

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

December 2020 Step, Tradition, and Concept Twelve

Step Twelve

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

After I have taken the action of the first 11 Steps to the best of my ability, my spirit was awakened and I was given the ability to carry this message to another alcoholic. This was a promise, a guarantee, that Bill gave us, with the caveat that I must take the specific actions of the first 11 Steps. I believe he thinks, that now that we are getting well, we are ready to form healthy relationships. It's no surprise to me that Bill devotes the last 5 chapters of the first 164 pages to forming healthy relationships. Chapter 7 explains how to relate to the new person coming in shaking and freezing and dying; Chapter 8 talks about the marital relationship; Chapter 9 expands our relationship with our families; Chapter 10 goes into the employee/employer relationship and Chapter 11 explains how to relate to the rest of society...to become a useful member of life.

I don't know about you, but I never knew what a healthy relationship was. I knew plenty about selfish, self-seeking, sick and obsessed relationships, but not healthy ones. I didn't know how to be a son, brother, husband employee, employer, lover or friend. I was always being the actor (a bad one at that), trying to impress, manipulate, con or fit in depending on the role. I was trying to play God and not doing a very good job at it.

My experience with taking the actions in these Steps twice a year, has given me many opportunities to grow and develop in this life-saving Program. Uncovering more defects of character, Discovering how they have (and still do) interfere with my relationship with the God of my personal understanding and Discarding all of the unhealthy stuff that blocks me from that relationship as Chuck C. says. This helps me sweep away my prejudices and pre-judging and search diligently within. Reducing my selfishness and self-centeredness is an on-going battle, but necessary for me to obtain healthy relationships.

So when it says "practice these principles in all our affairs" (including relationships), I need to remember what the 12 Principles that apply to the Steps are: Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Brotherly Love, Discipline, Perseverance, Spiritual Awareness and Service. Simply put, I think of it as trying to live the AA way of life in every

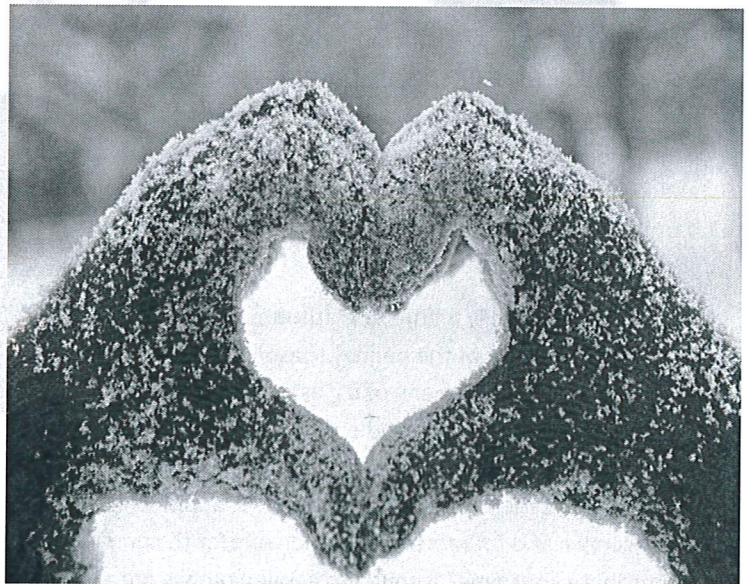
facet of my life and that the AA way of life must become my way of life.

Being still a little selfish and self-centered, I always want to know, how does this apply to me! Let me reflect on what the last 5 chapters mean to me in my daily living. When I'm working with a new guy, I need to pray for guidance and direction for the right words to say. I need to check my motives. Am I trying to impress others with how many sponsees I have? Am I willing to give my most valuable asset, time, to him with no desire for praise or favors? Can I be empathetic and understanding and a good listener? What message am I carrying... mine or The Program?

In my home, do I treat my wife with the dignity, respect and love that she deserves? Do I do the extra things around the house that makes her life easier? Do I try to make her quality of life better? Am I a good listener?

