

# MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

March 2021 *Step, Tradition, and Concept Three*

## Step Three

***"Made a decision to turn our will and our lives over to the care of God as we understood Him."***

I am fully Deaf since birth. I don't hear nor speak at all. American Sign Language (ASL) is my first language and primary language and written English is my 2nd language. I attended Sunday School at a local Lutheran church during childhood, but unfortunately there was no interpreter other than my sister—and she didn't interpret much or well because she was a kid, too—so I wasn't able to learn anything about God. I loved to read comics books and one time at my grandma's house I noticed *The Picture Bible* on the bookshelf, so I took it down. When I saw the comics, I thought to myself, "WOW! This is amazing!" So I read it and it helped me to start having an understanding about God since I couldn't understand or learn anything during Sunday School classes and out of a "regular" Bible. A few years later, I had a Sunday School teacher who knew ASL, and we had many one-on-one Sunday School sessions over the next few years. I attended confirmation classes, but unfortunately that teacher got married and moved away so I was again left with no interpreter other than my sister and I've already told you how well that worked.

During my teenage years, I started to have issues with my parents, mainly due to my dad's drinking. He drank more and more, and acted in ways that affected the family and lead me to believe that he didn't love me. I started to think badly about myself for being Deaf and also for being gay and in the closet. I had prayed numerous times for Dad to stop drinking as his behaviors hurt us. My prayers were never answered to my expectations, so I started to ignore God and do "bad things" like "having fun with males," even though I had been taught that this was sinful in God's eyes. When I turned 18, I started really drinking alcohol because that was the legal age back then. Before that time, I had always asked my parents before drinking. Alcohol started to take a more important role in my life.

I graduated from high school and moved out of town for a year to escape my Dad, attend technical college, and help myself understand why I had these feelings/connection to males instead of females. I asked a few friends at school if they thought God loved LGBT people and was told, "No, they will rot in hell." That freaked me out but I kept it to myself. I asked myself why that would be true as I thought that God loved everyone no mat-

ter what. It was a very confusing time for me and I ended up drinking more and more as time went on, mainly to cover up/block my negative feelings and shame due to being gay. I started to think that God didn't love me anymore so I chose alcohol as my new Higher Power and best friend. Maybe that seems silly to you, but it's how I felt at that time.

My life got more and more screwed up, and I ended up hurting someone while in a blackout. I was so drunk that to this day I don't remember what I did. I woke up in detox and noticed that my arms and legs were chained to the bed. This was a puzzling way to wake up, and I wondered what was going on. The next day, a therapist met with me. Through the interpreter, the therapist told me what I had done and what had happened. At first, I thought that they were joking, right up till he gave me the court order and asked if I would voluntarily go to an out-of-town treatment center that provided services for Deaf people. I was told it was either that or go to court and take the chance that I might end up in jail. I chose treatment.

On my Step three assignment in treatment, I struggled to turn my life and my will over to God, knowing that God didn't love LGBT people. I had seen this message over and over by many people, the news, and on TV (though without Closed Captioned at that time), along with all the prayers I had prayed that God never got around to answering. My counselor suggested that I call my mom and come out to her. (This was back in the days when Deaf people still had to use small teletypewriters to have phone conversations, so I contacted my mom and typed out to her that I was gay.) She told me that she knew I was gay but had never said anything. She told me that she had other lesbian, gay, bi, or trans family members and that she had always loved me unconditionally. She asked me to come out and be myself, and said that she would always love and support me no matter what

***Step Three continued on page 5***



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**Greater Minneapolis Intergroup • Alcoholics Anonymous®**

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

OFFICE HOURS: Monday 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.”**

Gratitude Night was scheduled for March 28, 2020 and Covid hit and we had no choice but to cancel. We decided to move it to September 12<sup>th</sup>. Surely Covid will be under control by then. That tells you what we knew about a pandemic. By the middle of the summer with still so much uncertainty, we had to cancel Gratitude Night for September 2020. Even before March 28, 2020 we had already confirmed the date for 2021 to be April 10<sup>th</sup>. We had guaranteed the MCC Ballroom and speaker. Covid has to be over, doesn't it? It will have been a YEAR! Reality check: It is not going to happen in person. It was looking like we will be cancelling Gratitude Night for 2021 also. The Board decided we are not going to let that happen! Mark your calendar for our **38<sup>th</sup> Annual Gratitude Night** to be on zoom on **Saturday, April 10<sup>th</sup> at 7:00pm**,

