

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

April 2021 Step, Tradition, and Concept Four

Step Four

"Made a searching and fearless moral inventory of ourselves."

It was July, 1986. I was 4 months sober and running a race to prepare for the Twin Cities Marathon. This would not have occurred to me 6 months earlier, as I was still drinking, isolating, and hitting bottom. At 4 months sober, I was in aftercare, feeling desperate to find ways to turn off that urgent, alcoholic energy without using. For me, that meant AA meetings, fellowship, finishing aftercare and running.

I checked into treatment after a suicide attempt turned to a DWI arrest. The St. Paul Detention Center's overnight stay was courtesy of my first higher power, the highway patrol. Have you ever drunk yourself sober? I could not walk straight or talk without slurring. But that night, I clearly understood the situation as they put me in my cell. I was not scared or embarrassed. I was relieved. Someone or something else was taking over.

I am not sure that I wanted to die. The honest truth is I really wanted to stop the pain. By working the first few steps, I began to believe that I could actively choose to die, not die, or live. And I could live with the God of my understanding, and the help of strangers - fellow AA members.

I was willing to do whatever I could when I arrived in treatment. We were asked to do a fourth step. I began writing from the blueprint document and the Big Book they handed me. I was in early sobriety, but I was as honest as I could be at that time. I sensed that if I was going to survive and thrive, I needed to take the next actions.

Quiet reflection on past thoughts, words and deeds was a challenge. It was so easy to confuse myself, feel ashamed, and blame others. I began to question the wisdom of meeting with the treatment "holy man" so soon. To be honest, my first fourth step was really a very thorough first step. It taught me a lot about myself, my part, and began to prepare me for a sponsor guided fourth step in the future.

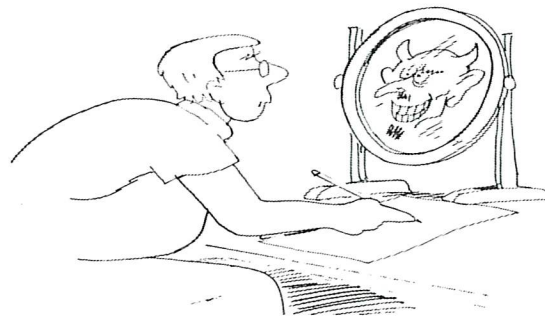
Fortunately for me, the steps are in an order for a reason. I was having trouble trusting God or anyone else to really help me do a fearless and moral inventory. I had taken care of myself for so long, regardless how poorly, and was struggling to turn it over. I knew I did not want to go back to where I had been. And I wanted to stop time so that I didn't have to choose. But neither life nor sobriety work that way. So, my only path could be steps forward – even shaky ones – one day at a time.

Looking back, I realize that learning to run was a similar journey to doing a good fourth step. I worked at learning to slowly jog and eventually run longer distances with ease. This was possible because I asked for advice and support from more experienced runners. They suggested corrections for my running "style" and provided tips on non-running activities to be more fit and capable. They advised me to not compare myself to others. If I had to compete, they suggested I 'compete' with myself, with my higher power's help, to get small and steady improvements.

I watched myself slowly improve those first few years – in running and sobriety. I was learning to trust others, including my higher power. I was fighting others less frequently, and learn-

Step Four continued on page 5

4 Made a searching and fearless moral inventory of ourselves



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.”

We are excited for the first ever virtual 38th Annual Gratitude Night event happening on Saturday, April 10th at 7pm to 9pm. In order to have a drawing for prizes we need everyone to register, so we can have a list of names to draw from. We encourage you to pre-register by going to the aaminneapolis.org website and click on “Events.” Go to the date of April 10th and click on 38th Annual Gratitude Night and you will see the link to register. It is that easy. Deb H. from Akron, Ohio will be our AA speaker and Michelle W. from St. Louis Park will be our Al-Anon speaker. We want to show our gratitude for all of you who support Minneapolis Intergroup!

Every fourth Thursday the Intergroup Representatives Meeting is held at 6:30 p.m. We are currently on zoom. Each group is autonomous and can decide the terms of their Intergroup Rep position, choosing their own guidelines for length of the term to be served, sobriety requirement, etc. It is recommended that an alternate is also available if the Rep cannot attend.