The same applies to my extended family, my AA family and friends. I was privileged to have made amends and cleared the deck with both my mom and sister before they died and proved that I could be the son and brother that they always wanted. Those kinds of rewards bear witness to the power of this Program and God.

Step Twelve continued on page 5



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.”

What will the holidays be like this year for all of us? Our first Christmas on zoom? If it is, hopefully it will be the last. Hang in there.

We are working on details about a zoom Winter Open House on Saturday, December 19th. Save the date in your calendar. It is going to be BIG! At least that's the goal. There has to be a way to incorporate food into this. Immediately following the Saturday AA Orientation meeting we will begin the open house. We will start with a virtual tour of the service center to show you all we have to offer our AA Community. When you enter the open house your name will be included in several drawings for prizes. Watch for details with a zoom link on our Event Calendar on our website, aaminneapolis.org.

We are working on a zoom New Year's Eve Event also on Thursday, December 31st! We want to offer a place to be, even if it can only be virtual. The Pass It On Committee is working out the details as I write. We will have speakers sharing on Step 1, Step 2, Step 3, an interactive game and a raffle. Again watch for the details with a zoom link on our Event Calendar on our website, aaminneapolis.org. See insert for save the date info!

Minneapolis Intergroup is grateful for all of you! So many of you have signed up to answer phones. You have stepped up to make special contribution to show your support for what we do. Let's focus on the “We” part of the program during this holiday season. If every one of us made one phone call to someone we haven't seen since Covid happened, just to say, “Hi, I was thinking of you and wondering how you are doing?”

That would be a lot of phone calls. The small acts of kindness make the biggest impacts sometimes. Maybe even life changing.

Yours in Love and Service

Gail S.,

Your Office Manager

Notes from Your Board Chair:

We are off and running with our new calendar of events. How do we have an Intergroup Open House but not in person? Can we figure out a way to have an IG New Years event under these circumstances? Stay tuned as we forge ahead with some new and creative ideas. The Covid 19 Pandemic has forced us all to think outside the box in areas of service, fellowship and support.

November is typically a time of gratitude, time with your family and the start of the holiday season. This year may look very different for many of us, as we may not be able to see and spend time with loved ones. I am trying to focus on being grateful for what I have and for continued health of my family and friends. There are still many opportunities to be of service and for more information and/or to complete a “Contribute your time” form go to aaminneapolis.org and click on About Intergroup.

Also, with winter weather upon us make sure to refer to Winter/Holiday Closings under our Meeting tab. Please contact Intergroup if your meeting has updates to report.

This next year will be unique as we continue to serve our Alcoholics Anonymous community in the safest way possible. I am humbled to see how Intergroup is evolving, changing but figuring out the challenge to serve our community during this continued pandemic, our new normal.

Grateful for the opportunity!

Deb W.,

Your Board Chair

Intergroup Board

Board Officers

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

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| | |
|------------------------------------|----------|
| 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 | Brian C. |
| District 24 | Cory S. |
| District 25 | Dan S. |

Intergroup Staff

| | |
|-----------|------------------|
| Gail S. | Office Manager |
| Erin D. | Office Assistant |
| Brent R. | Office Assistant |
| Terri N. | Office Assistant |
| Thomas D. | Office Assistant |

Your Intergroup board meets every month at 6:30 pm on the Tuesday before the Rep's meeting in the Intergroup Office.

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

Metro District General Service Meetings

| | |
|-------------|---|
| District 7 | Second Monday, 6:30 pm 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 Goto Meeting ID 528 215 821 Dial in: 872-240-3412 |
| 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, December 17th
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

| | |
|-------|--|
| 12/05 | Staying Away from the First Drink Her Story |
| 12/12 | Step Two / Tradition Two His Story |
| 12/19 | Importance of Having a Sponsor Her Story |
| 12/26 | Step Three/ Tradition Three His Story |

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

Concept XII:

Long Form: General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of A.A. Tradition, taking great care that the conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle: that none of the Conference Members shall ever be placed in a position of unqualified authority over the others; that all important decisions be reached by discussion, vote, and whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that though the Conference may act for the services of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

Short Form: "The Conference shall observe the Spirit of A.A. Tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over the others; that it reach all important decisions by discussion, vote and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never performs acts of government; that, like the society serves it always remain democratic in thought and action.

