

# MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

November 2020 Step, Tradition, and Concept Eleven

## Step Eleven

*"Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for the knowledge of His will for us and the power to carry that out."*

What it was like, what happened and what it's like now.

When I was a young child I was taught to always pray kneeling down, back straight, hands folded in prayer with fingers pointing upward and eyes closed. With all these in motion I very quickly lost all thoughts of prayer and I would begin to fidget and daydream. "How much longer do I have to stay like this?" "Am I almost done?" By High School I had, for the most part drifted away from prayer. But it did come to mind when I wanted something or especially, and always, when I was violently sick from drinking. Boy, I could pray with the best of them then!!!! When I became an adult, and a mother I taught my children how to pray as I had when I was their age. Well, maybe a more watered down version but for the most part the same.

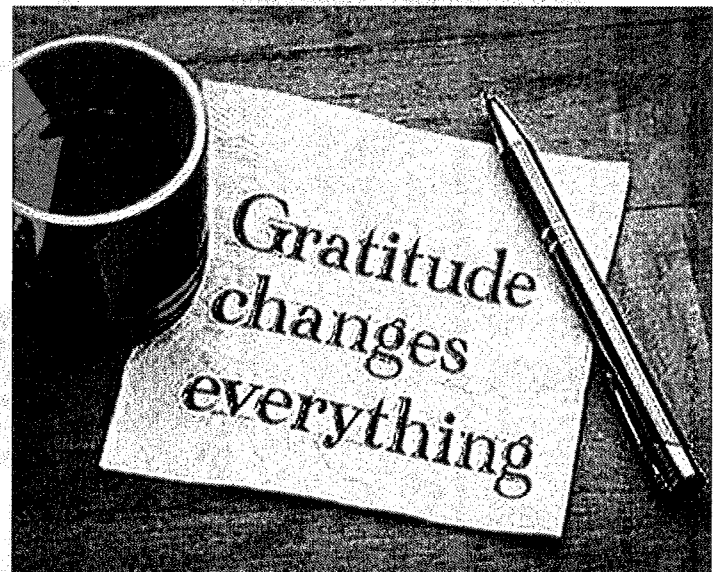
What Happened: My sobriety date. God tapped me on the shoulder and led me to treatment and Alcoholics Anonymous. This is where I learned, and began practicing to pray differently. Although, I still love to pray the way I was taught as a child, I realized I can pray anywhere. Whether sitting in church, driving my car, going for a walk and yes, even in a crowd. I know I can offer up a prayer of gratitude and always remembering to pray for God's will.

What it's like now: You may have noticed I haven't mentioned meditation yet. I thought meditation required sitting in a yoga position, back straight, eyes closed. This seemed a lot like the praying ritual that I learned as a child. Too much work! It took some time in Alcoholics Anonymous to start applying meditation in my daily life. I don't need to do this perfectly. Having

the desire to do meditation and then taking action, even it's only for a few minutes each day, has given me benefits that I have found to be priceless. Being in nature is my "go to" place for quieting my body and mind and getting in touch with God. I have become so much closer to my Higher Power since I've been practicing Step Eleven on a daily basis. I love the St. Francis prayer (pg.99 in Twelve Steps and Twelve Traditions.) Combining prayer and meditation has helped me to channel His peace and in turn grants me peace.

Terri D.

Excelsior, MN



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**Greater Minneapolis Intergroup • Alcoholics Anonymous®**

7204 W. 27th St., Suite 113 • St. Louis Park, MN 55426-3112 • 952-922-0880 • [www.aaminneapolis.org](http://www.aaminneapolis.org) • email: [info@aaminneapolis.org](mailto: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.”

We completed our Board elections in September *and* we did it on Zoom *and* using the 3rd Legacy procedure. We couldn't have done it without help. Thank you Pat C.M., Michelle M., Judy H., and Keith J.

Mike A. and Dan S. were eligible to run again and both were voted back on the Board. Our two new members are Betsy G. and Tanya L. We want to welcome all four and are grateful they are willing to serve Minneapolis Intergroup.

There may be ways you may not be aware of that you can help a person who never thought he or she could live life without alcohol. Someone who has no idea that the 12th Steps of the program exist and how the steps will change their lives. So many of us have received the miracle of sobriety and freedom from alcohol through Alcoholics Anonymous. We all share a vital interest in the permanence and well-being of AA itself.

