

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

July 2020 Step, Tradition, and Concept Seven

Step Seven

"Humbly asked Him to remove our shortcomings."

Seventh Step Prayer

My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character that stands in the way of my usefulness to You and my fellows. Grant me strength as I go out from here, to do Your bidding. Amen.

The Seventh Step Prayer leads us into action. Step Six helps us to become willing to reduce our character defects, but at Step Seven, we are ready to jump in and give ourselves to the care of God. I like the thought of "giving" myself to God, good and bad. To me, it feels like we've come full circle. We actually came from God and were given our own will to live our lives. But we realize nothing good can come without God, so in Step Seven, we turn our lives back to God and give Her all of us that is good and bad. We, through Step Seven, realize that nothing good can come through us until we offer ourselves to God. It's comforting to give myself to God. In a way, it puts the responsibility onto God, and I can rest assured that She will provide and do the best with my good and bad traits.

In the next part of the prayer, we ask God to take away every single defect of character that stands in the way of our usefulness to Her. We have no idea what defects She will remove. Of course, we assume the "bad" defects will be removed. However, a defect we may think is good may be un-useful to God. For example, we may be generous people. But, put in the wrong circumstances, our generosity could actually harm someone that needs to learn responsibility. We don't know which of our character defects stands in our way of usefulness to God, so we put all of our defects into God's hands and ask Her direction.

Finally, we recognize that without our defects, we may be vulnerable in our coping skills to live in our world. So, we ask God to give us the strength to do Her biddings. The Step Seven Prayer is a complete request. It starts with our action of giving ourselves to God and ends with a request for strength to live our lives in doing God's bidding.

Each day as I reflect on the AA Program, I'm reminded of how it teaches me to live Step Seven and puts action into my program by helping me turn my will and my life over to God. Bonnie F., Minnetonka, MN

MINNEAPOLIS INTERGROUP 12 Step Service Opportunity

GROUP PHONE COMMITMENT OPEN

2nd Tuesday
4:15 pm-7:00pm

or

2nd Tuesday
7:00 pm-9:30pm

IF INTERESTED
STOP BY OR CALL INTERGROUP STAFF
(952) 922-0880

We are open!

Regular office hours, this means

M,W,F 9am-4:30pm, TH 9am-7pm

and Sat 9am-1pm

We will continue all social distancing practices

including limiting the number of people and

requiring a mask to enter the office.

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.”

I hope everyone is enjoying the warm weather, green grass and sunshine. I am getting use to wearing a face mask and using hand sanitizer, unfortunately. It is kinda weird after wearing a mask awhile to see my face. We are beginning to hear from a few groups that are changing back to meeting in person. We began discussing what this means for groups, so we made a list of safety recommendations groups can consider to use when your group decides to meet in person. They are posted on our website on the home page. See button: COVID19 Reopening Guidelines.

We are relying on each group to notify us of any changes to the group information and zoom meetings.

It is this time of year we begin to plan for September Board Elections. Each year four of our twelve board members rotate off and we elect four new members. On September 24th, we will hold this election at the Intergroup Rep meeting. It is an important job for our Intergroup

Reps. Each group has one vote. The Board Resume can be found on our website. Click on: About Intergroup. On the backside of the form you will find information about this service position. Any questions can also be directed to me or any current/past Board members. If you have five years of sobriety, please consider this service opportunity. Resumes should be sent to the Intergroup office by September 10th.

The Best of the Grapevine, Volumes 1, 2, 3 sets are now available in the Intergroup Office for purchase. By request they have been reprinted and come in a set. The stories give us a look back into early AA history. They feature some of the best stories written from the heart of the fellowship.

In Love and Service,
Gail S., your office manager



Notes from Your Board Chair:

The heat of the summer, family vacations, long weekends up north, fireworks and s'mores! Where does our recovery fit in to that?

Sadly, our International Conference was cancelled due to the health crisis we are all facing. It seems, that one by one, our times of fellowship are being taken from us. How sweet will our reunions be! Our lives are forever changed, for better or worse, but what a miracle it truly is that our recovery community has kept up with all of these changes!

The advent of Zoom meetings has allowed for me personally, to reacquaint myself with members that have moved out of state, or beyond!

As we continue to 'trudge this road', let's remember to pause, take a deep breath and be grateful for what we DO have and not for what we don't.

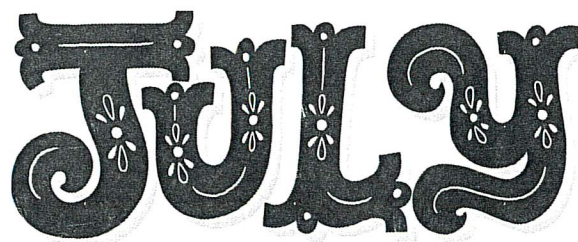
Now that things are starting to re-open (albeit slowly), we can start thinking about being of service! We currently have 2 group phone commitments that are open, AND, it's the

time of year to begin considering standing for the Board. There are 4 spots available for the right people to enrich their sobriety and give back to what AA has so freely given us!