Join us as we show our appreciation for all the volunteers who make Minneapolis Intergroup the great service center that it is. We will do a volunteer count up! It has been estimated that it takes around 500 volunteers a month to keep the vital services functioning and to be there for anyone who believes they have a problem with alcohol and reaches out for help. There are about 200 members alone who answer the hotline we have 24 hours a day, 365 days a year. This is between the Daytime Phone shifts, evening Group Phone shifts, overnight Night Owls and early morning Early Birds. See the insert of the brochure, “What is Intergroup?” to learn how you can

participate.

We have some great ideas to make Gratitude Night a fun and meaningful event you won't want to miss! We will recognize your sobriety in the Sobriety Countdown. Join in to have the chance to win several door prizes. Or is that now zoom prizes!

You all make it possible, by your willingness to be of service, to reach the still suffering alcoholic. If it is one day each week or one time a month or a couple of hours a month. We cannot do it without you. Look for the flyer insert in this MIRUS.

In Love and Service,

Gail S., Your office manager

God, I offer myself to thee,  
to build with me and to do with  
me as Thou wilt.  
Relieve me from the bondage  
of self, that I may better do Thy will.  
Take away my difficulties, that  
victory over them may bear witness  
to those I would help of Thy power,  
Thy love and Thy way of life.  
May I do Thy will always.

Amen

## Notes from Your Board Chair:

March is our third month of the year the month spring begins! As I write this we are in a deep freeze but it is Minnesota and as we all know the weather is nothing if not unpredictable! I am filled with hope: hope that spring will eventually be here, hope that positive changes are on the horizon as we enter the second year of a pandemic, hope that anyone who has a desire to stop drinking will find us here in AA. Hope that they will see the laughter, the opportunity for a new life and they will join us! It happened for me, as I was so attracted to what I saw and heard in the rooms of AA. That attraction kept me coming back long enough so I could hear the message of hope and change! I am so grateful you were all here when I was ready for a new life.

Plans are already underway for our Virtual Gratitude Night to be held on Saturday, April 10! I am excited to see the creativity that our board members and volunteers will bring to this special event. Gratitude Night was my first big AA event and it was very special. A woman from my home group was there with just days of sobriety (she is an active member of AA today), all the volunteers, the buzz, the laughter, the

countdown of sobriety with special recognition of the newcomer. I always seem to run into someone that I did not know had arrived to our rooms! Arrived to find a new way of life that the working of the 12 steps so clearly lays out for us. A life I never imagined when all I wanted to do was stop drinking and stop the chaos. It really is a special night to give thanks and be grateful!

As always if you would like to be of service there are many opportunities at Minneapolis Intergroup. Stop in or call! Please remember to update Intergroup with any meeting changes so that our website is 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
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.

## NOTICE • NOTICE

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

**The next meeting is**

**Thursday, March 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.**

## 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

## 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

3/06	Step Eight / Tradition Eight His Story
3/13	Local Service Office— Minneapolis Intergroup Her Story
3/20	Step Nine / Tradition Nine His Story
3/27	A.A. Service Entities: District & Area Her Story



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

### Concept III: Concept III

As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional “Right of Decision.”

