

May 2020 Step, Tradition, and Concept Five

Step Five

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

When I admit to God my shortcomings I do this because it is I who needs to own it and own my guilt and remorse. I was in the library writing my fourth step inventory and this is where I shared with my H.P. I began to understand that my weaknesses and strengths are part of who I am.

Admitting to myself came about as I looked at my life, my childhood to the present. I reviewed how I reacted, behaved, the thoughts and beliefs I had formed. It was the first time I had looked at myself in a mirror.

I was always racing through life without stopping to absorb what had happened. I had acquired a lot of self defeating behaviors like fear and perfectionism. These self defeating behavior kept me disturbed and discontented. I had acquired wrong beliefs like caring what you thought of me or that I was not good enough just as I am.

I had been trying to handle life without the help and guidance of a God of my own understanding or the help of a sponsor in A.A. It became clear to me that this did not work well for me. I reached out for help.

I took a big risk and set aside my fears with the belief that sharing my fourth step with another would allow me to grow. I had heard that it was important to do a fifth step in order to help oneself remain sober. I did my fifth step with a minister and later with sponsor's in the Program.

It was the first time I was going to share my most private self with another. I wanted to be very careful about choosing someone to hear my fifth step. It took me awhile to find someone to trust. I found someone who knew the Program well and whose behavior showed it.

I was in a back and forth dialog with this fifth step person. I wasn't just reading what I had written. This person asked me questions to help me see what I was not able to see on my own. After sharing I was given feedback and suggestions from this other person. No one criticized me or laughed at my beliefs or thoughts. I received positive feedback on what I had

done and encouragement to continue on my journey to a better life.

It was only by confronting myself in a dialog with another person that I could come to terms with what had happened to me and who I had become as a result of my addiction.

I felt relief. None of my fears materialized. I found that I had not allowed myself the realization that it was o.k. to be human. All humans have defects and strengths. Progress not perfection is my goal today.

In step five I am not reciting all the wrongs I have done but sharing what was behind or underneath them. They are parts of my personality like selfishness, self seeking, dishonesty, fearfulness, and inconsiderate actions. As a result of one of these traits I have injured self or others.

I will conclude by saying my truth. I felt compassion, love and guidance by giving myself the opportunity of doing the fifth step. I encourage you to give yourself this gift.

Rosemary S. Richfield, MN

Admitted to God, to another to ourselves and to another human being, the exact nature of our wrongs



Notes from your Service Office:

The General Service Theme for 2020 is:

"2020: A Clear Vision For You."

Welcome to social distancing, "the new normal" and since this began I have never found a container of disinfectant wipes on a store shelf. And then there is "zoom". Don't get me wrong, I am thankful we are able to at least meet on line. But now instead of worrying what you think of me, I am worried how I look in the gallery.

We are all constantly adjusting to everyday life, every day and learning as we go. I hope you are all healthy and safe. I don't know about you, but I thought if I heard one more time, "We are in this together" chanted across my TV screen, I would scream. I know its true, but it didn't resonate with me for some reason. What did come from my heart was, "You are not alone."

When you give yourself to this simple program the fellowship is there for you. All you have to do is reach out. There is no doubt we have received an increase in calls from people looking for help. Erin had three 12Step calls herself in one day! Along with that I have had well over thirty individual members calling me to let me know they are available if there is anything they can do to help in these unprecedented times. This is why I am grateful to be an alcoholic.

Minneapolis Intergroup has made some changes we want you to know about.

Our office hours are now Monday thru Friday from 9:00 am to 5:00 pm and Saturday 9:00 am to 1:00 pm.

We are still open for purchasing literature and medallions. The difference is our doors are locked. You need to call in your order ahead of time and pay with a credit card. We will bag up your items and have them ready for you to pick up. We can bring them out to your car if you do not want to come in. We call it Curbside AA.

The afternoon and evening Group Phone shifts at the office are now answered remotely by Night Owls or Early Birds. We want the groups to come back to their shifts when we get the word it is safe to do so. We will call the contacts you listed.