Years ago, I volunteered to be the Intergroup Representative for my home group, without much information as to what I was signing up for. My first Rep meeting was a huge surprise to me, seeing so many people being active outside of their home group. It didn't take long to understand what was going on. I found out that all I had to do was attend the meetings, listen, take some notes and report back to my group what was going on. I could do that!

By having an Intergroup Representative at the meetings, groups can stay connected with what is going on at Minneapolis Intergroup and find out what service opportunities are available to help AA members find meetings, assisting newcomers in the program of Alcoholics Anonymous, keeping the telephone hotline available 24/7, and many other vital services. Reps can also share information about their own group's activities and events.

One important function of the Intergroup Rep is to cast their group's vote at the annual Intergroup Board election, on the 4th Thursday each September, electing four new Board members to serve a three-year term. Intergroup Reps receive resumes from the Board applicants to take back to their groups where a decision can be made as to which candidates they want on the Board.

Currently, 73 groups attended from all over the Greater Minneapolis area. 102 members have registered as a group Rep or Alternate Rep. All groups are welcomed and invited to participate at Intergroup.

Does your group have an Intergroup Rep? If not, we invite you to have this service position at your group and have someone attend our next meeting on April 22nd. Feel free to call Intergroup if you have any questions.

In Love & Service,

Gail S., your office manager

Notes from Your Board Chair:

April brings daylight savings time YAH! With that come longer days, more time outdoors and a more optimistic frame of mind. I am thankful when spring appears as it signals new life and growth after a cold winter. Much like when I first entered recovery. Life before sobriety was like a long winter in Minnesota but now my life feels more like spring with never ending options and possibilities. Spring is the Promises that we get to experience in recovery. Even though we are a year into a global pandemic there is hope of happier, healthier days ahead. I can't wait to spend time with my kids and give them a big hug! Who knew that virtual and socially distanced would be become our most used phrases of 2020-2021? But without those two things we would not be able to continue to carry the message and keep AA alive and well. I for one am extremely grateful for the technology and creativity that has made all of this possible. It gives all of us a way to connect, be of service and reach out to the still suffering alcoholic.

Saturday, April 10th from 7-9pm is our 38th Annual Gratitude Night. It is our 1st virtual Gratitude Night with everything that we love about this event but socially distanced! Well, except the dance but feel free to have your own dance party while you join us! Gratitude Night was my first big AA event and it was very memorable with all the volunteers, the laughter, sobriety countdown and of course the special recognition of the newcomer. It really is a special night to give thanks and be grateful!

Do you or your group need a service commitment? Stop in at Intergroup, call or complete a “Contribute your time” form at aaminneapolis.org and click on About Intergroup. As the weather warms up and covid restrictions loosen please remember to update Intergroup with any meeting changes. We want our website to always be current and accurate for all who need a meeting, especially the newcomer!

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
Terri N.	Office Assistant
Scott F.	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 Zoom ID: 884 4508 2151 Password is D22.
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 2120 W 76th St., Richfield, MN 55423

NOTICE • NOTICE

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

The next meeting is

Thursday, April 29th

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

4/03	Step Ten / Tradition Ten His Story
4/10	A.A. World Services / General Service Office Her Story
4/17	Step Eleven / Tradition Eleven His Story
4/24	Anonymity as a Spiritual Principle Her Story

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

Concept IV: *Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge."*

Participation is a key to our success in Alcoholics Anonymous. The individual A.A. member needs to participate in recovery, the group participates in the unity, and we all participate on some level in service. The principle is so important that it was built in to our Conference structure as well. The "Right of Participation" it might best be explained in the context of who makes up the Conference structure.

The Conference is composed of area delegates, the trustees of the General Service Board, directors of A.A. World Services and A. A. Grapevine, and staff members of the Grapevine and General Service Office. Each identified role brings its unique viewpoint to the Conference and each one has a vote.