One way you can do this is to see that your group/squad has a voice at the monthly Intergroup Rep meetings, helping your fellow members know about the many service opportunities that exist to “carry the message.” All AA groups/squads are welcome to participate. The “Reps

Meetings” are held the 4th Thursday of each month, except when it falls on a holiday. For November (Thanksgiving) and December, (Christmas) it is always a week earlier. Each group should have a Rep and an Alternate Rep. Your group decides the length of the term and sobriety requirement.

A week before the meeting we will send out the zoom link to the registered Reps by email. Then the day before the meeting we will send out the monthly reports we will discuss during the meeting. We rely on each new Rep to inform us when they rotate in the Rep/Alt Rep position to change the contact information.

Call (952)922-0880 or email [info@aaminneapolis.org](mailto:info@aaminneapolis.org) to get registered under your groups name to receive the meeting information. For more information about what it is to be a Rep, see the insert of this months MIRUS. The next Intergroup Rep meeting is October 22nd at 6:30pm. I look forward to seeing you there, on zoom that is.

In Love and Service,

Gail S., your Office Manager

## Notes from Your Board Chair:

I am beginning another year of service to Minneapolis Intergroup and I am still learning, interested and having fun. I continue to be amazed even after two years, how much happens at Minneapolis Intergroup! I am humbled, excited and maybe a little overwhelmed by my new role as Board Chair. I will do my best to serve our AA community and am thankful for Gail, Intergroup staff and a great group of board members! Welcome to Betsy G., Tanya L., Dan S. and Michael A!

Thank you Patti P., for showing me the way especially in an unprecedented year with a global pandemic! The AA community and Minneapolis Intergroup have stepped up in a big

way to continue to carry the message of Alcoholics Anonymous by creating the zoom meeting page, answering phones and answering 12 step calls. The need to serve the still suffering alcoholic is greater then ever evidenced by the number of 12 step calls we are receiving.

This next year will be unique as well as we continue to serve our Minneapolis Alcoholics Anonymous community in the safest way possible. I am excited to see how we evolve and to serve with and for all of you.

Grateful for the opportunity!

Your new board chair,

Deb W.

## Intergroup Board

### Board Officers

Chairperson	Deb W.
Co-Chairperson	Cory S.
Secretary	Natalie N.
Treasurer	Dwight C.

### Board Members

Jessica B.	Mike H.
Brian C.	Patti P.
Dan S.	Mike A.
Tanya L.	Betsy G.
Gail S. Office Manager, Ex-Officio	

### General Service District Board Liaisons

District 7	Mike H.
District 13	Patti P.
District 14	Jessica B.
District 17	Mike A.
District 18	Tanya L.
District 19	Betsy G.
District 20	Brad R.
District 21	Natalie N.
District 22	Dan S.
District 24	Cory S.
District 25	Brian C.

### Intergroup Staff

Gail S.	Office Manager
Erin D.	Office Assistant
Brent R.	Office Assistant
Terri N.	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 Lighthouse Assembly of God 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

## NOTICE • NOTICE

**The Intergroup Rep Meeting will be held on Zoom until further notice.**

**The next meeting is**

**Thursday, November 19th**

**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 to the list.**

## 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

11/07	Anonymity as a Spiritual Principle
	His Story
11/14	Step Twelve / Tradition Twelve
	Her Story
11/21	Importance of Having an A.A. Home Group
	Her Story
11/28	Step One/ Tradition One
	His Story

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

### Concept XI:

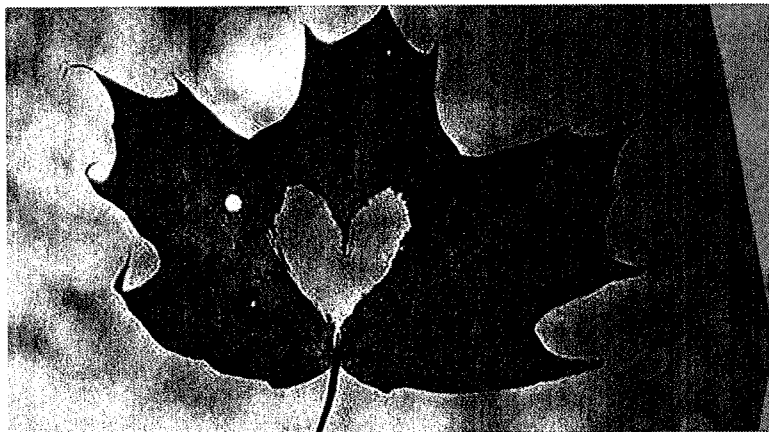
**Long Form:** While the Trustees hold final responsibility for the A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