I decided this year I wanted to touch on Warranty Four which states: "That all important decisions be reached by discussion, vote, and whenever possible, by substantial unanimity." We in Area 36 really follow Warranty Four at our Area level. For a great and full discussion, it is important for the participants to be fully informed. That doesn't always mean that I won't change my mind during the discussion, therefore changing my vote. At the 69th General Service Conference, I do not feel that we had a fully informed group to have the discussion in regards to Google Ad Words. There were voting members who later realized that they hadn't been fully informed. The great thing about the Conference is that it always has the ability to reverse decisions made at previous conferences!! Thank you to Gail and the Minneapolis Intergroup for allowing me to participate for these two years in the Mirus!!

Yours in Service

Missy R.,

Area 36 Delegate Panel 69



The Promises from pages 83-84 of

Alcoholics Anonymous

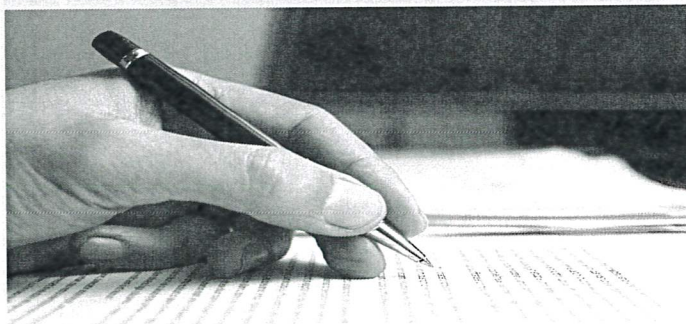
If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how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

Reader Experience

The first meeting of Alcoholics Anonymous I attended they read the promises and I clearly remember rolling my eyes and thinking "That will never happen for me." Now, all these years later, every time I read the promises I just smile and I'm filled with gratitude because every single promise has come true in my life. The most prominent one being a new freedom. I didn't even realize the how much I was in bondage of my own self will and the peace and freedom that I would find on this journey.

Write for the MIRUS!

Do you have a story to share? We are looking for your experience, strength and hope to share on the topic of the 9th Step Promises. Submit your article/experience to the Minneapolis Intergroup Office or email it to us at Staff@aaminneapolis.org



SAVE THE DATES:

VIRTUAL
GREATER MINNEAPOLIS
INTERGROUP
WINTER
OPEN HOUSE
Saturday, December 19, 2020
11:15 AM

**VIRTUAL
NEW YEAR'S EVE 2020
PASS IT ON
THURSDAY, DEC. 31**

In the spirit of fellowship and fun

To begin at 7:00pm

**AA Speakers—Step 1, 2, and 3
Mystery Interactive Game
Drawings For Prizes**

The Twelve Traditions - How They Apply In Our Lives

TRADITION TWELVE

“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.”

When I came into the rooms, I had little understanding of how anonymity applied to AA, much less any reason why the exertion of my personality should not be more important than the few principles that I had left in my life.

Webster offers one definition of anonymous as being “without distinction.” I cannot think of a better way of describing the sacrificial spirit necessitated in the practice of this Tradition. I have the right to privately declare myself a member of AA and that I attended this meeting, but I do not have the right to declare the same for you.

Nor should I bring the name of AA into public forums. One example is that my promoter instinct tells me that I should celebrate my anniversaries by posting a picture of my medallion on Facebook. This tradition teaches me to keep the name of AA out of it, lest I fail and give that person still suffering a reason why AA doesn't work. When I came to AA I was looking for a reason why AA wouldn't work for me, and seeing a failure of that sort would have been reason enough for me to bolt for the door.

I also need to continually do my best to practice the principles found behind the Steps of AA. I have learned that the character defects found within my personality was at the center of my disease. I have also learned that my life is a whole lot better when I practice the principles of Alcoholics Anonymous, rather than the personalities found in Digger's Anonymous.