So many people will be effected financially including AA groups too. We understand. Thank you to those who recently sent in a special contribution to show your support for our vital services. If you are able to, the Faithful Fiver program would be a welcome sight. For those that are not aware of this program we inserted the flyer in this MIRUS for your information. Most Intergroups around the United States use this program for financial support.

You are not alone. Reach out and stay connected.

In Love and Service

Gail S. your office manager

Notes from Your Board Chair:

WOW. Who could have guessed that everything we knew and held dear to us could change so quickly? The world of recovery got thrown for a loop in less than 24 hours.

One Monday, the morning news said "groups of no more than 50." By afternoon it had been reduced to groups of 10. Within a week, groups were contacting Intergroup, to cancel their meetings and then calling again with Zoom information to update the website. Gail and the "special workers" worked tirelessly to try to keep it all up to date.

Zoom meetings have since taken over our face-to-face fellowship.

Our challenge now is reaching the newcomer. In a regular meeting of Alcoholics Anonymous, it's pretty easy to spot a Newcomer, but now that we're in the era of Zoom, the process is more difficult!

For me, it's been extremely important to remember and go back to the things that I did in the beginning: regular conver-

sations with my sponsor, re-doubling my efforts with prayer and meditation, and making sure that I'm still attending the same number of meetings I was before it went digital.

I am actually finding it easier to attend MORE meetings!

As we continue to navigate our way through this unchartered territory, let's remember to take a little extra care with each other. The WE of the program is needed now more than ever.

Your Board Chair

Patti P.



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. Mitch K. District 14 Corv S. District 17 District 18 Missy W. District 19 Dwight C. Tom B. District 20 Dan S. District 21 Linda M. District 22 District 24 Deb W. Jessica B. District 25

Intergroup Staff

Gail S. Office Manager
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 Meetings are temporarily suspended.

An update will be sent to the reps by email at least monthly until meetings resume.

Metro District General Service Meetings

District 7 Second Monday, 6:30 pm
Zoom Meeting ID: 379-996-391
Dial in: 646-558-8656, 379996391#

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 Wednesday, 6:30 pm Shakopee Community Center

1255 Fuller Street S., 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. Temporarily meeting online with Zoom meeting ID: 740 667 236 Password:506032 or dial: +1 (312) 626-6799 and enter meeting ID: 740 667 236 # Password:506032

5/2 Step Ten/ Tradition Ten

Her Story

5/9 A.A. World Services / General Service Office
Her Story

5/16 Step Eleven/ Tradition Eleven
His Story

5/23 Anonymity as a Spiritual Principle
Her Story

5/30 Step Twelve / Tradition Twelve

His Story

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

Concept V:

Long Form: Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

Short Form: Short Form: "Throughout our structure, a traditional 'Right of Appeal' ought to prevail, so that the minority opinion will be heard and personal grievances receive careful consideration."

Bill W. writes in Concept V that the "Right of Appeal" whether in staffs committees, corporate boards or among the Trusteesshould be encouraged to file minority reports whenever they feel a majority to be in considerable error. That doesn't mean that it has to be a formal filing. We ask the minority if they would like to share after each vote has concluded with a 2/3 majority either passing a proposal or voting down a proposal. Perhaps the minority feels that we have missed or not heard all points in the discussion before the vote. Maybe they feel we stopped discussion too early. Whatever the case may be, we give those voting in the minority an opportunity to be heard. Sometimes we end up voting again. But always they have the opportunity to share. I always look up to those who, in the minority, share their points again. They believe in what they originally voted. I haven't always agreed with the majority. Sometimes I feel that if the majority voted that way, then let's try it. We can always change it back.

That is where the, let us say "Formal" Right of Appeal may come in. We have had votes where the decision was made. And then a Group felt we were in error in our decision at the Assembly. They filed a "Right of Appeal" with the Area Chairperson, then the next Area Assembly it was voted on again with the same result. But they did it knowing it could be the same outcome.

