

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service
February 2021 Step, Tradition, and Concept Two



Step Two

"Came to believe that a Power greater than ourselves could restore us to sanity."

I have always believed in a power greater than myself. I was raised Catholic, so I pray and worship as a Catholic. However, I do not define my Higher Power (God) as Catholic. To me, God is in everyone and everything and is not confined to any one religious belief or spiritual practice. To me, God is a very loving, immensely powerful form of energy, that I cannot define or explain. My belief is that God's will for me is to act according to the Golden Rule, "do unto others as I would have done unto me" and follow that rule as my guiding principle in everything I do.

Alcohol made me feel safe and secure, no one could hurt me because I was numb to all feeling. I was invincible. I smelled like the mop closet in an old dive bar, but I was invincible. I could talk to you, I would be smart, I would know the answer, and the right answer. I was funny. Everyone would be laughing, and I did not even have to try. It all just came to me! Then I would fall asleep, forget all about it and do it all over again. I never abandoned faith in God while I was drinking, I just lived by my own will. In my mind I was completely sane, except for occasionally talking out loud to myself. It did not occur to me that maybe living amid revolving doors of jails, institutions, hospitals, and being useless to my fellows was not a picture of sanity.

Sobriety is scary. I have spent so many years in a state of "pleasant" inebriation that I feel like a blank slate. In sobriety I do not know anything. Everything is a new experience. I had been actively drinking to the point of drunkenness everyday of my life since I was 18 years old. At many points I was very functional, but at most of those points functionality was only what I looked like on paper. Reality was a mess. There have been some periods of sobriety here and there. Today as I write this, I am at my longest honest stretch of sobriety in 20+ years. I have 6 months. With that said, my Higher Power has become such an integral part of my daily practice. In the 12x12 reading on the 11th Step it says that prayer is like sunshine and breathing air, which is so true to me right now. Prayer is one of my greatest lifelines. It rejuvenates me and clears my thoughts in a way that alcohol never could. If I do not get a prayer walk in daily, I am not myself and I do not feel that necessary spiritual connectedness to the loving power of

God. Prayer walks are when I walk and pray. It is meditative for me, because my mind does not sit still when I sit still yet. When my thoughts are spiritually centered, I do not have a desire to drink, and for that I am immeasurably grateful. God and prayer are only one part of my take on, "came to believe in a power greater than ourselves." In the program of AA I am not alone. AA is a "we" program. I have all these people who understand alcoholism around me. I am not the only one who ever carried a fruit juice bottle filled with wine in their purse or feigned major illness and catastrophe to get out of important events due to drinking. There are rooms and rooms filled with similar stories and people who understand me. When I seemingly forget all concept of the English language mid-sentence while sharing in a meeting, no one seems to judge me; only look at me with that been there, done that smile. I am not alone. I feel that safety and security that I got from alcohol in a way that I never thought possible. When I have a bad day, I call one of my AA friends and they listen and understand and make me laugh. I receive calls from my AA friends, and it makes my day to hear from them. I feel that surge of confidence I used to get from alcohol in a way that is not only socially acceptable, but it also adds value to my life and others. I get to talk with my sponsor every day and I get to share my 10th Step inventory and work through the 12 Steps with her. When I am straying towards self-will I am set back on the right path, and it is a blessing. I feel so grateful. I am grateful to be able to think of my Higher Power in two ways; one as God, the intangible feeling of safety and protection, and the other as AA my network of friends and family who understand my insanity and are there for me and I get to be there for them sober.

As for restoring sanity. My thinking has changed. I no longer talk out loud to myself. Kidding, I still do that. Seriously, I am more aware of when I am not acting in accordance with the golden rule, when I am in a state of self will run riot. Prayer, slowing down when I feel irritable, and not immediately reacting are huge assets in my returning to sanity. Using checks and balances, talking to my sponsor or my AA friends before any major actions are huge assets in my returning to sanity. I will never be completely sane. It is said in AA, progress not perfection and one day at a time!