Resumes are available on the Intergroup website or in the office.

Being a part of this incredible group of individuals has allowed me to practice the principles of this program and be a part of something bigger than myself!

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.
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
Savanna H.	Office Assistant
Erin D.	Office Assistant
Brent R.	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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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

NOTICE • NOTICE

The July Intergroup Rep Meeting will be held on Zoom until further notice. The next meeting is Thursday, July 23rd. The reps will be sent the link by email one week prior to the meeting. If you are a new Rep please call the

**Intergroup office at
952-922-0880**

to talk with a staff member to be added

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

7/4	Importance of Having a Sponsor His Story
7/11	Step Three/ Tradition Three Her Story
7/18	Importance of Singleness of Purpose His Story
7/25	Step Four/ Tradition Four Her Story

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

Concept VII:

Long Form: The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

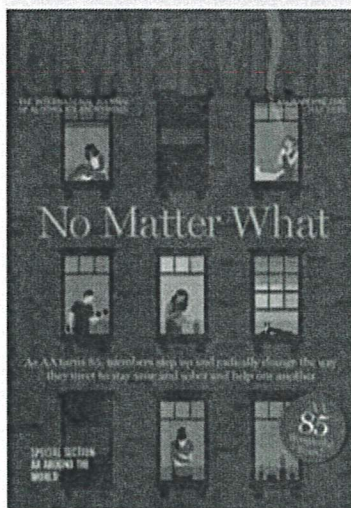
Short Form: The Conference recognizes that the Chief initiative and active responsibility in most world service matters be exercised by the Trustee members of the Conference acting as the General Service Board.

What this means to me is that although the Trustees have the authority over World Services, it is ultimately the Groups that give them the money to act on our behalf as Alcoholics Anonymous.

So, where is the meeting ground for that exchange? It is the General Service Conference. I have had the privilege of being apart of the Conference on behalf of Area 36 for the last two years. This last year was such a new experience that no other Delegate has had. Will they have it again. I hope not! It was not the experience that I had last year or have had other Delegates describe in the past. Did we get some work done? Yes! But I would argue that face to face is the best option if possible.

I would also caution Groups to really discuss and pray when using the "Power of the Purse." When we use the Power of the Purse, we are not just affecting the Trustees. We are also affecting the General Service Office, its staff. With the coming of COVID19 this year, I have seen how low contributions can affect the Office. They have been working from home and therefore the General Service Office has had to buy a lot more equipment to keep our services as uninterrupted as possible. They have been working as if they are at the Office and answering emails daily. I can tell you some good news, the usual May contributions have been around 520,000 in the past. This May they saw over 800,000 with the start up of PayPal on the website! So, the Groups are stepping up!! Thanks for letting me a part of the Conference on your behalf!! It has been a wonderful experience!

Yours in Service,
Missy R.,
Area 36 Delegate Panel 69



Grapevine

Current Issue Spotlight:

This month's Special Section is "Happy 85th Anniversary AA!" featuring "AA Around the World," stories by members about what AA is like all over the globe. Also featuring stories of hope by members during the current COVID-19 crisis.

Submit Your Story for Upcoming Issues:

- Old-timers – We want to hear from you! What was AA like long ago? What have you learned over the years? Share your experiences. (Stories due July 15, 2020)
- Sponsorship– Share some interesting experiences you've had while sponsoring. What have you learned from your own sponsor(s)? How have these experiences helped or changed you? (Stories due Aug 15, 2020)
- More upcoming topic's: Ninth Step Amends, Fun in Sobriety, Your Favorite Step and more!

* go to aagrapevine.org for further instructions on how to submit

Greater Minneapolis Intergroup
7204 W. 27th Street – Suite 113
St. Louis Park, MN 55426-3112
Fax: 952.922.1061 Email: info@aaminneapolis.org

Greater Minneapolis Intergroup
2020 Board Candidate Resume Form
Review Page 2 for Pertinent Information

Name:	
Address:	
Work Phone:	Home Phone:
Fax:	Email
Sobriety Date:	Home Group:
Education:	
Current AA Activities:	
Past AA Activities:	
Current & Past Activities Outside AA Including other boards you may have served on	
Occupational Background	

Annual Elections, Thursday, September 24, 2020 – 6:30PM

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St. Louis Park, MN 55426-3112
Fax: 952.922.1061 Email: info@aaminneapolis.org

