

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

August 2020 Step, Tradition, and Concept Eight

Step Eight

"Made a list of all persons we had harmed, and became willing to make amends to them all.."

Two failed treatments, being told by my wife to find a new place to live, a very ugly divorce, having to pass a "smell your breath" test before I could pick up my kids, the IRS demanding a fearless and thorough financial inventory; all that and much more was the baggage I carried as I finally entered a room for the only reason I understand today works, I wanted help. I had finally surrendered.

In those early months of sobriety, that flying blind time, all I could see was a seemingly impossible hole to climb out of. They would smile after I had vomited up yet another poor me share and tell me; Do your best not to drink today and keep coming back to meetings. Could the solution be that obvious? There had to be something I was missing. But I did keep coming back, got a sponsor, began working the steps with his help, got involved with service work at my home meeting, began to see examples around that table of what to do and even as important, what not to do. Slowly but surely, I was getting better as the healing power of the Steps and Traditions worked their magic.

One huge hurdle lay ahead of me, the amends called for if I am to be truly happy, joyous and free. I was happy, at times joyous, but certainly not free. My past with all its shame and guilt was patiently waiting in the background, twirling a single ice cube in that old fashion glass waiting for me to fill it with scotch.

I had been raised in an alcoholic household and had never been shown the essential life skill of facing and working through problems and conflicts. What I witnessed and had carried forth into my so-called adult life was avoid, deny and when all else failed run. Now I was being told I needed to make a list of all those I had harmed and find the willingness to face them. I was told in a very loving, direct, in your face way, that failure to do this would keep a return to drinking a real possibility.

I had the list of all my harms. I had written one in the process of my 4th Step inventory. I was told to "cut and paste" that list to my 8th Step list and set about finding the willingness to do

the work called for in Step 9. Time and time again I was told, "What needs your attention is the search for willingness".

Once again, the value of a sponsor, a guide, a mentor came into play. We would meet and discuss the "exact nature" of my harms as I was often confused about that. At times I diminished the harm and at times I exaggerated the harm. I needed an objective outside view to see the truth. I was directed in my search for willingness to separate my list into 3 categories; amends I was willing to make now, amends I was willing to make, just not right now and the toxic, sobriety threatening, no way in hell list. To focus my prayers for willingness on the items on that list was key.

By now a sober way of living had become a life style within the community of other alcoholics, my "peeps". I prayed for and was given the power to look at my past and not be overwhelmed by it. I was willing to go to any lengths to keep my sobriety. I was now ready for the work called for in step 9.

Tom S., Brooklyn Center



We are open!

Regular office hours, this means

M,W,F 9am-4:30pm T,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.”

For some reason The Promises keep coming to mind. I will never forget the day when I realized they were coming true for me! In hindsight, of course. Each and every one of them are beautiful, priceless and a result of working the Twelve Steps. As the Big Book says, “You will lose the old life to find one much better.” Page 120, Alcoholics Anonymous. I will be forever grateful for Alcoholics Anonymous.

We learn, in order to keep this gift of sobriety we need to give it away. Giving back what was freely given to us. There are so many ways to be of service. No matter how small a contribution, every contribution helps. Or by giving of your time, whether an hour a week or a couple hours a month, we appreciate your service in helping newcomers who are seeking Alcoholics Anonymous.

We need AA members with a minimum of five years of sobriety to serve on the Minneapolis Intergruop Board. This is a three year term. That may seem long, but it goes fast if you ask anyone who has served in the past. If you are curious about what you are asked to do, contact me anytime at the Intergruop office. I can always have a current or past Board member contact you.

We need your resume by September 10TH! It is a great opportunity to give back. A description of the position is on the backside of the Board Resume you can find on the website under the tab, About Intergruop.

I am humbled by the group contributions and special contributions we have received to support Minneapolis Intergruop to keep operating. Especially with the low volume of literature sales. Many of you have connected to AA by making that call for help through the Minneapolis Intergruop 24hr hotline. We make service opportunities available for many AA members and maintaining the meeting directory makes it possible for the newcomer to find you. It tells me you know what we do here. If you are new have never been to the office we welcome you to visit us so we can share with you what we do. Of course you must wear a mask to come in. Thank you, thank you, thank you to all of you for your support in this crazy time.

In Love and Service

Gail S., your Office Manager



Notes from Your Board Chair:

Usually in August, I look forward to three things, Intergruop's Summer Open House (complete with dunk tank), the State Fair and the knowledge that cooler weather is on the way. As this health crisis continues, many of us are searching for service opportunities.