Leslie F., Edina

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 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.”

In December we did our first two virtual events. One was our Winter Open House. Our Board members Mike H. and Betsy G. spearheaded this event. They did a great job. We began with a virtual tour of the office. We couldn't have done it without Erin D.'s creative skills. Tom S. gave a heartfelt talk about answering phones in the Intergroup office and Charmaine S. shared her experience of being on the 12th Step List and what it has meant to her in her sobriety.

Our second event was led by our Board members Tanya L. and Dan S. They put together a great committee to handle all the details for our New Year's Eve Pass It On event. Max I., Terry L., and Kristine M. were our speakers on Step 1, Step 2, and Step 3. They all shared a very special message. We received great feedback on the scavenger hunt and prize drawings. Thank you to everyone who assisted, Diane M., Deb J.S., Matt Y., Sean B., and Eric M.

We sadly report that Brent R. will be leaving as a staff member for personal reasons. The job posting is on the website under “About Intergroup”. Please send your resume to me at manager@aaminneapolis.org. Resumes will be accepted until February 10th.

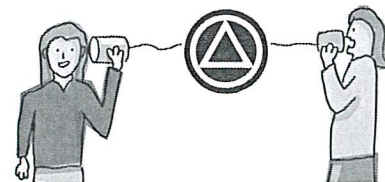
There are currently have 598 meetings temporarily closed and post over 290 zoom/online meetings. Minneapolis and the suburban cities have over 1,025 meetings listed on our website.

We rely on the groups to inform us when they make changes with their meeting. Anything from changing the type of meeting, location, name of the group, closing because of Covid19, etc. We need your help keeping the meeting directory as accurate as possible. Too many times we get a call that someone went to a meeting and no one was there. Too often that someone is a newcomer. Hearing it was the very first meeting they tried to go to is heartbreaking. If you ever go to a meeting and the doors are locked, please contact the staff at the Intergroup office and let us know. We will verify this information so we can temporary close it or delete it if it no longer exist. We all know the courage it takes to walk into our first meeting.

Be well and stay safe.

In Love and Service

Gail S., your Office Manager



Notes from Your Board Chair:

Happy February!

2020 came to a festive close with Intergroup's virtual Pass it On Marathon on New Year's Eve. We had a great turn out for fun and games as well as several people sharing their message of experience, strength and hope. Thank you to all who participated and a special thank you to our volunteers who donated their time and efforts make this event possible. Our AA volunteers continue to think of new and creative ways to carry the message to all of Alcoholics Anonymous.

We are in the dreary part of winter; holidays are over, these are typically our colder months in Minnesota, sunny days are in short supply and we are still in the midst of a pandemic. But there is also hope as we have a vaccine already reaching our population and with that we may eventually return to some sort of normal life. I have greatly missed seeing so many of my fellow AA's in person but I am thankful that there have been alternatives to meeting in person. I attended an online celebration of 40 years of sobriety and although we couldn't be together it was still a lot of fun and we all felt a lot of emotion as people shared

how they have been touched by this person within the AA community! 40 years of service to AA!

We have a lull at this time of year at Minneapolis Intergroup with no events on the calendar. But your service is still needed. There are many ways that each of you can help carry the message of AA. Contact IG for more information or go to aaminneapolis.org and click on “About Intergroup” and complete the “Contribute your time” form. The need is still great for the still suffering alcoholic. Being of service has always helped to lift my spirit and lift me out of my own selfishness.

Remember to update IG with any meeting changes so our website is up to date and accurate.

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	Mark M.
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, February 25th


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

2/06	Step Six / Tradition Six  His Story
2/13	A.A. Literature— The A.A. Grapevine Her Story
2/20	Step Seven / Tradition Seven His Story
2/27	Self Support and A.A.'s Vital Services Her Story

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

Concept II: When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference – excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter – the actual voice and the effective conscience for our whole Society.

