

# MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

January 2021 Step, Tradition, and Concept One

## Step One

*"We admitted we were powerless over alcohol—that our lives had become unmanageable."*

My parents had known I struggled with controlling my use since my first days of drinking. At high school parties, my friends' parents would watch me blackout with astonishing consistency, and gave my folks a heads up. It was years later that my parents addressed it more seriously with me and took me for an evaluation at a treatment center. Nothing would convince me I needed sobriety that bad. The warning signs got bigger and uglier. My grip on reality was slipping away without me noticing. My ego had turned my world into The Noah Show, where everyone existed to acknowledge me. Everyone was lying and everything was fabricated. I had psychosis. I knew I didn't have the power to quit. The semester ended with me in a psych ward, then a couple weeks of sobriety at home. Then spring semester 2019 began.

I promised I would go the whole semester without smoking. I am an alcoholic powerless over alcohol, but my parents were doing their best to choose their battles. They understood my abstinence from weed to be priority #1, since my base level of sanity relied on it. I broke this promise on my first day back on campus. As much as the thought scared me, treatment was starting to sound like a solution.

I walked into the outpatient treatment group without any knowledge of the 12 steps. They explained the 12 steps in treatment, but I was more interested in who had smuggled a vape in on that day. Plus, all I had to know was that when I introduced myself to the group, I could always say I was on step one and no one would question me.

Eventually I got dragged to a real AA meeting. Soon I had a sponsor, and my step work began with him asking me for an admission. When I verbally claimed that I was powerless over alcohol and my life was unmanageable, that was that. I was supposedly on to step two. While I pretended this was true, the acceptance hadn't even begun to occur. I suppose I needed to do more "research". Inevitably my recovery was brief. I quit treatment, called off my sponsor, and vowed to maintain control this time.

Over a year passed, and all aspects of my life decayed, more quickly and severely than ever. I was unable to show up to any of my classes, let alone pass one. I rarely left my room and I was disgusted by my low confidence and self-image. I had to use drugs and alcohol whenever it demanded my attention, 24/7 on call. These feelings had been suffocating and controlling me my whole life, feelings of rampant madness. Everything sucked, except the idea that I could get more wasted.

School wrapped up, but I had dropped all my classes months ago. Since then, I'd spent each day figuring out where I could find or steal my next form of relief. More months passed. One day something changed. I was intensely more inebriated than I'd planned to be that morning, yet somehow the fog of my disease cleared for a moment. I saw the tragic destiny I was fulfilling. A dreadful, pitiful burden, only kept alive by his poor family who couldn't bear to see him die on the streets. I always had heard this disease was fatal, but finally it was sinking deeper. I understood it was fatal TO ME.

I never imagined it would require a spiritual awakening for me to take the first step in this program. Now 4 months later, I can't deny it. Step one is not a step I can take for granted. It is the groundwork that allows me to blindly commit to this program which I couldn't commit to otherwise. It reminds me that my willingness to work these steps is the only defense I will ever have in the eternal battle against my addiction. It showed me and continues to remind me that the stakes couldn't be any higher. Powerlessness means that this period of sobriety might be my last, and so to protect it is to survive. A wise alcoholic once said, I have another drunk in me but I might not have another sober.

Noah C., Edina



**Beginning Jan. 4th  
Temporary Office Hours  
Until Further Notice  
Mon– Fri 9am– 4:30pm  
Saturday 9am –1pm**

**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 through Friday 9 am-4:30 pm • Saturday 9 am-1 pm

## Notes from your Service Office:

### The General Service Theme for 2021 is:

#### “Practicing A.A.’s Spiritual Principles in a Changing World.”

Seriously, I have never been so glad to put a year behind me as 2020. Mainly because of Covid19. We all faced these challenges together. There isn't anyone that has not been affected in some way or another. We learned as we went, adjusting to circumstance we had never experienced before. We still have a way to go, but I know we all have a lot to look forward to in the coming New Year.