Area delegates represent the membership-at-large of Alcoholics Anonymous. They are A.A. members who bring the viewpoints of their geographic area. Some are metropolitan, others are rural, while others are in extremely remote areas such as Northern Canada. They carry with them their own experiences as alcoholics, the experiences of their groups, and the experiences of the groups in their area. Each has one vote on every item that comes before the conference. Since there are ninety-three areas, the membership has ninety-three votes.

The General Service Board is concerned with everything happening inside and outside A.A. that may affect the health and growth of the movement (from the A.A. Service Manual). They provide continuity and leadership in the same way that other boards do. But our board is largely custodial in nature. They oversee the work of our two operating corporations A.A.

World Services, Inc. and A.A. Grapevine Inc. The oversight they provide gives them a perspective that is different from the area delegates. They have more of a "big picture" view. There are fourteen alcoholics (Class B) and seven non-alcoholics (Class A) and they bring varying backgrounds and talents to their service in Alcoholics Anonymous. They have twenty-one votes.

Then there are the General Service Office Staff Members. They help with group problems by sharing G.S.O.'s store of accumulated A.A. experience through extensive correspondence and

telephone calls, and by traveling on request to A.A. events. Each staff member has a subject assignment (such as literature, public information, international, treatment facilities, etc.) which rotate every two years. Most staff members also handle correspondence for a geographic area. You have to be a member of Alcoholics Anonymous to be an A.A. Staff Member. (As a point of local trivia, two previous managers of Minneapolis Intergroup went on to be G.S.O. Staff Members.) Staff Members are literally working on the front lines for A.A. They are intimately involved in the daily operations of our world services so they bring that perspective to the Conference. They have 15 votes.

In forming the service structure for Alcoholics Anonymous, it was decided that these separate and unique perspectives all had a particular value that was important to making decisions for the good of A.A. as a whole. Each has an equal vote. We value each perspective and the experience it brings to bear on the future functioning of Alcoholics Anonymous. It's a radical approach but it works.

As the delegate for Area 36, I represent the membership of Alcoholics Anonymous here in Southern Minnesota and in the world at-large. Not everyone fits clearly into the description of "Right of Participation" described in Concept 4, but everyone is invited to participate in the process. You can participate by submitting an idea to your group, the district, or directly to the General Service Office for consideration at the next Conference. You can attend a Regional Forum to meet General Service Office staff and General Service Board Trustees. There you get the opportunity to learn more about how they are serving us as custodians of our fellowship. You and your group can also participate by sharing your opinions and feedback on agenda items. All of these actions are important in making our structure successful. With this in mind, please plan to attend the (virtual) Delegate's Workshop on March 27th.

Blessings in service!

Stacy M.

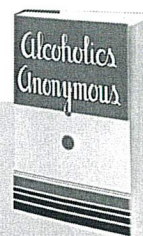
Area 36 Delegate, Panel 71

Alcoholics Anonymous "Big Book" Quotes

In this book you read again and again that faith did for us what we could not do for ourselves. We hope you are convinced now that God can remove whatever self-will has blocked you off from Him. If you have already made a decision, and an inventory of your grosser handicaps, you have made a good beginning. That being so you have swallowed and digested some big chunks of truth about yourself. **Page 70**

To be doomed to an alcoholic death or to live on a spiritual basis are not always easy alternatives to face. **Page 44**

After all, our problems were of our own making. Bottles were only a symbol. Besides, we have stopped fighting anybody or anything. We have to! **Page 103**



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 4th 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 4th 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 1st to September 30th, which is the Fiscal Year of Greater Minneapolis Intergroup.

The Twelve Traditions - How They Apply In Our Lives

TRADITION FOUR

“Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”

Basically, this tradition is telling us that each group can run their meetings however they want. The only exception is that they do nothing that would affect other groups or AA as a whole and not affiliate with an outside group. The nice thing about this tradition is that it gives each group the power to run the group that works for them.

The group can decide the time, duration and location of their meeting, how they open and close and what type of format they have.

They can decide to be a mixed group or men or women’s only meeting. They can decide whether to be a closed (alcoholics only) meeting or open to all. The group can decide to be a step meeting, step and tradition meeting or they may decide to be a topic meeting and discuss a topic from the Big Book or other conference approved literature. They could read the Big Book or the 12X12, and then discuss what was read. The group could decide to be a speaker meeting or a combination speaker and discussion meeting.

