegates are elected at each Areas Assemblies by our groups. We also have the opportunity to participate in the voting at the Conference and by electing our 8 Regional Trustees at the annual Conference. But the Area Delegates are not the only voting members at the annual conference. The other voting members are: the 21 Trustees, the Alcoholics Anonymous World Services Board Manager, the GSO Manager and the General Service Office Staff. The General Service Board Manager participates by appointing the elected Trustees to Committees that they will serve on. Those Committees can also ask staff members, paid executives or accountants to attend Board Meetings to give reports or advice on the items they are considering, which allows the staff members to participate as well. They are sometimes asked to act as Committee Secretaries during the annual conference. Before the Service Conference was started and the fellowship took on the responsibility of AA as a whole, the Trustees had most of the authority. But most of the leg work fell onto the Office where Bill and his staff took that on without any participation. They found that this was not going to work. And that is why we now have the staff members and Office Manager to carry out those duties along with their right of participation. I always wondered why they would have the right to vote, but after being at the Conference and seeing the whole picture it does make sense to me today. We need the final authority and the right of participation to follow up the responsibility that we ask of our General Service Office. It seems difficult to sum up these concepts in the words allowed by the Mirus. So, I really encourage you to read these Concepts for yourselves in the A. A. Service Manual. If you don't have one, go to your local Intergroup to buy one.

Thanks for allowing me to serve you,
Missy R.
Area 36 Delegate Panel 69

GOPHER STATE ROUNDUP

P.O. BOX 390533 • Minneapolis, MN 55439-2026
www.gopherstateroundup.org

HOSPITALITY SUITE RESERVATIONS



Gopher State Roundup XLVI

will be held at the

DoubleTree Bloomington

May 22, 23 and 24, 2020.



Hospitality suites are available by reservation for this event.

If your group is interested in a hospitality suite and the associated rates, please contact:

hospitalitysuitescommittee@gmail.com

If you had a room last year, you will be sent/have been sent this year's application form.

We hope to see you there!

Gopher State Roundup Hospitality Suites Committee Chair and Co-Chair:

Jenny O. hospitalitysuitescommittee@gmail.com

Terry C. hospitalitysuitescommittee@gmail.com

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

The Twelve Traditions - How They Apply In Our Lives

TRADITION Four

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

Autonomous basically means independence. Thus, each group has the flexibility to create the kind of meeting and community that works best for them. Examples that come to mind are a meeting at the beach or one in a church. Perhaps it's a meeting to discuss the steps, read the big book or listen to a speaker.

I'm thankful that our meetings and my homegroup are not funded or affiliated with Budweiser, Facebook, or a political group. I can only image the disaster that would cause! Depending on who controlled it, I wouldn't even want to go.

I enjoy attending different meetings just to experience their uniqueness. It's refreshing. It also means that if I dislike one group for whatever reason, I simply go to another. I'd be bored if the meetings were identical. I think it's the freedom and autonomy that makes our groups successful and attractive to newcomers.

Ben K.

Richfield, MN

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)

Alcoholics Anonymous "Big Book" Quotes

"Many of us felt that we had plenty of character. There was a tremendous urge to cease forever. Yet we found it impossible. This is the baffling feature of alcoholism as we know it – this utter inability to leave it alone, no matter how great the necessity or the wish." p.34

"Our liquor was but a symptom. So we had to get down to causes and conditions." p.64

"When I am disturbed, it is because I find some person, place, or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment." p.417

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail."

—Alcoholics Anonymous, p. 89

Intergroup
12 Step Service Opportunities
Contribute Your Time
at Minneapolis Intergroup
Just Stop In!

Daytime Phone Answering
Training Provided
Daytime Office Volunteers
Service work available

Carry the AA Message
to Outside Agencies*

Groups and Members are Invited to:

Hennepin County Adult Detention Center (Jail) (Men & Women)
Scott County Jail AA Meetings (Men & Women)
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*

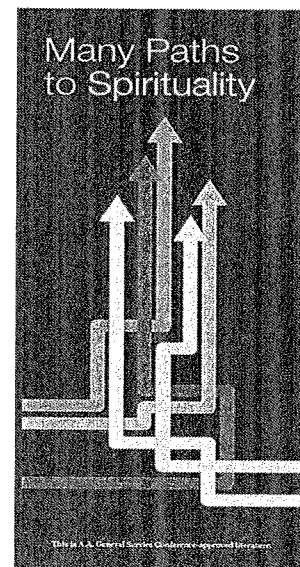
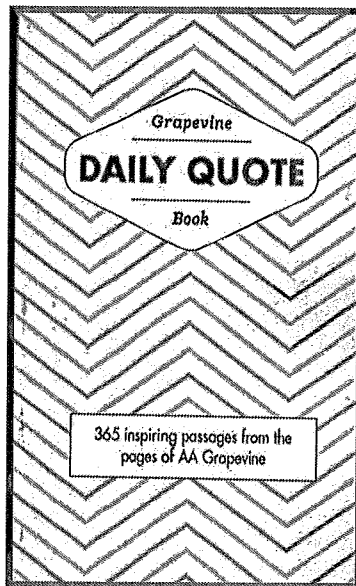
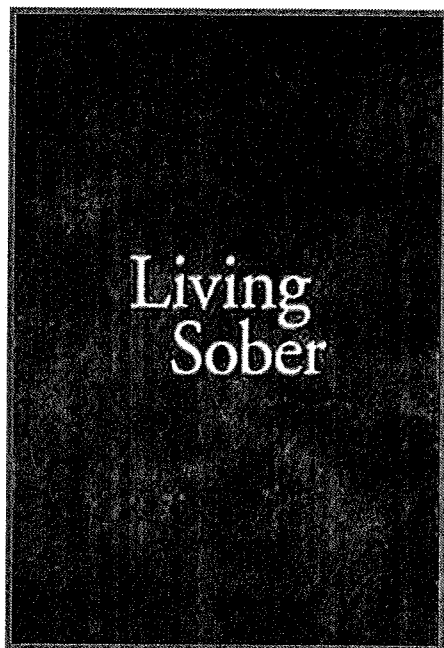
"This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can."