**Short Form:** "The Trustees should always have the best possible committees, corporate service directors, executives, staff and consultants. Composition, qualifications, induction procedures and rights and will always be matters of service concern."

Last year I talked about the Finance Committee as one of those crucial committees that the Trustees use to aid in A.A. World Services. This year I really want to touch on the Conference Committee which is so crucial for pulling off the General Service Conference. The time and man power that it took to pull off the 70th General Service Conference on Zoom this year was amazing. The one thing that was so different is that they had to work with each other remotely. The company that they researched and hired to do the Conference on Zoom made it so easy to do. They had all the committees meeting before the Conference to do some pre conference work, they had Zoom training sessions (three of them), and they had people online with us as observers to make sure everything ran smoothly. That all happened because of the Committee work and a gentleman from GSO named Patrick who worked around the clock, with very little sleep (literally). All to make sure that we could follow through with the responsibility that Bill W. and Dr Bob left us to make sure that this fellowship stands strong and continues to help the still suffering alcoholic! The Conference Committee is one not talked about often but they are crucial for our General Service Conference!

Missy R.

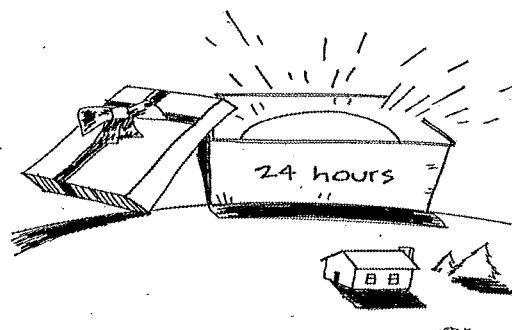
Area 36 Delegate Panel 69



## The Promises from pages 83-84 of Alcoholics Anonymous

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.

When I was brand new to AA I attended a meeting that read the promises at the end of each meeting. I was so broken and hopeless that these promises seemed like a pipe dream, some made up notion for those who clearly weren't as bad off as I was. I was blessed enough to stick around the rooms and hear the message of hope long enough to stay until I began to see and feel the changes of the promises coming true in my own life. It was almost as if so many promises came true so quickly I could hardly believe it. I went from having no job, no friends, no place to live and honestly not wanting to live at all. A few months into sobriety I found myself with a job that I loved, renting an apartment of my own to start to rebuild this new life I had been given the gift of. The most meaningful and shocking promise is one that I cherish more and more each day; friendships based on truth, love and kindness. Each day I work at my program new promises are revealed. My life is blessed in new and miraculous ways each and every day because the promises DO come true for us.



gift



## **The Intergroup Representative**

A Link between your Home Group and Greater Minneapolis Intergroup

### **What is an Intergroup Rep?**

The Intergroup Representative is your Home Group's voice for assuring that your Intergroup Service Office functions and carries out its Primary Purpose. All AA groups are welcome to participate at Intergroup.

### **What is the Primary Purpose of Intergroup?**

Our main purpose is to help alcoholics find AA meetings and assist newcomers in the recovery program of Alcoholics Anonymous.

### **Intergroup's VITAL SERVICES**

1. We answer our Telephone Hotline Service 24 hours a day to assist new members with the help and hope of AA
2. We stock all AA Conference-approved literature and other books for the AA community
3. We maintain an office to facilitate 12 Step calls and service opportunities
4. We maintain a web-based meeting directory which is updated weekly
5. We publish a print meeting directory at least once annually
6. We publish the MIRUS newsletter every month
7. We respond to inquiries from outside agencies, including the media, seeking information about the Fellowship of Alcoholics Anonymous
8. We support the 12 Step service of over 500 Intergroup volunteers

### **How does someone become an Intergroup Rep?**

All AA groups/squads are eligible for membership. Groups elect an Intergroup Representative and an Alternate Representative; they usually serve a 2 year term. Each Group determines length of sobriety for their Representative however experience has shown that at least 2 years is ideal. A group must be registered with Intergroup at least five (5) days before their Representative is entitled to vote at the Intergroup Representatives Meeting.