The possibilities are endless. The only consideration is that the group have no affect on the welfare of another AA group.

This tradition works out very nicely for the individual member, who can quickly find a meeting that meets their own needs. I have attended many different meetings around town over the years, while working 2nd shift, raising kids and attending school and was always able to find a great meeting.

I have also attending meetings in several different states and have always been welcomed as a visitor but always felt right at home, regardless of the format of that particular group.

Jim C., Minneapolis, MN

**ALCOHOLICS
ANONYMOUS**
IT WORKS IF YOU WORK IT

Step Four continued from page 1

ing to do things for the sheer pleasure of it, rather than winning at all costs. In the past, losing meant I was a failure. I learned failure is simply feedback. It means I have more to do, to reset, and try again.

I lived in the same house in early sobriety. Worked at the same office. Saw many of the same people every day. But I felt lost in a place that was entirely familiar – yet different. Actually, I was different. I was getting to know me.


I remember finishing the race with my running friends. I noticed I finished without huffing and puffing. I had enjoyed the pure pleasure of running. And that day, as with my fourth steps, I experienced a personal best, a spiritual experience on multiple levels. I knew in my heart I had been given grace through the help of many.

Step 4 asks us to take inventory of our strengths and areas to improve. We use the valued experience of those who have come before us. They support and guide us to a better place in life, if we turn our will and our lives, as well as, our resentments, fears, and hurtful behaviors over to a higher power. And the “new normal” starts to become more days of grace and gratitude.

Pat C-M., Bloomington, MN

Minnetonka Big Book Study Group
of
Alcoholics Anonymous
presents its

27th Annual Serenity “Breakfast”
Sunday May 23, 2021
Using a virtual Webinar format



Guest AA Speaker
Butch M. from Barrie, Ontario

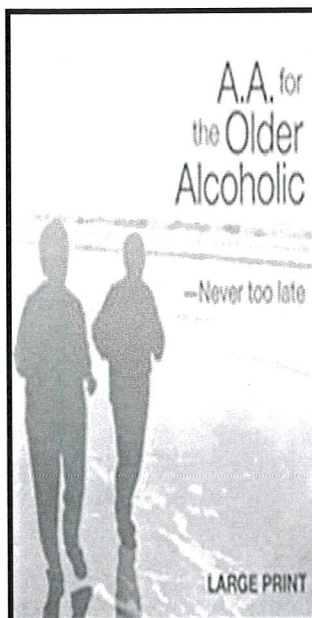
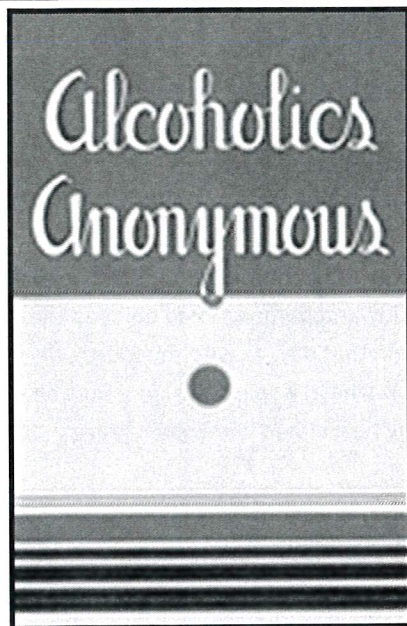
Interpreting Services
Speaker will be ASL interpreted

to register, go to
[SerenityBreakfast EventBrite.com](https://www.EventBrite.com/SerenityBreakfast)

Webinar logon information and passcode will be sent upon registration

Speaker Meeting: 10:30 am to Noon

AA Book of the Month: 75th Anniversary Big Book

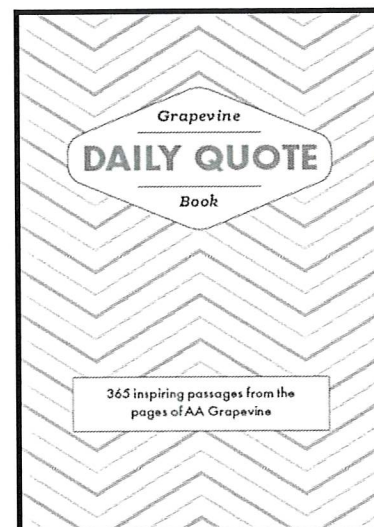


A.A. Pamphlet of the Month:

A.A. for the Older Alcoholic—
Never too late

Grapevine Book of the Month:

Grapevine Daily Quote



Please contact Minneapolis Intergruop 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 - February 2021. Thank you all, in the Spirit of Hope.