Alcoholics Anonymous does not have a hierarchy that enforces rules or metes out judgment on erring members or groups. There are no “bosses” in A.A. in the traditional sense of the word. Instead, there is a structure of partially delegated and partially retained authority that governs the business of our spiritual society. Where does the “authority” lie that is referred to in the Concept and what does it include? What “power” is not included?

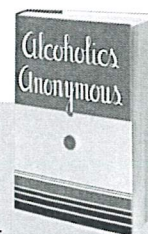
Delegates are the active voice of the conscience of our Fellowship. As a newly elected delegate, I am given the authority to speak and act on behalf of A.A. groups and members in matters coming before the Conference. Each year the Conference discusses ideas and suggestions that are advanced for our consideration. These ideas might come from a member or group or they might be forwarded by the previous year’s Conference. Ideas might include developing a new edition of the Big Book or developing a new pamphlet to try to make A.A. accessible to as many people as possible or suggestions on how to better reach and inform professionals about A.A. In recent years we have talked about whether or not to use current technologies like LinkedIn and we have updated our literature to include information about new practices like using a “virtual basket” for the 7th Tradition. The work is essential to the ongoing functioning and effectiveness of our Fellowship. It would be difficult if not impossible to accomplish without some kind of structure. Thanks to the principle in Concept II, we have a system of delegated authority that has worked for the Fellowship for a long time.

It is important to note that delegates make decisions on behalf of the whole of A.A. They are not representatives of the geographic areas who elect them in the manner you might think. We definitely bring the experience and viewpoints of our local area with us to the conference table, but our charge is to vote in the best interests of A.A. as a whole. Our delegated power is for the benefit of all of Alcoholics Anonymous.

The rest of the power lies with the Fellowship. Members and groups don’t delegate all of their power. They retain a virtually supreme power to alter the world service structure and to criticize its operation. This power flows through the General Service Representative. The G.S.R. provides a vital link to ensuring that your group gets to exercise its power over A.A. affairs or express criticism of how they are being handled. Members who are informed have the power to shape the course of our Fellowship’s future. This type of power is pretty unique and too often goes underutilized by our members. Here is how you can exercise it this year: In mid-February, the agenda items for the 2021 General Service Conference will become available for your review and for discussion by your group. The Conference takes place in mid-April. That gives everyone two months to read, digest, discuss and ask questions. Attend your local district meeting and the Delegate’s Workshop to gain additional perspective and express your views (or at least make sure your group’s G.S.R. does). Area 36 may provide new opportunities in addition to the Delegate’s Workshop for members to become more informed. Keep an eye on the area website Area36.org for announcements of upcoming events. Keep in mind that the more voices a delegate hears the broader our perspective will be and the more spiritual the overall process will be.

Thank you for trusting me to be your voice!

Stacy M.
Area 36 Delegate, Panel 71



Alcoholics Anonymous “Big Book” Quotes

*It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning. I saw that growth could start from that point. Upon a foundation of complete willingness I might build what I saw in my friend. **Page 12***

*The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves. **Page 25***

*We found that as soon as we were able to lay aside prejudice and express even a willingness to believe in a Power greater than ourselves, we commenced to get results, even though it was impossible for any of us to fully define or comprehend that Power, which is God. **Page 46***

*When, therefore, we speak to you of God, we mean your own conception of God. This applies, too, to other spiritual expressions which you find in this book. **Page 47***