I was privileged enough to be able to be an observer on a General Service Board Conference Call this year. They were discussing whether to have a 70th General Service Conference this year. A Trustee made the Recommendation to have a Virtual Conference instead of a Face to Face Conference in light of the COVID-19 Virus. The General Service Board voted for some type of Virtual Conference with the format TBD later. I then was allowed to participate on the next GSB Conference Zoom meeting where they decided to go ahead with the planning of that virtual conference. Does that mean we will have a conference.

ence May 16th through the 22nd? Yes But, if when that time gets closer and the COVID-19 Virus is still causing havoc in New York (where the General Service Office resides), then someone can file a "Right of Appeal" to reverse that decision. It applies at all levels of service. From the Home Group to the General Service Office in New York!

Yours in Service,

Missy R

Area 36 Delegate Panel 69

Miracles, look for them!

We want to hear from you the miracles you are experiencing during this new phase of life. Please email your miracle to info@aaminneaplois.org one random person will be selected to receive a prize by mail. Please submit entries by June 1st 2020

Here is one we want to share:

Sitting at home on a Sunday evening I answered the phone to take a 12th step call. This was at the very beginning of all the meeting closures and new online platforms. The caller was new to the area, didn't know anyone or the area yet and was in a position where she wasn't comfortable sharing that she is an alcoholic with the people she was isolated with. She didn't even want to look up meetings on the intergroup website for fear that she would be found out. I was able to find a call in meeting she could attend that evening and get her connected further with other alcoholics. We talked for about an hour that evening and have stayed in communication since. I have been on the 12th step call list for almost 5 years now, this was one of just 4 calls I've received being on the list. The calls aren't frequent but always very meaningful and makes me grateful my name is on the 12th step list. While we are all facing different challenges in this new way of life, we are also finding new ways to connect, share, and support each other. That is the WE this program so beautifully allows us to be a part of.

Yes! Please enroll me as a Faithful Fiver!

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Option B: Direct Payment Contribute using cash or check by stapping in the office or mailing your check payable to:

Minneapolis Intergroup

St. Louis Park, MN 55426-3112

4 Receipt of Contribution

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Virmeapolis Intergroup thanks you for your generous support

OFFICE HOURS:

9:00am - 1:00pm 9:00am - 4:30pm 9:00am - 7:00pm M-W-F: I&Th:

HOTLINE NUMBER:

952-922-0880

ANSWERED 24 HRS A DAY

www.aaminneapolis.org MEETING INFORMATION:

Intergroup Association

St. Louis Park, Minnesota 55426-3112 of Minneapolis and Suburban Area, Inc. 7204 West 27th Street, Suite 113

phone 952-922-0880 fax 952-922-1061 www.aaminneapolis.org info@aaminneapolis.org

Faithful Fiver become a

be. He also wants to do what he "Every A.A. wants to make sure of his survival from alcoholism, and his spiritual well-being can for the survival and wellbeing of his fellow alcoholics. afterward. This is just as it should

Bill W., Language of the Heart, p. 166 originally published in the April 1958 Grapevine

and well-being of A.A. itself."

Therefore he is bound to have a

vital interest in the permanence

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What are Faithful Fivers?

or more* each month to support Minneapolis Intergroup. who graciously contribute five dollars Faithful Fivers are A.A. members

As a Faithful Fiver, you support efforts to carry the A.A. message of hope to still-suffering Minneapolis Area. alcoholics in the Greater

and evidence that we are eager we are being prudent. But wher "When we meet and defeat the temptation to take large gifts, we are generous with the hat we give a token that we are grateful for our blessing

with all those who still suffer." to share what we have found Bill W., Language of the Heart

†Page 9—Self-Support Pamphlet

Minneapolis Intergroup provides the following "Vital Services" to all A.A. groups and their members:

- Answer Phones 24 Hours a Day
- Information & A.A. Meeting Location Calls
- A.A. 12-Step Calls
- A.A. Litterature—English & Spanish
- A.A. Grapevine Publications
- A.A. Orientation Meeting
- A.A. Group Evening Phone Answering
- MIRUS Newsletter...the Shared Voice of IG
- → Public Information/CPC Resource
- → Intergroup Information Committee
- Intergroup Sponsored Events
- Meeting Directories
- Daytime Office Volunteers
- Night Owl/Early Bird Phone Committee
- Cooperation with Outside Agencies
- Web Site—Meetings Updated Weekly
- → Special Event Information

Your Faithful Fiver contributions go directly to supporting these services

Faithful Fivers receive a subscription to Minneapolis Intergroup's monthly newsletter, the MIRUS.