12 Steppers Audubon Park
7-Hi Group
A Vision for You
Back To Basics Women's Group
Bar None Tuesday AA Group
Basic 12 Group
Basic Principles
Blaine Alano Squad 10
Bloomington Step Group
But A Symptom - Mon Night 7pm
Clearwater Groups
Cliffhangers VI at St. Ed's
Common Solution Big Book Study
Continuous Action
Crushed Grapes

For Today Group
Foxhall Chapter 7 Group
Fridley Alano "Route 66"
Gloria Dei AA
Golden Valley AA Group II
Gratitude Group
Groveland Group Squad 49
Happy Destiny
Happy, Joyous, Free-Columbia Hts
It Might Have Been Worse
Kozy's Noon Men's AA
Ladies Night Happy Hour-Sahara Club
Living Sober Group(Chanhassen)
Mainstreeters AA (Plymouth II Alano)
Meditation At Peace

Minnetonka Big Book Study Group
Minnetonka Senior AA
NE Recovery Room 12X12
Nicollet (New) AA Group
No Bull Big Book-Squad 164
Nu-Life AA Group
Pocket Our Pride
Promises at Knox
Rich/Blmngtn Alano Sun Morn
Rojo Group
Rule 62 Cavalier
Sahara Saturday AM Mens
St. Louis Park Sunday Night AA Group
Step by Step - Long Lake
The Becker Group

The Hand of AA
The Way Out BB Mon at Hen. United
The Way Out Group
Third Tradition Group of AA Northfield
Three Legacies
Thursday Night Womens Group
Tonka Alano Society
Tradition Five
Tradition Three AA
Tradition Three Group Waconia
Watertown AA Group- Mon
We Are Not Saints-Richfield
Wed Womens Serenity
Wednesday Night Biltmore 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** February 2021

There were no birthday contributions in February

****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 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

April 18th – 24th

71st Annual General Service Conference

Brooklyn, NY

Remote Zoom Meeting

May 8th

Area Committee Meeting

Committees 9:30am – 11:30am

Area Committee 12:30pm – 4:00pm

Remote Zoom Meeting

June 19th

Area Assembly

9:00am – 5:00pm

Remote Zoom Meeting

Sponsored by
Greater Minneapolis Intergroup
of Alcoholics Anonymous
Welcome Al-Anon & Alateen



38th Annual Gratitude Night

Saturday, April 10, 2021

7:00 pm - 9:00 pm CST

Meeting ID: 828 3111 8758 Passcode: 588304

Zoom Registration Required

Opening & Welcome by Deb W., Board Chair

About Intergroup/Volunteer Countdown by Patti P., Past Board Chair

Sobriety Countdown by Rebecca S.

Al-Anon Speaker, Michelle W., from St. Louis Park, MN

AA Speaker - Deb H., from Akron, OH

Speakers ASL Interpreted 

Prize Drawings  Suggested Donation \$10
Contribute online at aaminneapolis.org
Contribute buttry/Select "Gratitude Night donation"
or Venmo by using @minneapolis-intergroup

Must Be Present to win! 

Minneapolis Intergroup - 7204 W 27th Street Suite 113 - St Louis Park MN 55426
952.922.0880 aaminneapolis.org

Registration is required to attend Gratitude Night.

Its simple, at aaminneapolis.org go to April 10th on the event calendar click on the link for Gratitude Night and register. Registration will automatically enter your name in the prize drawings.

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.

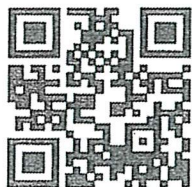
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