In service,

Digger A.,

Kimberly, WI

Jokes:

After 30 years of sobriety, I'm often asked by new comers how many people I sponsor. The answer is always the same: “About half of them.”

Q: How do you know when an alcoholic has used a word processor?

A: There's whiteout on the screen.

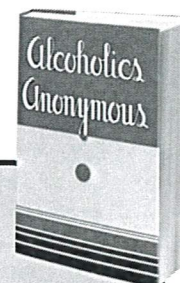
In AA, I have learned to take inventory often. Sometimes I even take my own!

Step Twelve Continued From page 1

When I was an employee, did I always give an honest days work for my paycheck, or just enough to get by? As an employer, do I listen to my employees or just bark orders at them? Do I give a little extra to the clients and not cut corners to make an extra buck?

As I go out into the world around us, am I the best example of the Principles of AA as I can be? I can smile and be friendly with everyone I meet. I can go out of my way to open the door for someone or help in some small way. The Book tells me that my main purpose in life is to “be of maximum service to God and those about me”. That has been my experience in living Step 12.

Dave B.,
Hutchinson



Alcoholics Anonymous “Big Book” Quotes

Anew life has been given us or, if you prefer, “a design for living” that really works.

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There is scarcely any form of trouble and misery which has not been overcome among us.

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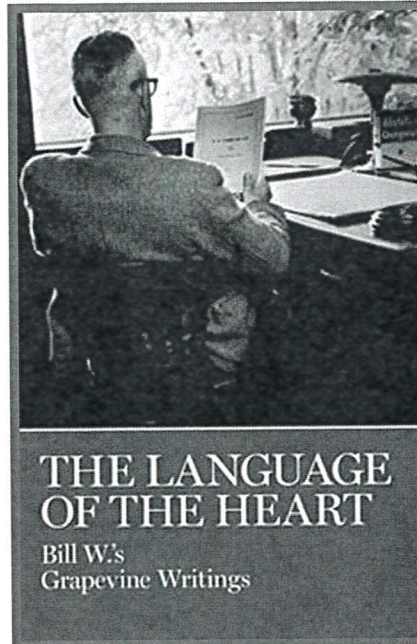
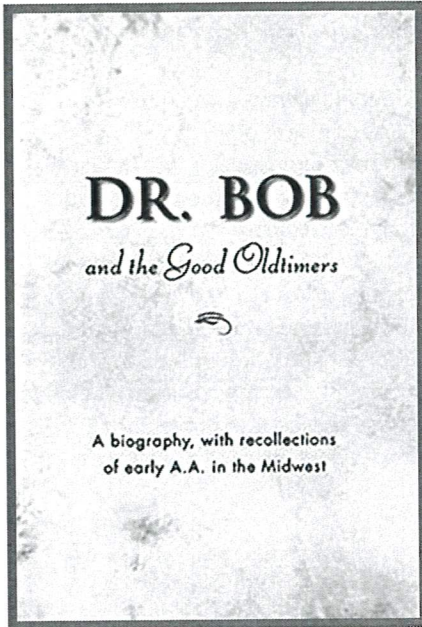
We feel that elimination of our drinking is but a beginning. A much more important demonstration of our principles lies before us in our respective homes, occupations, and affairs.

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Helping others is the foundation stone of your recovery.

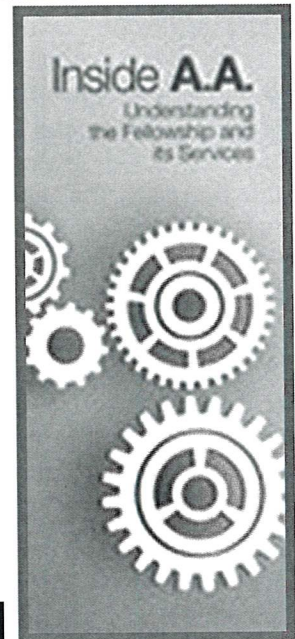
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AA Book of the Month: Dr. Bob and the Good Oldtimers



Grapevine Book of the Month: The Language of the Heart

Pamphlet: Inside A.A. Understanding the Fellowship and its Services



AAcronyms!