Please review all information listed below

- Submissions due at Intergroup Office by September 10th.
- In accordance with the IG by-laws all candidate resumes should be submitted to the Intergroup Office 10 Business Days prior to elections. **Nominations will also be accepted from the floor on the night of election.**
- Annual Elections, Thursday, September 24, 2020 – 6:30PM
- Because of the time commitment, it is suggested that you discuss this service opportunity with your family and AA sponsor. (10-12 hours per month)
- You will be expected to; attend all Board and Rep meetings, attend a monthly General Service District meeting, serve on a Board sub committee, participate in functions that are sponsored by Greater Minneapolis Intergroup.
- Your Home Group should be located within the confines of the Metro Minneapolis Suburban Area.
- The Intergroup by-laws require each candidate to have 5 years of continuous sobriety on the date the election is held.
- A business background can be helpful. However experience at your Home Group, Intergroup, or General Service brings value to the mission of Greater Minneapolis Intergroup.
- No more than (2) two members from the same Home Group can serve on the board at the same time.
- As an elected board member you are serving all the groups in the greater Minneapolis AA community not just your AA Home Group.
- The AA 3rd Legacy procedure is the voting process used for our annual election.
- There are (4) four (3) three year term openings. Term begins October 1, 2020 and ends September 30, 2023.
- Minneapolis Intergroup is a non-profit Minnesota Corporation 501(c) (3) and is subject to all State and Federal laws.
- The IG by-laws require that copies of all submitted resumes be sent to the Intergroup Representatives of record by U.S. Mail 7 business days prior to the annual election.
- The Board elections are held annually at the Intergroup Representatives meeting, the 4th Thursday in September.
- Location: Spirit of Peace Church, 412 5th Ave North, Hopkins, MN 55343
- Reps meeting and annual elections begin at 6:30PM.

For directions see map in current MIRUS or on our website, www.aaminneapolis.org.

The Twelve Traditions - How They Apply In Our Lives

TRADITION SEVEN

“Every A.A. group ought to be fully self-supporting, declining outside contributions.”

Fully self - supporting was a foreign thought for me when I arrived in Alcoholics Anonymous. My finances were as chaotic as my life and my drinking. It took some time until I was living this tradition in my own life and it is still a challenge today. Even though the thought process is challenging the big difference is I am responsible and pay my bills monthly. I was surprised that the seemingly small contributions made by individuals weekly in the basket could be enough to pay our meeting's monthly obligations and have enough left over to contribute to the entities. The principle that we only maintain a prudent reserve and contribute the rest keeps the money issue very simple. When I have shared with others outside of Alcoholics Anonymous that we are self-supporting they are surprised to say the least.

The last few months with covid19, zoom meetings and venmo contributions each meeting of AA has been provided with a new challenge financially. Contributions have not been as forthcoming and we have all had to make an extra effort to “put money in the basket” via whatever means our meeting has arranged so that we continue to be financially responsible. It takes an extra effort for every member to remind ourselves that we need to continue to be self - supporting with in our meeting and also with the entities. If we don't continue to support our home group financially, we will not be able to meet our obligations and our local AA Intergroup office would also be affected financially. Individual meetings are discussing our obligation and responsibility to the church or building to whom we pay our rent. This tradition forces to think about and talk about finances responsibly.

We have learned how to be financially responsible personally but also to those that depend on us.

I challenge myself to continue to contribute and to increase that contribution accordingly. Being an active member of my home group means financially supporting my home group. Serving as a current Intergroup Board member I have been able to see first hand what self-supporting looks at the local Intergroup level. We are financially sound which prepares us for an unusual time such as the one we find ourselves in currently. Because we are financially sound we can focus on our primary purpose, which is to carry the message to the still suffering alcoholic.

Deb W.,

Bloomington

Alcoholics Anonymous

“ Big Book” Quotes

“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

“Adversity truly introduces us to ourselves.” p.530

“When we saw others solve their problems by a simple reliance upon the Spirit of the Universe, we had to stop doubting the power of God. Our ideas did not work. But the God idea did.” P. 52