—Alcoholics Anonymous, p. 89

AA Book of the Month:
Living Sober
(Large Print)

Grapevine Book of the
Month:
Daily Quotes

Pamphlet of the Month:
Many Paths to Spirituality



**ALCOHOLICS
ANONYMOUS**
IT WORKS IF YOU WORK IT



Group Contributions - February 2020. Thank you all, in the Spirit of Hope.

2218 Squad 1 Depth and Weight
Basic Principles
Beltline Groups
Better than Gold
Blaine Alano Squad 3
Buffalo Wed Group
By Grace Group-Mound
Cause for Hope AA
Cavalier West Sat Night Group
Dakota Alano Thurs Men's Group
District 19
East Bloomington AA Group
Elders Big Book Stories-Friday
Elders Big Book- Thursday
Elders Steps & Traditions Tuesday

Elders Topic - Sunday 10 am
For Today Group
Foxhall Chapter 7 Group
Friday Night Shift
Fridley Alano "Route 66"
Fridley Alano Squad 3
Fridley Alano Squad 33
Gratitude Group
Groveland Group
Happy Destiny
Hope AA Lakeville
Isanti AA Squad 3
Ladies Night Happy Hour-Sahara Club
Lakeville Sat. Big Book Meeting
Living Sober AA Group

Minnetonka Big Book Study Group
Plymouth II Big Book Sun Morning
Primary Purpose Group (Burnsville)
Rich/Bloomington Alano Squad 4E
Rich/Blmngtn Alano Sunday Open Spkr
Rojo Group
Rule 62 AA
Sahara Sunday 8.30 AM Big Book
Sahara Tues 8pm Men's
Saturday Morning Fever
Saturday Morning Men's AA
Saturday Night Live Group
Serenus AA Group
Silver Lake New Brighton Monday
Solution Seekers

Squad 62 at Bethany Lutheran Church
St. Lukes Saturday Men's Group
Sunday Morning Group (Savage)
The Way Out Group
There is a Solution - Minnetonka
Third Tradition Group of AA
Thursday Night Women's AA Group
Tonka Alano Club Groups
Tradition Five
Valley West Thurs AM Group
Waconia Friday Nite AA Group
Watertown AA Group- Mon
Wayzata Women's - Thursday Group
Women's 12 x 12 on Central
Women's Big Book Study Thurs Buffalo

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** February 2020

Basic Twelve

Minnetonka Big Book Study

****On their sobriety birthday, many AA members contribute one dollar or more for each year of sobriety to any or all of our four service entities; District, Area Assembly, the General Service Office and the local Intergruop. Some members attribute their birthday contribution to their home group. Those groups receive a receipt and "Thank You" letter from the office and are listed in the MIRUS.**

Calendar of Events

Open Speaker Meetings

Thursday:

Central Pacific Group, 7:30 PM
Hennepin United Church, 511 Groveland Av., Minneapolis

Foxhall Chapter 7 Group, 7:30 PM
Wooddale Church, 6636 Shady Oak Rd., Eden Prairie
A sign language interpreter is provided each week.

Friday:

From the Heart Open Speaker Meeting, 7:00 PM
St. Paul's United Church, 201 Buffalo St., Delano

Edina Open Speaker Meeting, 7:30 PM
Christ Presbyterian Church, 6901 Normandale Blvd., Edina

Three Legacies, 7:30 PM
Cross of Glory Church, 4600 Shady Oak Rd., Hopkins
A sign language interpreter is provided each week.

Saturday:

There Is A Solution (Beginners Meeting), 6:00 PM
Dakota Alano Society, 3920 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

April 17th, 18th, 19th

75th Superior Roundup
Superior Fairgrounds Curling Club
Superior, WI
Registration Opens Friday 2:00 pm
Superiorroundup.com

April 24th

Three Legacies 37th Anniversary
Cross of Glory Church, Hopkins
Potluck 6:00 pm, Speaker Melinda L., Duluth

April 30th

27th Anniversary Foxhall Chapter 7
Wooddale Church, Eden Prairie
Potluck 6:00 pm
Speaker 7:30 pm, Ashley O., Des Moines

May 22nd, 23rd, 24th

XLVI Gopher State Roundup
DoubleTree Bloomington Hotel
Bloomington, MN
www.gopherstateroundup.org

General Service Announcements

April 19th-25th

70th Annual General Service Conference
Rye, NY

May 9th

Area Committee Meeting
Shakopee Community Center
Committees - 9:30 am – 11:30 am
Area Committees - 1:00 pm – 5:00 pm

June 20th

Area Assembly
Jackpot Junction Hotel
Morton, MN
9:00 am – 5:00 pm
Best Western Plus
New Ulm, MN
9:00 am to 5:00 pm

Most Area 36 events have a map on how to find the location @ www.area36.org. Open Speaker Meetings are listed for the convenience of members who wish to bring newcomers and non-alcoholic friends. Listing in the Mirus should not be construed as any endorsement on the part of Minneapolis Intergroup. Call Intergroup if you need directions to any of these Open Speaker Meetings. Roundups, Workshops and Special Events are not endorsed by Minneapolis Intergroup and listings are provided for informational purposes only. Flyers for these events are available at the office.

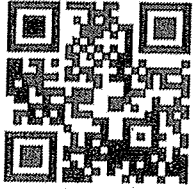
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St. Louis Park, MN. 55426

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