Looking at the last four months of phone calls we logged, we averaged over 500 calls a month. This only includes the daytime phones and the early evening group phone shifts. Our phone volunteers were busy giving meeting information or connecting a caller struggling with alcohol to a member that volunteered to be on the 12th Step List. In those four months we totaled 130 12th Step calls. Your willingness to be of service made it happen. We could not do it without all of you.

The Staff was and is still busy nonstop, and I mean non-stop updating the website with meeting closures, adding zoom meetings, reopening, etc. We couldn't have a more dedicated, capable staff. I am so grateful to work with them.

We have approximately 1,024 meetings listed in the meeting directory. In the early months of Covid19 we closed over 540. Currently there are still 372 temporarily closed. And there are now, as of early December, 292 zoom meetings listed for anyone to sign onto an AA meeting.

Likes about zoom: no travel time, I don't have to take a shower, I love everyone saying the Lord's Prayer at the same time, well not exactly at the same time. I cannot help but smile.

Dislikes about zoom: The Chat button. It's like two meetings at once. I can't do it.

Happy New Year everyone! My hope is to be with you in the rooms!

In Love and Service,

Gail S., Your Office Manager

**HAPPY  
joyous  
FREE**

BILL W.

## Notes from Your Board Chair:

Wishing all of you a healthy and happy New Year!

This is more heartfelt now more than ever as we say goodbye to 2020. What a year it has been! This year has reinforced the principle of “Letting Go”. I believe as alcoholics we have a leg up on most people in practicing this in a real way. We have to if we want to stay sober and have any peace and serenity! As I write this we have just celebrated Thanksgiving, a time for food and family and we are looking ahead to more holidays with food, family and festivities. All of this has looked very different for most of us. I have mixed emotions brought on by the thought of opening gifts via zoom and eating our treats while we look at each other on a computer screen. But I also am extremely thankful for the health of my family. I am grateful that I am employed. I have great love and respect for my children as they have navigated many changes in their lives in 2020. I look forward to many hugs in 2021!

Our many volunteers that serve Minneapolis Intergroup and the AA community humble me. They have stepped up to meet the needs of the still suffering alcoholics in our community. The challenges of 2020 have been especially diffi-

cult for those who still suffer; who have not found a new way of living where there is peace, comfort and sobriety. The need is great so I challenge everyone to volunteer in any way that you can. We have phone answering, volunteering to be on the 12-step list, faithful fivers, becoming an Intergroup Rep for your meeting, sponsoring newcomers and more. Call Intergroup or complete a “Contribute your time” form at [aaminneapolis.org](http://aaminneapolis.org) and click on About Intergroup.

A fellow member of AA shared recently her favorite mantra of “Peace Be Still” and I am carrying this with me into 2021. I don't often make resolutions but I am compelled to follow this mantra and look forward to a calm, peaceful, sober New Year.

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.

### Board Members

Mark M.	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, January 28th**

**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

1/02	Importance of Singleness of Purpose Her Story
1/9	Step Four / Tradition Four His Story
1/16	What are A.A.'s Three Legacies? Her Story
1/23	Step Five / Tradition Five His Story
1/30	The History of A.A. & Its Founders Her Story

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

Concept I: The final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

What are A.A.'s world services and what is the collective conscience of our whole Fellowship?

The Service Manual starts by defining our "special services" in Concept I as those services that could not be well performed by individual groups or areas. At the time the Concept was written, our cofounders envisioned those services to include the "writing of a uniform A.A. literature, the development of a sound public relations policy, and a means of handling the large numbers of pleas for help that might follow in the wake of national and international publicity." The founders also thought that helping new groups to form and providing counsel based on the experience of older groups would be beneficial. Today they include many more.