T.R.U.S.T.

Try Relying Upon the Steps

K.I.S.S.

Keep It Simple Stupid

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

4111 Group
7-Hi Group
8 to 80 Group
A Hundred Forms of Fear
Alive and Aware Group
Amazing Grace
Anoka AA Group
Artists & Musicians AA
Back To Basics Women's at St Luke's
Basic 12 Group
Basic Principles
Breakfast Club-Saturday A.M.
Cliffhangers VI at St. Ed's
Colfax AA Group Thurs. Night
Colfax Tuesday AA Group
Common Solution Big Book Study
Complete Defeat AA Group
Continuous Action
Crushed Grapes
Dynamic Women's Group

Early Risers Group
East Bloomington AA Group
Elm Creek Group
Extravagant Promises
For Today Group
For Today Group
Foxhall Chapter 7 Group
Fridley Alano Squad 19
Golden Valley Group
Good Samaritan Group
Gratitude Group
Groveland Group
Happy Destiny
Hit Squad - H-2
Isanti Alano Squad 12
It's Noon Somewhere-Blmngtn Groups
Keep It Simple NE Recovery Room
Kozy's Noon Men's AA
Ladies Night Happy Hour-Sahara Club
Medina AA Group

Men at Peace
Men's 12 Step Noon Meeting
Minnetonka Big Book Study Group
New Beginnings Women's
Pocket Our Pride
Polaris Group
Practical Experience
Promises at Knox
Ramsey AA (Now Then AA)
Rich/Blmngtn Alano Squad 6G
Rich/Blmngtn Alano Sunday Spkr
Ringmasters AA Group
Rockford Riverview AA Group
Rojo Group
Rule 62 AA
Sahara Saturday AM Mens
Saturday Sisters - Pax Christi
Silver Lake AA Group
Sober Victory
Southwest Women's Group
St. Louis Park Sunday Night AA Group

St. Lukes Saturday Mens Group
Stepsisters of Northfield
Suburban North Alano Squad 7
TGIF Women's AA Group
The Becker Group
The Hand of AA
The Way Out BB Mon @ Hen. United
Third Tradition Group of AA Northfield
Three Legacies
Thursday Happy Hour 530pm
Thursday Night Womens Group
Tonka Alano Society
Tradition Five
Tradition One
Tradition Three Group Waconia
Turning Point Group Wayzata
Twelve West AA Group
Watertown AA Group- Mon
Wayzata Womens Group- 10 AM Mon
We Are Not Saints-Richfield
We Think Not

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** October 2020

I'll Quit On Monday BB * Bridges AA group— Prior Lake

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

Calendar of Events

Open Speaker Meetings

Thursday:

Central Pacific Group, 7:30 PM

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#

Saturday:

Saturday Night Open Speaker Meeting, 8:00 PM

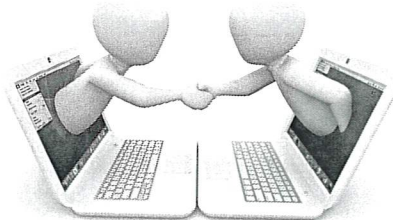
2218 1st Ave. S., Minneapolis

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



December 19th

Minneapolis Intergroup Winter Open House

(See Event Calendar for details)

December 31st

Minneapolis Intergroup presents

Pass It On New Year's Eve

(See Event Calendar for details)

General Service Announcements

December 12th

Area Committee Meeting

(Rotation Meeting)

Committees 9:30am – 11:30am

Area Committee 1:00pm – 5:00pm

(Go to area36.org for zoom info)

December 19th

Western U.S./Canada Forum

Registration Open November 20th

(Go to www.aa.org)

Greater Minneapolis Intergroup

Office Will Be Closed

Fri, December 25th and Sat December 26th,

Christmas Holiday

Fri, January 1st, New Years 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.

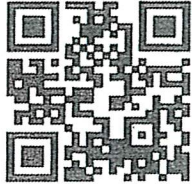
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Write for the MIRUS!

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

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

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