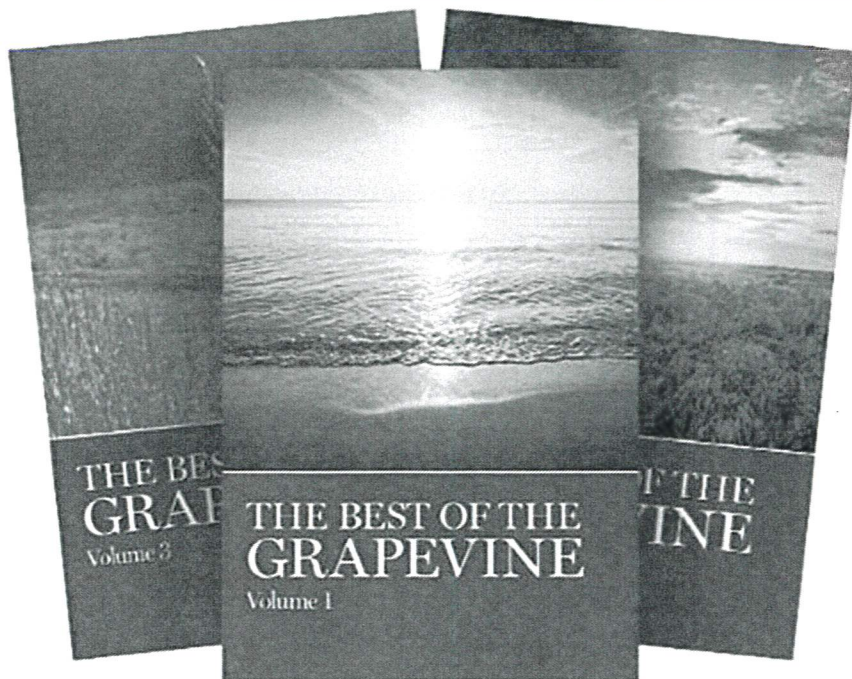
7th Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.

Amen

AA Book of the Month:

The Best of the Grapevine Vol.1,2&3



The Best of Grapevine Book Bundle:
These three reissued volumes feature
some of the very best Grapevine sto-
ries, carefully selected by the editors.

Now available at Mpls
Intergroup Office!

N.U.T.S



L.E.T. GO.

Not Using The Steps

Leave Everything To God, Okay?

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

A New Freedom - W.S. Alano
Amazing Grace
Amigo's II Group
Annandale Lakers
Back to Basics Women's Grp St Luke's
Basic Principles
Basic Twelve
Bridge to Shore
Brothers of AA
Bryant Lake Grp
Cavalier Mens Thurs 8pm Group
Cliffhangers 1 - Thurs 7 30 Group
Cliffhangers VI at St. Ed's
Common Solution Big Book Study
Dynamic Women's Group

Excelsior Wednesday Night Group
First Class
Foxhall Chapter 7 Group
France Ave Group
Gloria Dei AA
Gratitude Group
Groveland Group Squad 49
Happy Destiny
Hit Squad - H-2
Kozy's Noon Men's AA
Lakers AA GROW Group
Meditation At Peace
Minnetonka Big Book Study Grp
Monthly Campfire Mtg Ramsey
Nicollet AA Group

Rich/Blmngtn Alano Sunday Open Spkr
Sahara Saturday AM Mens
Sahara Sunrise (Friday)
Saturday Morning Fever
Saturday Night Open Speaker Mtg
Serenus AA Group
St. Louis Park Sunday Night AA Group
Sunday Serenity Group
The Becker Group
The Way Out BB Mon @ Hen. United
There is a Solution Womens AA
Third Tradition Group of AA
This Simple Program
Three Legacies
Thursday Happy Hour 530pm

Thursday Night Womens AA Group
Thursday Nite Cliffhangers
Thursday Open Mtg Isanti Alano Club
Tonka Alano Club Groups
Tradition Five
Trinity New Life
Turning Point Group Wayzata
Up the Creek Big Book Group
Waconia Women AA Group
Watertown AA - Wednesday

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** May 2020

Minnetonka Big Book Study * St. Louis Park Sun Night AA Group (SLPSNAAG)

**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

9321 Bryant Ave. S., Bloomington

Greater Minneapolis Intergroup

office will be closed

Friday, July 3rd 2020

&

Saturday, July 4th 2020

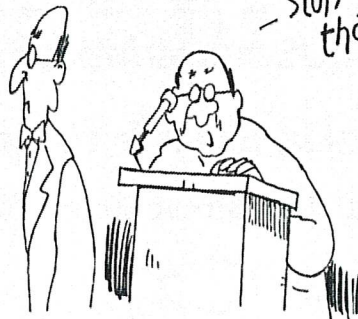
for Independence Day

Please contact Minneapolis Intergroup Staff with any group updates or meeting changes. Help us keep an accurate updated meeting list of both in person and online meetings so the new comer can find us. 952-922-0880

that's my
story—
now for the
second
speaker



that's my
story too—
thank you
and
good
night!



FP F.

JOKES:

Why did the ghost have to join AA?

He had a problem with BOOze.

An Irishman walks into an AA meeting

Just kidding.

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.

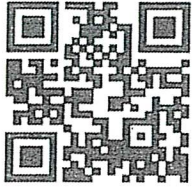
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