Recovery, Unity, Service, the 3 sides of the triangle. Recovery? Check! Unity? Check! Service? Service? Ah, that's a bit trickier as we wait for things to slowly re-open.

--shameless board plug--

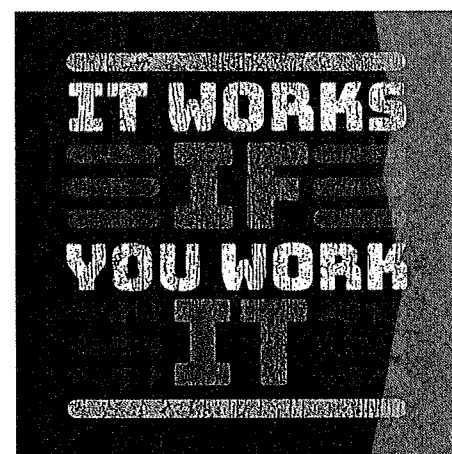
Board Elections are literally around the corner! Each year four AA members are elected by our Intergruop Reps for a 3 year term. While other service 'jobs' are either non existent or at least difficult to come by in this age of ZOOM, being a part of the Board allows you to not only be of service in a myriad of ways, but to also be a part of something bigger than your Home group.

If you think that being on the Board is something you're interested in, but still have some questions about, please reach out to ANY of us! We'd be happy to share our experience

In Gratitude,

Patti P.

Your 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.	Mike H.
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	Mike H.
District 19	Dwight C.
District 20	Brad R.
District 21	Dan S.
District 22	Linda M.
District 24	Deb W.
District 25	Jessica B.

Intergroup Staff

Gail S.	Office Manager
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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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 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 Spirit of Peace (Mizpah) 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

8/1	What are A.A.'s Three Legacies?
	His Story
8/8	Step Five/ Tradition Five
	Her Story
8/15	The History of A.A. & Its Founders
	His Story
8/22	Step Six/ Tradition Six
	Her Story
8/29	A.A. Literature—The A.A. Grapevine
	His Story

NOTICE • NOTICE

The August Intergroup Rep Meeting will be held on Zoom until further notice. The next meeting is Thursday, August 27th. 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

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

Concept VIII:

Long Form: The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principle planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

Short Form: "The Trustees are the principle planners and administrators of over-all policy and finance. They have the custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities."

In this Concept Bill clearly states that the Trustees who make up the Boards of Alcoholics Anonymous World Services and The AA Grapevine are custodians. They have the oversight of the bigger issues facing Alcoholics Anonymous in the U.S. and Canada. They must delegate to the General Service Office Staff the job of dealing with the daily, weekly and monthly questions put forward by the Groups and Members of Alcoholics Anonymous. The Trustees elect Directors to perform these functions as well. One Director for AAWS and one for Grapevine, Inc. They work with a staff to fulfill these obligations. The Trustees are our Legal Body under New York State Law. They are the overseers of the General Service Office and make sure that they are doing their best at fulfilling the Groups in the U.S. and Canada. That is why our Trustees cannot be employees of the General Service Office, as that would be a conflict of interest. The Trustees have a difficult job. How do you please all of the groups all of the time? They are chosen based on their qualifications and what they can bring to the "table" on the Board. What an incredible opportunity to learn more in regards to our fellowship! Thank you!

Yours in Service,

Missy R.

Area 36 Delegate Panel 69



Jokes:

My dad's favorite saying is "You miss 100% of the shots you don't take."

He is not allowed to host AA meetings any more.

Signs you drink too much coffee

You answer the door before people knock.

You grind your coffee beans in your mouth.

You ski uphill.



We will be adding a section dedicated to the 9th Step Promises and want to hear your stories of experience, strength and hope. Starting with the September 2020 MIRUS will feature a personal example of the promises coming true for us when we are willing, open and honest in our step work. If you want to contribute your story please email staff@aamineapolis.org

The Ninth Step Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others.

That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Big Book pg. 83 & 84

The Twelve Traditions - How They Apply In Our Lives

TRADITION EIGHT

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

Tradition Eight, like all of our Twelve Traditions, was written to "... outline the means by which A. A. maintains its unity and relates itself to the world about it, the way it lives and grows." (Twelve Steps and Twelve Traditions, page 15).

Early in my sobriety, I learned that there was a place called "Intergruop" where AA members could go to buy literature and drink free coffee. This was the image I held for several years, although gradually I would learn more, how Intergruop put on the events I attended, and how people could call to find meetings or, most importantly, it was a place for a suffering alcoholic to reach out for help, 24/7, and receive a call from a sober AA member. I never went there myself so it seemed as if Intergruop was run by, maybe, magic? I never dreamed I would become one of those magical "special workers."