The Twelve Traditions - How They Apply In Our Lives

TRADITION TWO

"For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

Tradition Two, Long Form, reads - For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. The Short Form adds, Our leaders are but trusted servants; they do not govern. Huh? Short is long, and long is short? Who's in charge around here anyway, that makes no sense?! Well, as you read, you/we are responsible for the direction of our groups and AA as a whole. Eric, it says God is the Ultimate Authority, not us. He is! But only through All of Us, not one, or even some of us. We all have our own individual experiences in what it was like, what happened and what it's like now. We each bring that experience to the decision making of our groups and fellowship. Yeah, but what if I'm new and not very experienced, or am not invited to the decision making? Yes, I've experienced and echo your concerns. My Homegroup, Basic Twelve, has had a "business meeting", or some say "group conscience meeting" the 1st Tuesday of every month for the past 27 plus years I've been attending. This meeting is open to all who wish to attend immediately following the regular scheduled Step and Tradition meeting. You guys let anyone attend? That's right? Everyone has something to contribute no matter how long they've attended, or even how sober they are. The most important part of our business meeting is attending. You can't be a part of the solutions, if you're not part of the solutions. So, is that where the boss of AA chairing the meeting tonight took charge? You mean Mitch? He's not the boss. There is no boss. That's where we as a group decided he should do that job for the time being. Not forever? No, just as long as we've asked. Usually, just when your getting really good at it, then we let someone else do it. Wow Eric, that business meeting seems like really Good Orderly Direction! You got it, it really is. You think someday I can be the boss? Maybe, but it usually starts with washing coffee pots. Now let me show you how that works.

Eric J. Plymouth

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 feeling of uselessness and self-pity will disappear!

This promise has happened for me by having a relationship with a Higher Power and thru working the steps. I say the seventh step prayer in the morning.

My Creator you can all of me good and bad. Take away my defects that stand in the way of my usefulness to you and my fellow. Grant me peace as I go out from here to do your bidding. God takes all of me and whatever stands in the way of me hearing and seeing how I can be helpful and useful that day. This Friday it was a call to answer phones at Intergroup. Since covid more people are calling into intergroup. I was with past and new friends we got to catch up on our lives. Before I got the call I was on the couch, the day was dull and gray and I was dreading walking the dog. The call got me up and out. Funny how I can be sullen at home but feel better once have dipped myself in the AA atmosphere.

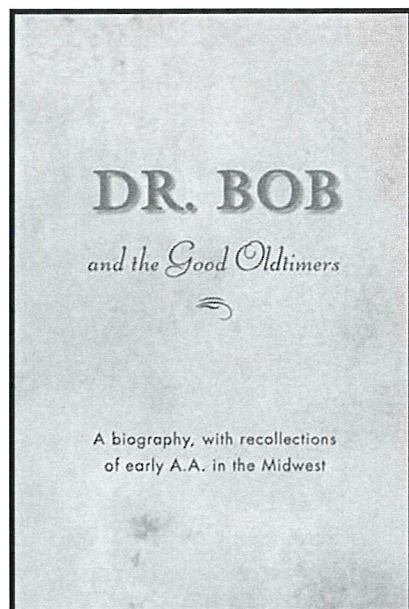
At intergroup a few people are let in at a time with masks and using liquid sanitizer. Social distancing is enforced. Early morning AA meetings are smaller and has lots of new comers it's a good place to be helpful. People say you are dependent on AA. I say yes I am. I find lately with TV, the media, and politics I am surrounded by negativity that weighs me down. I choose to dip my foot in AA and I come away ready to tackle that day participating in a positive way.

On Friday I came home from Intergroup walked the dog and it didn't even feel cold out. It was fun to throw the dog toy and she chased it. Thank you promises. If it can happen for me it can happen for you.

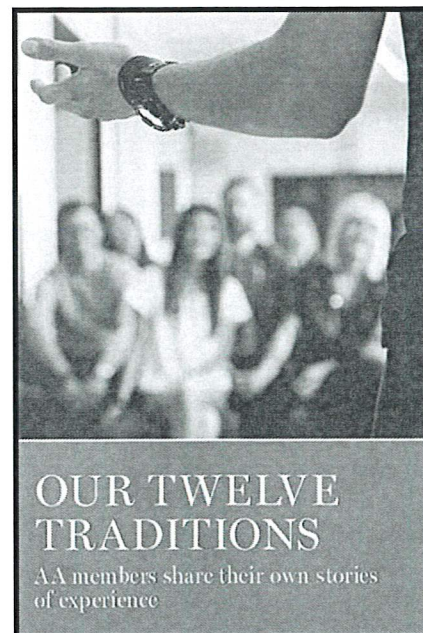
Jan G.C., Minneapolis

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



Pamphlet:
A.A. for Alcoholics with
Mental Health Issues



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

**Grapevine Book of the
Month:**
Our Twelve Traditions

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 we can stay connected and available to all who want them.
Call the office at **952-922-0880**