In the years between the formation of the Alcoholic Foundation in 1938 and the transfer of responsibility to the Fellowship in 1955, the decisions surrounding these services were managed by our cofounders and the trustees of the Foundation. But as the Fellowship faced the imminent loss of Dr. Bob, it became clear to Bill W. that a new service structure had to be put in place if A.A. were to survive. The members needed to be connected to the trustees without going through the cofounders as had typically been the case to that point.

From there the notion of the collective conscience was born. Bill W. had the vision to see that the only way we could make the transition from what was essentially a dictatorship to democracy was through the establishment of some kind of representative conference. It is through representation that we attempt to achieve a collective conscience. A "collective" means something involving all members of a group as distinct from its individuals. In the way we use it in A.A., "conscience" is defined as the sense of moral goodness or blameworthiness of one's own conduct, intentions, or character, together with a feeling of obligation to do right or be good. The collective conscience then is the result of A.A. groups coming together and combining their sense of moral goodness and right conduct with their obligation to do right or good by our Fellowship of Alcoholics Anonymous.

Bill W., in writing about the group conscience referred to the good being the enemy of the best. As the guardians of A.A. each of us is charged with using our moral compass to set the course for A.A.'s future. May we accept this responsibility with great respect for those who went before us and those who are yet to come.

Stacy M.  
Panel 71 Delegate

### The Promises from pages 83-84 of

#### Alcoholics Anonymous

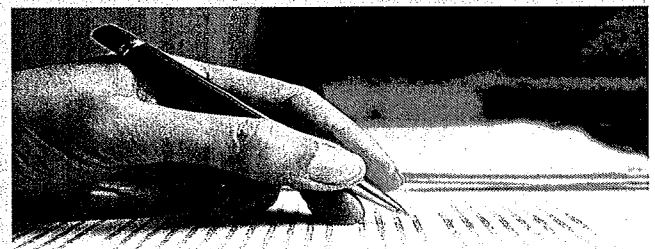
If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how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

For me I realized the promises were coming true for me when I felt my relationships change. I looked around at the people in my life and realized I am blessed with AMAZING people in my life. Before I started working the program I really didn't have relationships I had transactions. If you had something I wanted then I would tolerate being around you until I got whatever that was and I assumed that's how relationships worked on both sides. After doing a little step work and really seeing how I effected those around me I now have relationships that I never knew were possible. I have friends that I love and genuinely care about and vise versa. My life is filled with honest, well meaning, and loving people. This is the world my higher power designed for us to enjoy. That is what the promises look like in my life today. Terri N.

### 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](mailto:Staff@aaminneapolis.org)





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

### **TRADITION ONE**

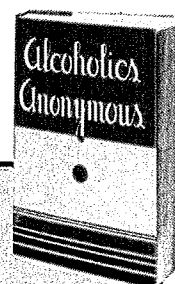
*"Our common welfare should come first; personal recovery depends upon A.A. unity."*

At the heart of this tradition is the fact that we have to stay united. The good of A.A. always has to come first. I so appreciate how in the rooms of A.A., we share our hearts. It is such a relief to check our egos, our views and our masks at the "door" of A.A. and focus on our recovery, strength and hope with one another. My personal views and beliefs are irrelevant at an A.A. meeting; my job is to stay outside myself and help others. For many years, this design for living has brought me peace, joy, freedom, and a new life. How can I go wrong when I am focused on what God would have me do, rather than my selfish motives and ideas?

How do I try to live out unity? I stay in the middle of A.A. I attend three meetings a week, have a home group and have responsibilities at my meetings. I talk to my sponsor on a regular basis. I keep up with my service commitments. I reach out to newcomers. I daily continue my prayer & meditation. And on a personal basis, applying the principle of the common welfare coming first, I seek to embrace, unity, love and understanding with all I come in contact with - as a mother, wife, daughter, friend, sponsor, sponsee and member of Alcoholics Anonymous. The Twelve Steps and Twelve Traditions states, "The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat..." p. 129. Each day God grants me the opportunity to make a choice in how I approach my day. May I focus on unity and the welfare of others. Happy New Year!

Faerol W.