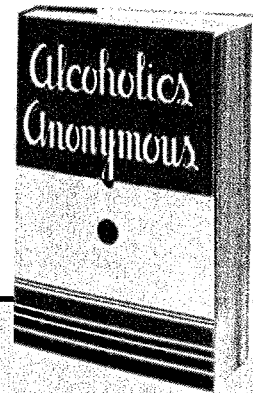
I stayed in ignorance of Intergruop for many years of sobriety, until the AA club I belonged to disbanded and some of us decided to start a new group and realized it wasn't that easy. A few of us went to Intergruop and were warmly welcomed and helped with information for forming and running a group, suggestions for what literature to start out with, how to manage finances, when and how to get our new group listed in the directory, and were told to call Intergruop any time, any time at all, for questions or help.

Some years later, our group decided to take a group phone shift -- we've had this same shift for over fifteen years -- and one day when I was answering phones I saw a flyer announcing a job opening. I applied, was hired, and realized that I still knew very little about Intergruop and what it would be like. Chuck R. was glad to inform me, consistently emphasizing "worker" over "special." I worked there for over ten years and frequently people would buy a book or ask a question or drop off a contribution and assume I was a volunteer. They would say "Thank you for your service." What to do? Explain that no, I am not a volunteer, I am a paid employee, AKA a "special worker" and Intergruop is not AA, but rather a service center that facilitates the needs of AA groups? Besides that, I was still volunteering with my group's phone shift, which might add a little more complication. I don't think too many people would be up for a long speech in response for their simple "thank you" and unless they wanted to talk further I would let it go at that.



A free item available at Greater Minneapolis Intergruop is an issue of A.A. Guidelines, published by the General Service Office, called "Central or Intergruop Offices." It covers in great detail many facets of Intergruop functions if you would like to learn more. Also available at Intergruop is a pamphlet that lists service centers all over the world, including of course the U.S. This pamphlet can help AA members who travel to have a "home group" waiting for them. This emphasizes to me the importance of our service centers as vital, that makes sure, as said in our Responsibility Statement, "... That the hand of AA is always there."

Claudia S., Minneapolis



Alcoholics Anonymous “ Big Book” Quotes

“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.” Page 67

“We must be entirely honest with somebody if we expect to live long or happily in this world.”
Pages 73-74

“Yes there is a long period of reconstruction ahead. We must take the lead. A remorseful mumbling that we are sorry won't fit the bill at all.” Page 83

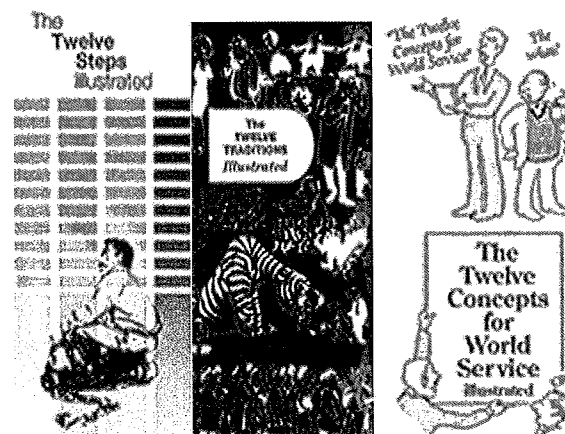
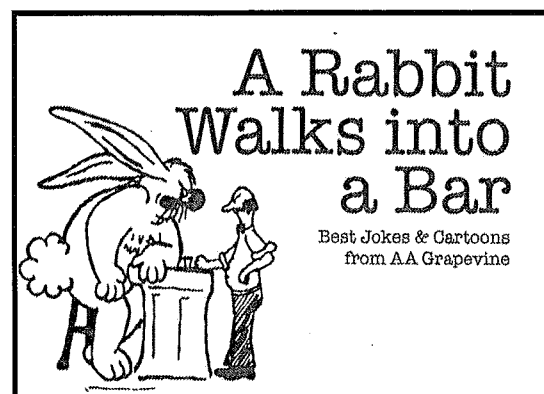
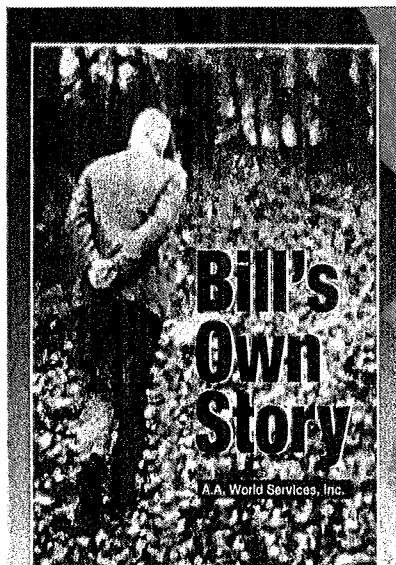
AA DVD of the Month: Bill's Own Story

Grapevine Book of the Month:

A Rabbit Walks into a
Bar

Pamphlets:

The Twelve Steps, The
Twelve Traditions, and
The Twelve Concepts
for World Services all
illustrated



AAronyms!