### **What does an Intergroup Rep do?**

Intergroup Reps and Alternate Reps attend the monthly Intergroup Representatives' Meeting. These 'Reps Meetings' are held 12 times per year on the 4<sup>th</sup> Thursday of every month unless it falls on a Holiday. Intergroup Reps are responsible for two-way communication between their Home Group and Intergroup.

Reps may have input into the agenda by calling the Intergroup Service Office or by communicating requests for agenda additions with the Board Chairperson before the Agenda is approved at the beginning of the Reps Meeting. Minutes from the previous month's Reps Meeting are available after they have been approved at the Reps Meeting. Copies of the minutes are then available at the Intergroup Office.

**What are Intergroup Rep meetings like?**

Representatives register with Intergroup at each Reps Meeting by providing their contact information and home group. Each Rep and home group is responsible for providing the office with current contact information to insure that AA group members have the opportunity to participate in Intergroup 12 Step Services.

Full names and contact information of individual AA members submitted to the Intergroup Service Office are kept confidential in accordance with Intergroup Bylaws and the principle of anonymity.

Notice of the Reps Meeting, including any meeting changes, is published each month in the MIRUS newsletter and on the Intergroup website.

**ANNUAL BOARD ELECTIONS**

Intergroup's Annual Election Meeting is on the 4<sup>th</sup> Thursday of every September. IG Reps in attendance at this meeting elect four new Board members to serve 3-year terms; this then replaces the 4 rotating off the board. Elections are conducted according to the Third Legacy procedure as outlined in, "The AA Service Manual." At least 26 Representatives (a quorum) must be present in order to conduct the election. A quorum is also needed to make any changes to the Intergroup Bylaws. Copies of the Greater Minneapolis Intergroup Bylaws are available during office hours or at the Reps meeting.

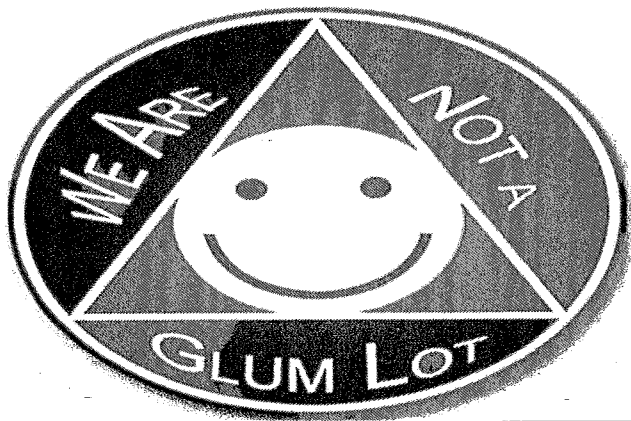
***According to our Bylaws there are 12 elected Board Members. No more than 2 members can be from the same Home Group. All Board Members must have a minimum of 5 years sobriety. The 12-member elected Board has the fiduciary responsibility for the financial integrity of maintaining vital services during their term of office. The following officers are elected at the IG Board meeting the Tuesday prior to the Annual Election meeting: Chairperson, co-Chairperson, Treasurer, and Secretary. Each serves a one-year term, October 1<sup>st</sup> to September 30<sup>th</sup>, which is the Fiscal Year of Greater Minneapolis Intergroup.***

## The Twelve Traditions - How They Apply In Our Lives

### TRADITION ELEVEN

*"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."*

I always need to remember that I may be the only copy of the Big Book of Alcoholics Anonymous that a still suffering alcoholic may see. When I first came to AA, I started promoting AA to friends and family who I thought needed AA. I have a sister that I did multiple interventions on and who got so tired of me promoting AA that she literally ran out the back door when I came over. She ended up in prison and nearly died before she got sober through a prison program and is doing great 12 years later (no thanks to me). I have learned since that just being myself and showing patience, tolerance and love to the still suffering alcoholic is the best way to attract people to AA.