Eden Prairie



### **Alcoholics Anonymous "Big Book" Quotes**

*How dark it is before the dawn! In reality that was the beginning of my last debauch. I was soon to be catapulted into what I like to call the fourth dimension of existence. I was to know happiness, peace, and usefulness, in a way of life that is incredibly more wonderful as time passes.*

Page 8

*An illness of this sort — and we have come to believe it an illness — involves those about us in a way no other human sickness can.*

Page 18

*...for deep down in every man, woman, and child, is the fundamental idea of God. It may be obscured by calamity, by pomp, by worship of other things, but in some form or other it is there.*

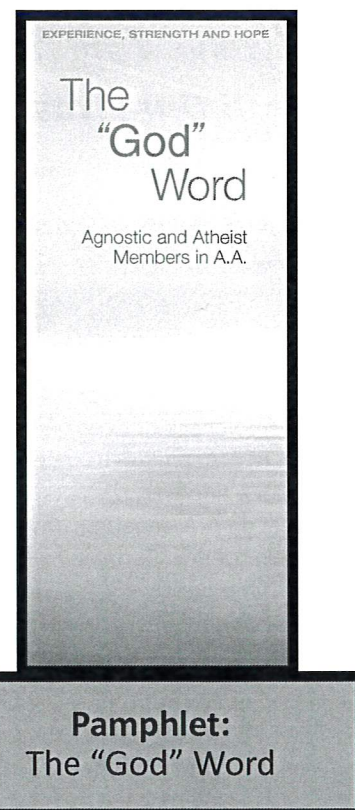
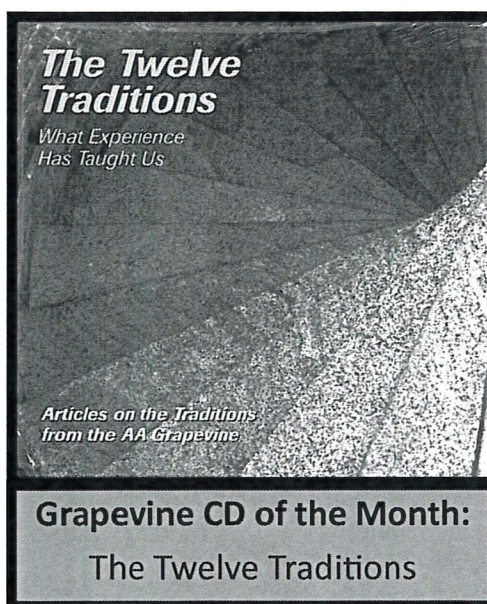
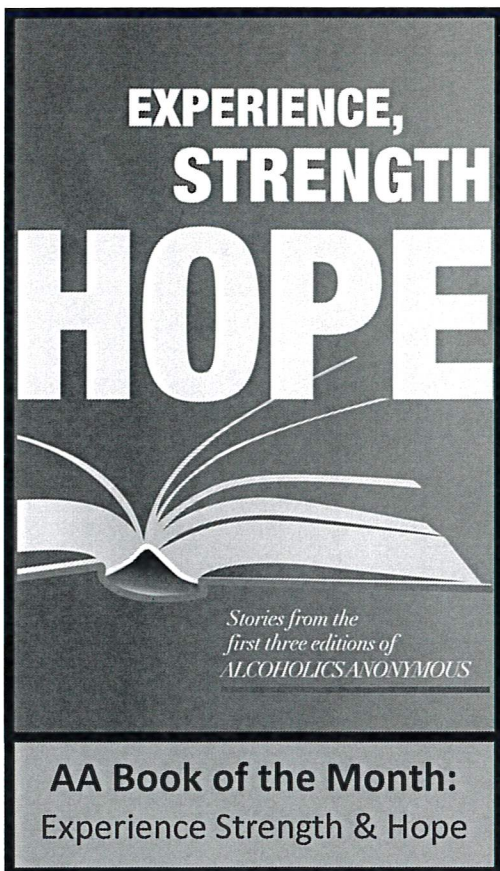
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### **Jokes:**