B.S.

Before Sobriety

A.L.C.O.H.O.L.I.C.S.

A Life Centered On Helping Others Live in Complete Sobriety

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

A Baffled Lot
A New Day Lakeville
A New Freedom - Excelsior
Amazing Grace
As Bill Sees It Medina
Back to Basics Thursdays
Back to Basics Women's Grp St Luke's
Belle Plaine AA Group
Breakfast Club-Saturday A.M.
Bridges AA Group-Shakopee
Cavaller Club Mainstreeters
Cavalier Men's Thurs 8pm Group
Clearwater Groups
Cliffhangers VI at St. Ed's

Colfax Tuesday AA Group
Common Solution Big Book Study
Daily Reprieve of Eden Prairie
Design for Living Group
For Today Group
Friday Friends
Fridley Alano Squad 14
Fridley Alano Squad 19
Golden Valley AA Group II
Great Blessings
Groveland Grp Squad 49
Happy Destiny
I'll Quit Monday BB
Isanti Alano Squad 12

It's Noon Somewhere-Blmgtm Groups
Kozy's Noon Men's AA
Ladies Night Happy Hour-Sahara Club
Lakers AA GROW Group
Life is Good AA Group
Meditation At Peace
Men's 12 Step Noon Meeting
MNYPAA
No Bad AAPles - Mon
Normandale AA Group
Rich/Blmgtm Alano 5A
Rich/Blmgtm Alano Sunday Spkr Mtg
Sahara Thurs 730 Men's Closed Group
Squad 62 at Bethany Lutheran Church

Temple Wed. AA Group
The Hand of AA
The Way Out BB Mon @ Hen. United
There Is A Solution-Sahara 430pm
Third Tradition Group of AA
Three Legacies
Thursday Happy Hour 530pm
Thursday Night Womens AA Group
Tonka Alano Club Groups
Tradition Three Group Waconia
Tues Morning Discussion Group
Wayzata Step Sisters
Women of Hope

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** June 2020

Foxhall Chapter 7 * Prospect Park AA * Tradition Five

**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 Intergruip. 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

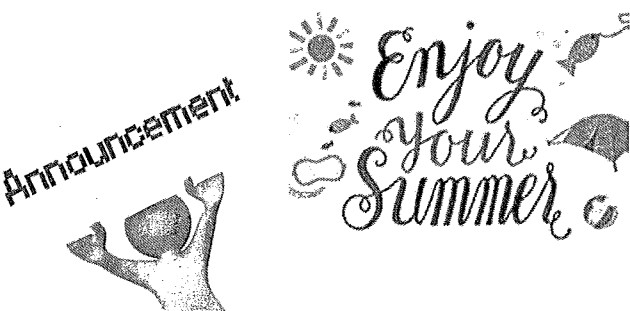
2218 1st Ave. S., Minneapolis

Sunday:

Open Speaker Meeting, 11:00 AM

Richfield Bloomington Alano

9321 Bryant Ave. S., Bloomington



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 newcomer can find us. 952-922-0880

General Service Announcements

August 8th

Area Committee Meeting

Committees: 9:30am-11:30am

Area Committee: 1:00pm-5:00pm

(Go to area36.org for zoom meeting

Info)

October 3rd

Area Assembly

9:00am-5:00pm

(Go to area36.org for zoom meeting

Info)

Board Announcement

Annual Board Elections

Held at the
Intergroup Reps Meeting

Thursday, September 24, 2020

6:30 p.m.

There will be 4 openings that are a 3-year term

3rd Legacy Procedure

Board Resume forms available at
the Intergroup Office
and on our website at www.aa.minneapolis.org

**PLEASE FILL OUT A RESUME AND TURN INTO THE
INTERGROUP OFFICE OR SEND BY EMAIL TO
MANAGER@AAMINNEAPOLIS.ORG BY SEPTEMBER 10TH!**

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.

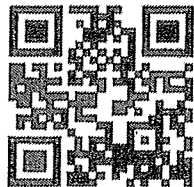
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