Yes! Please enroll me as a Faithful Fiver!

Complete the form on the opposite side.

Submit the form:

If choosing an Automatic Payment Option, enclose the form in an envelope to mail, or drop off the form to:

Office Manager

c/o Minneapolis Intergroup 7204 West 27th Street, Suite 113

St. Louis Park, MN 55423-3112

If choosing direct payment, mail or drop off the payment and keep the form for your records.

going to foot the bill." under our Tradition of self-support, we are al everywhere function in full strength—and that obligation that rests squarely upon all of us a Fellowship. Their costs are a collective costly, these agencies are absolutely essential recognition on our part that A.A. must to our continued expansion—to our survival as Our support of services actually amounts to a Bill W. wrote of Intergroup Offices, "Though not

"Self-Support: Where Money and Spirituality Mix" pamphles

per year† and are tax deductible under Internal Revenue Code §501 (c)(3). * Contributions are limited to \$5,000 per member

TRADITIONS CHECKLIST FROM THE AA GRAPEVINE

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

Tradition Five: Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

- Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
- 2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
- 3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
- 4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
- 5. Do I help my group in every way I can to fulfill our primary purpose?
- 6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

Did You Know:

Hardware stores are seeing an increase in toilet handle sales, Thanks to all the toilet paper hoarders.

Due to the stay at home order we are seeing an increase in bad home haircuts, we miss and appreciate our hair stylists.

It is predicted that Purella and Puriliam will be the top baby names of 2021.

Alcoholics Anonymous "Big Book" Quotes

"Faith has to work twenty-four hours a day in and through us, or we perish." p.16

"We cannot be helpful to all people, but at least God will show us how to take a kindly and tolerant view of each and every one." p.67

"The age of miracles id still with us. Our own recovery proves that!" p.153

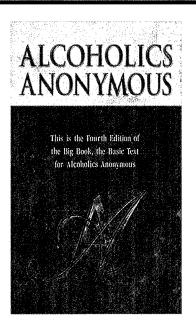
"We talked of intolerance, while we were intolerant ourselves. We missed the reality and the beauty of the forest because we were diverted by the ugliness of some of its trees." pg. 50

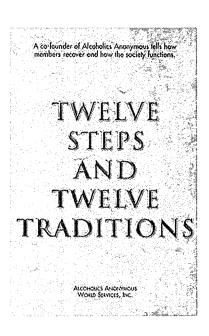
"When I am willing to do the right thing I am rewarded with an inner peace no amount of liquor could ever provide. When I am unwilling to do the right thing, I become restless, irritable, and discontent. It is always my choice." p.317

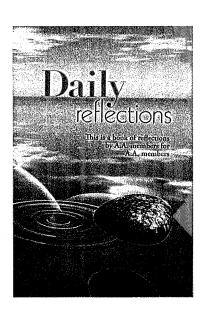
"Those events that once made me feel ashamed and disgraced now allow me to share with others how to become a useful member of the human race." p.492



Books of the month:









ALCOHOLICS ANONYMOUS IT WORKS IF YOU WORK IT



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

A Vision for You
Andover Alano - Squad 10
As Bill Sees It - Delano
Basic Twelve
Breakfast Club-Saturday A.M.
Bridges-Shakopee
Bryant Lake Group
Cavalier Club Mainstreeters
Cavalier Mens Thurs 8pm Group
Crushed Grapes
Dakota Alano Thurs Mens Group
Dakota Alano Worthwhile Women
Delano Saturday Morning
Fairview Riverside AA
First Class