**It's a five-minute walk from my home to the bar, but it's a 15-minute walk from the bar to my home. The difference is staggering.**

**I like coming to A.A. There's already more A's than I got in high school!**

**If gluttony is a deadly sin, I've been dead since Thanksgiving.**

**D.E.N.I.A.L.**

Don't Even Notice I Am Lying

**AAcronyms!****G.U.T.**

God's Undeniable Truth

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

4100 AA Group  
4th Step Workshop  
A New Day Lakeville  
A New Freedom - W.S. Alano  
Annandale Lakers  
Back to Basics, Friday 7pm Mpls  
Basic 12 Group  
Belle Plaine AA Group  
Better than Gold  
Birds of a Feather  
Bridges AA Group - Prior Lake  
Bryant Lake Group  
By the Book Group  
Cavalier West Thursday Big Book  
Cliffhangers VI at St. Ed's  
Common Solution Big Book Study  
Crushed Grapes

Design for Living BB Study  
Design for Living Group  
Excelsior Wednesday Night Group  
Fairview Riverside AA  
Fourth Dimension AA Group  
Foxhall Chapter 7 Group  
Gloria Dei AA  
Gratitude Group  
Groveland Group Squad 49  
Happy Destiny  
Hit Squad - H-2  
Into Action Mens Squad 55  
Kozy's Noon Men's AA  
Ladies Night Happy Hour-Sahara Club  
Lakers AA Thurs 6 30  
Living Sober AA Group  
Lynnhurst AA Group

Mainstreeters AA (Plymouth II Alano)  
Minnetonka Big Book Study Group  
Mixed Hazelnuts Big Book  
Monday Night Mens  
New Hope Alano Squad 36  
No Decaf  
Rich/Blmngtn Alano Sunday Open Spkr  
Rule 62 Cavalier  
Saturday Morning Fever  
Savage Unity AA Group  
Serenity Seekers at Ridgewood Church  
Serenus AA Group  
Sisters in Step  
St. Louis Park Sunday Night AA Group  
Step Sisters Mon PM  
Suburban North Alano Squad 86  
Sunday Morning Group Prior Lake

Temple Wed. AA Group  
The Way Out BB Mon @ Hen. United  
The Way Out Group  
There Is A Solution-Sahara 430pm  
Third Tradition Group of AA Northfield  
Tonka Alano Society  
Tradition Five  
Up the Creek Big Book Group  
Wed Womens Serenity  
Women's Big Book Study Thurs Buffalo  
You Are Not Alone

Every AA group that sends a contribution is sent a receipt along with a "Thank You" letter from the office. It is the responsibility of the group treasurer or trusted servant to share the receipt and "Thank You" letter with their respective group. Every AA group that sends a contribution will be listed in the MIRUS. Upon inquiry your AA group can request a contribution summary.

**Group Contributions/Birthday Plan\*\* November 2020****No Birthday Group Contributions were made in the month of November.**

**\*\*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.

#### 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



### General Service Announcements

#### January 9th

Trusted Servant Leadership Training

Remote Zoom Meeting

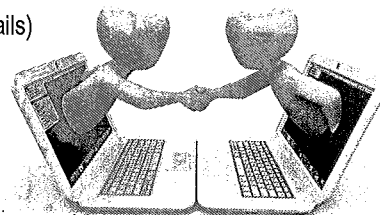
(See area36.org for details)

#### January 23rd

Recovery, Unity & Service Conference

Remote Zoom Meeting

(See area36.org for details)



Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other...

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

### Greater Minneapolis Intergroup

Office Will Be Closed

Fri, January 1st, New Years Day

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.

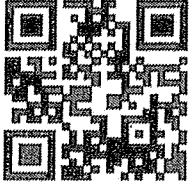
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**Write for the MIRUS!**

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**

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