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

A Way Out Sunday Men's
Amazing Grace
Andover Squad 8
Back To Basics Women's at St Luke's
Basic 12 Group
Basic Principles
Blaine Alano Squad 99
Bridges AA Group - Prior Lake
Bryant Lake Group
Carver Sunday AA Group
Cavalier Mon AM Women's BB
Cavalier West Thurs Night Mens
Cliffhangers VI at St. Ed's
Common Solution Big Book Study
Continuous Action
Crushed Grapes
Dakota Alano Worthwhile Women

District 19
Elk River Alano Squad 2
Eternal Vigilance
First Class
Foundation Stone Group of AA
Gratitude Group
Great Blessings
Groveland Group Squad 49
How It Works MN
I'll Quit Monday BB
Kozy's Noon Men's AA
Ladies Night Happy Hour-Sahara Club
Lakers AA GROW Group
Lakers AA Thurs 6:30
Life is Good AA Group
Men's 12 Step Noon Meeting
Minnetonka Big Book Study Group

Minnetonka Senior AA
New Beginnings Women's
Nicollet AA Group
Normandale AA Group
Oasis Group -- Shakopee
Plymouth II Big Book Sun Morning
Rich/Blmngtn Alano Sun Morn. Spkr
Ridge Runners I Group
Riverlyn AA Group
Rule 62 Cavalier
Sahara Saturday AM Mens
Saturday Morning Buffalo 12 X 12
Savage Unity AA Group
Sisters in Step
Sisters' Shoulder to Shoulder
Solution Seekers
Southwest Women's Group

Squad A - Depth and Weight
St. Louis Park Sun Night AA Grp
Sunday Morning Group Prior Lake
Sunday Serenity Group
Sunlight of the Spirit Group
Temple Wed. AA Group
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 Night Big Book-Northfield
Thursday Night Womens Group
Tonka Alano Society
Wayzata Step Sisters
We Think Not
Westwood AA 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 December 2020**

St. Louis Park Sunday Night AA Group (SLPSNAAG)

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

Calendar of Events

Open Speaker Meetings

Thursday:

Central Pacific Group, 7:30 PM

Zoom Meeting ID: 135 964 753 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 88138339810

Password: 3Legacies or dial: (312)626-6799 88138339810# 3legacies#

Saturday:

A.A. Orientation Meeting 10:00 AM

Zoom Meeting ID: 740 667 236 Password: 506032 or dial: +1 (312) 626-6799, 740667236753# 506032#

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

February 20th

Area Committee Meeting

Committee, 9:30am – 11:30am

Area Committee, 12:30pm – 4:00pm

Go to area36.org for zoom info

March 5th – March 7th

West Central Regional Service Conference

Oacoma, SD

March 27th

Delegate's Workshop/Area Assembly

Best Western Plus, New Ulm, MN

9:00am – 5:00pm

Greater Minneapolis Intergroup

Office Will Be Closed Monday,
February 15th for President's Day

TEMPORARY OFFICE HOURS

Until Further Notice
Mon– Fri 9am– 4:30pm
Saturday 9am –1pm



SAVE THE DATE
*Annual Minnetonka Big
Book Study Group
Serenity Breakfast*



Webinar



Sunday, May 23rd, 2021

10:30 am to 12:00 pm

MORE INFO TO FOLLOW

The Orientation Meeting
has a deaf speaker quarterly,
on February 6th, 2021 Bentley F. from
Austin, TX will be sharing his story.

Please join us at 10 a.m. on Zoom

to learn about his experience,



strength and hope.



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.

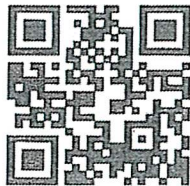
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Write for the MIRUS!

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**

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

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