Fourth Dimension AA Group
Foxhall Chapter 7 Group
From the Heart Friday Delano
Gloria Dei AA
Gratitude Group
Groveland Group Squad 49
Hanover Tuesday AA
Happy Destiny
Isanti Alano Squad 12
Ladies Night Happy Hour-Sahara Club
Lakers AA Thurs 6 30
Men at Work-Minnetonka
Men's 12 Step Noon Meeting
Minnehaha AA Family Group
Minnetonka Big Book Study Group

Minnetonka Senior AA
New Hope Alano Squad 10
New Hope Squad 6
No Bull Big Book-Squad 164
Normandale AA Grp
Open Meeting - Everyone Welcome
Rich/Blmngtn Alano Sunday Open Spkr
Ridge Runners II Group
Ridge Runners III Group
Saturday Night Live Group
Serenity Sisters
St. Louis Park Sunday Night AA Group
St. Louis Park Sunday Night AA Group
Third Tradition Group of AA
Tonka Alano Club Groups

Tradition Five
Tuesday Morning Step Group (Buffalo)
We Think Not
Women in Spirit Group
Women of Hope
Worthy Women's Big Book Study
You Are Not Alone

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 * Living Sober AA * Foxhall Chapter 7 (3) * Dynamic Women

**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

Zoom Meeting ID:135 964 753 or dial: +1 (312) 626-6799, 135964753#

Foxhall Chapter 7 Group, 7:30 PM

Zoom Meeting ID:638 445 724 or dial: +1 (312) 626-6799, 638445724#

A sign language interpreter is provided each week.

Friday:

From the Heart Open Speaker Meeting, 7:00 PM GoTo Meeting ID: 425 401 293 or dial: +1 (408) 650-3123 and enter access code: 425401293#

Three Legacies, 7:30 PM

Zoom Meeting ID: 450-792-260 or dial: +1(312)626-450 792 260 Password: 014358 A sign language interpreter is provided each week.

Saturday:

Saturday Night Open Speaker Meeting, 8:00 PM 2218 1st Ave. S., Minneapolis

Sunday:

Open Speaker Meeting, 11:00 AM Richfield Bloomington Alano

Speakers ASL Interpreted 🧳

Greater Minneapolis Intergroup of Alcoholics Anonymous Walcome Al-Anon & Alatsen



'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

8:30 Social Hour / AA Service Info Tables 7:80 Program & Speakers 10:00 Dance with Tony YNOT Mobile DJ ***** Photo Booth******

a 35 Corrections Program a 36 AA Grenevine a 36 Archives a 36 Public Information

Collaborate grantitude by Maliting the service tables before and effer the speakers.

36 Corrections Program Area 30 Newsletter
36 AA Grapevine Gopher State Roundou/Founders Day
36 Archives Greater Minnaspol's Intergroup
36 Public Information MAYPAA

MINNEAPOLIS CONVENTION CENTER

1301 Second Avenue South, Minnespolis Ballroom A:Across from Dunn Bros Look for greens. Look for but a years balloom.

Tickets: \$12:00 in advance/\$15 at the door

Intergroup Office - IG Representative - Tloket Committee - At the Door Minnespolis intergroup 7704 W 27th Street Bulle (13 - St Louis Park MA 86429 982,922,0860 asminnespolis.org

Special Events

September 11th -13th

Heartland Round Up at Park Rapids Canceled due to the Corona virus.

General Service Announcements

May 9th

Area Committee Meeting Shakopee Community Center Committees - 9:30 am - 11:30 am Area Committees - 1:00 pm - 5:00 pm Meeting will be held in Zoom platform. Go to Area36.org for details

CURBSIDE AA

For the safety of all, Minneapolis intergroup is now processing all orders over the phone. Items can then be shipped to you, picked up using social distancing precautions at the intergroup office or we will bring it out to your car.

Temporary Office hours 9am-5pm M-F 9am -1pm Sat We are here to help, please call 952-922-0880 with questions or to place an order today.

> Greater Minneapolis Intergroup office will be closed Monday, May 25th 2020 for Memorial 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

Change Service Requested



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