#### Jokes:

**Math Teacher:** "If I have 5 bottles in one hand and 6 in the other hand, what do I have?" **Student:** "A drinking problem."

"Your finest Scotch, please." "Yes, sir," the guy at Staples says as he hands me a 12 year old roll of tape. "

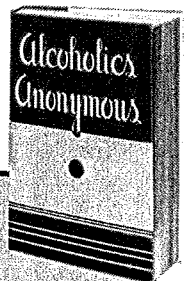
Another Saturday night in the house and I just realized, even the trash goes out more then me.



Many of us don't need to worry about breaking our anonymity at the level of press, radio, and film. But know that if any one of the famous people who are currently members of AA were to break their anonymity at the public level and then at some point get drunk again, that a still suffering alcoholic may think that AA doesn't work and may not get sober because of it. Now we don't want to be so anonymous that people can't find AA but we might want to wait until you have a good footing in AA before we tell people about it.

This tradition reminds us that personal ambition has no place in A.A. and that each member has a responsibility to AA to be attractive to the still suffering alcoholic.

Andi P., Bloomington, MN



### Alcoholics Anonymous "Big Book" Quotes

*Whether the family goes on a spiritual basis or not, the alcoholic member has to if he would recover. The others must be convinced of his new status beyond the shadow of a doubt. Seeing is believing to most families who have lived with a drinker.*

Page 135

*We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us.*

Page 55

*When it will serve any good purpose, we are willing to announce our convictions with tact and common sense.*

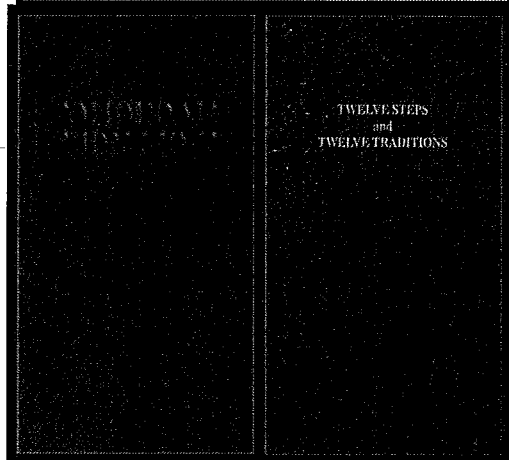
Page 77

*The spiritual life is not a theory. We have to live it.*

Page 83

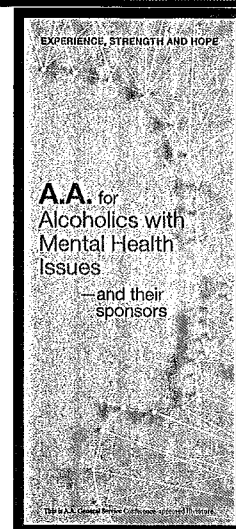
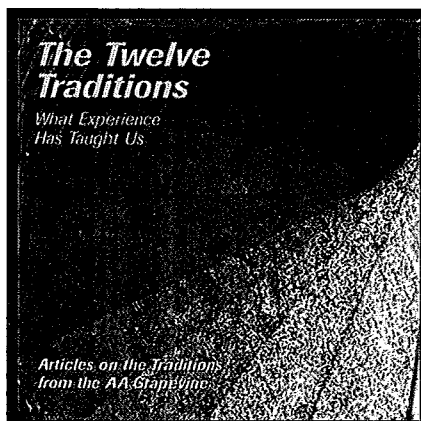


### AA Books of the Month: Big Book & Twelve Steps and Traditions (pocket size)



### Pamphlets:

A.A. for Alcoholics with Mental Health Issues—and their sponsors



### Grapevine CD of the Month:

The Twelve Traditions, What Experience Has Taught Us.

AAcronyms!

**C.R.A.P.**

Carrying Resentments Against People

**F.E.A.R.**

Face Everything and Recover

**P.A.C.E.**

Positive Attitudes Change Everything

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

12 Steppers Audubon Park  
A New Beginning Women's  
A New Freedom - W.S. Alano  
Back To Basics Women's St Luke's  
Basic 12 Group  
Blaine Alano Squad 3  
Bridge to Shore  
Bridges AA Group - Prior Lake  
Cavalier West Thursday Night Mens  
Cliffhangers VI at St. Ed's  
Common Solution Big Book Study  
Delano Saturday Morning  
District 19  
Drastic Revisions  
Edina Thurs Men's Group I  
Elk River Alano Squad 5

First Class  
Foreword XIX Group  
France Ave Group  
Fridley Alano Squad 3  
Golden Valley AA Group II  
Gratitude Group  
Great Blessings  
Groveland Group Squad 49  
Happy Destiny  
Home Boyz Squad  
Hope's on Penn  
Isanti AA Squad 3  
It Might Have Been Worse  
It's Noon Somewhere  
Kozy's Noon Men's AA

Ladies Night Happy Hour-Sahara Club  
Life is Good AA Group  
Mary N's Fri Morning Group  
Minnetonka Big Book Study Group  
Monticello Alano Squad 10  
Nicollet (New) AA Group  
Normandale AA Group  
Oasis Group -- Shakopee  
Rich/Blmngtn Alano 5A  
Rich/Blmngtn Alano Sunday Open Spkr  
Ridge Runners III Group  
Sahara Saturday AM Mens  
Sahara Thurs 730 Men's Closed Group  
St. Louis Park Sunday Night AA Group  
St. Luke's Mon Nite AA Group

The Way Out  
There is a Solution - Mtka  
Third Tradition Group of AA Northfield  
This Simple Program  
Three Legacies  
Thursday Night Womens Group  
Tonka Alano Club Groups  
Tradition Five  
Tues Morning Discussion Group

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\*\* September 2020

**Foxhall Chapter 7 \* Lynnhurst AA Group \* Pax Christi Thursday Night**

**\*\*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 Password: 083951 or dial: +1 (312) 626-6799, 135964753# 083951#

Foxhall Chapter 7 Group, 7:30 PM

Zoom Meeting: Please email foxhallchapter7@gmail.com to request the Meeting ID and Password information.

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 8813833981 Password: 3Legacies or dial: (312)626-6799 8813833981# 3legacies#

A sign language interpreter is provided each week.

#### Saturday:

Saturday Night Open Speaker Meeting, 8:00 PM

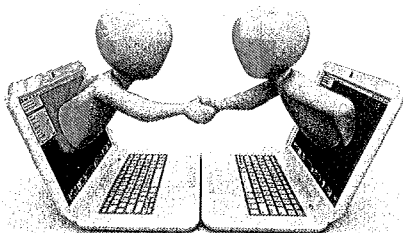
2218 1st Ave. S., Minneapolis

#### 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



#### November 26th

34<sup>th</sup> Annual Thanksgiving Gratitude AA Meeting

Hosted by Twelve West (previously held at Park Tavern)

Zoom meeting starts at 9:00 am

Meeting ID: 607 777 939

Password: 12west

All are welcome!

### General Service Announcements

#### November 14th

Area Inventory

10:00am-1:00pm

(Go to [area36.org](http://area36.org) for zoom meeting info)

#### December 12

Area Committee Meeting

(Rotation Meeting)

Committees 9:30am – 11:30am

Area Committee 1:00pm – 5:00pm

(Go to [area36.org](http://area36.org) for zoom meeting Info)

#### Greater Minneapolis Intergroup

Office Will Be Closed

Wed, November 11th, Veteran's Day

Thur, November 26th, Thanksgiving Holiday

Fri, November 27th, Thanksgiving Holiday

Most Area 36 events have a map on how to find the location @ [www.area36.org](http://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.

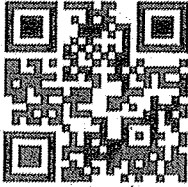
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### Write for the MIRUS!

Do you have a story to share? We are looking for your story when you discovered one of the promises came true in your life.

Submit your article to: [Staff@aaminneapolis.org](mailto:Staff@aaminneapolis.org)

Or by mail to: **7204 West 27th Street— Suite 113 St. Louis Park, MN 55426**

Annual MIRUS subscription: \$10 by mail, or \$5 via email.

Please make checks payable to Intergroup Association and send to:

**7204 West 27th Street-Suite 113 St. Louis Park, MN 55426-3112**

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