Concept III establishes what entities make up our world services and it grants each of them each a “Right of Decision.” Why are either of these things important? The four entities referenced here matter because they are the elements through which our world services function. Groups participate by electing a General Service Representative (GSR) who communicates to the Delegate on items that are being considered at the Conference. The Delegates represent not just the geographic area from which they hail, but all of AA at the annual Conference and throughout the year. They serve on committees and make decisions about what is important and what isn’t important for the good of A.A. Delegates communicate to the General Service Board, service corporations, staffs, committees, and executives what they think is important to act on to carry the A.A. message to the still suffering alcoholic. Delegates inspect the books so to speak and hold these elements accountable for their actions. The A.A. General Service Board operates within the guidelines of the Charter and Bylaws in taking actions on behalf of A.A. They sometimes act based on their own responsibility but often turn to the Conference for guidance. They are responsible to follow up on the decisions made at the annual conference. The service corporations, staffs, committees, and executives work within the scope of their defined responsibilities and some implied responsibilities too. All four of these play an important role in the ongoing functioning of our fellowship.

The “Right of Decision” is one of the powers (for lack of a better word) that allows each entity to do their jobs well. It allows for truly effective leadership. Concept III is about trusting our trusted servants. The groups trust their General Service Reps (GSRs) to elect good delegates to participate at the Conference. The Conference votes on slates of trustees who will serve on the A.A. General Service Board and trust that those trustees will serve the Fellowship to the best of their abilities. The General Service Board trusts the service corporations, staffs, committees, and executives to manage the day-to-day functioning of our world service offices. Each entity is allowed to function on our behalf and we trust them to do so to the best of their ability. This attitude stems from Tradition Two. The Concept says that we “*ought to trust our responsible leaders to decide, within the understood framework of their duties, how they will interpret and apply their own authority and responsibility to each particular problem or situation as it arises.*”

All of this functions well as long as the communication is good at all levels. Each member and group is invited to participate in the process. We are all responsible to get informed on the agenda items the Conference will be considering on our behalf. In Area 36 you can do this by attending your group’s business meeting or local district to learn about the agenda items. You can also find information on the Area 36 website [area36.org](http://area36.org). Read the agenda items, read the background information, talk to your GSR and Delegate. Then attend the Delegate’s Workshop on March 27 on Zoom. There you will have the opportunity to ask questions, learn more about items of interest, and express yourself as an individual A.A. member. Being able to do so is a gift of our membership. I hope to see you there!

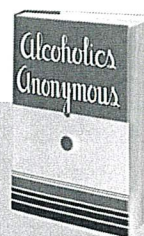
Stacy M.

Panel 71 Delegate

## Alcoholics Anonymous “Big Book” Quotes

*There I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under his care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch. I have not had a drink since. **Page 13***

For those who are unable to drink moderately the question is how to stop altogether. We are assuming, of course, that the reader desires to stop. Whether such a person can quit upon a nonspiritual basis depends upon the extent to which he has already lost the power to choose whether he will drink or not. **Page 34**







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**

**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 Memphis, TN**

**Speakers ASL Interpreted** 

**Suggested Donation \$10**

**Contribute online at [aaminneapolis.org](https://aaminneapolis.org)**

**Contribute button/Select "Gratitude Night donation"  
or Venmo by using @minneapolis-intergroup**







## General Service and Intergroup Working Together

### How your Intergroup cooperates...

**Area 36 Treatment Facilities Temporary Contact Program** - Help newcomers "bridge the gap" from treatment to AA, help them get to AA meetings and meet other AA members. All requests for this service are received at the Intergroup Service Office.

**Area 36 Temporary Contact Desk** - AA members contact members who are willing to make a contact with the newcomer who has requested a contact. These calls are made from the Intergroup Office on Tuesdays and Thursdays from 5:30pm to 7:00pm and Saturdays 9:30am to 12:30pm.

**Area 36 Correctional Facilities Contact Program** - The Intergroup Service Office serves as a communications center for the Area 36 Correctional Facilities Contact Program. In cooperation with Greater Minneapolis Intergroup and Northern Area 35, CFCP provides contacts for incarcerated inmates to help "bridge the gap" between correctional facilities and the doors of Alcoholics Anonymous.

**Area 36 Pink Can Plan for Corrections** - Correction Facilities AA literature requests are ordered from Greater Minneapolis Intergroup and shipped to the facilities making the request. Funds are collected by the Area Pink Can Coordinator from AA groups who have a "Pink Can". If your AA group wants to participate in the "Pink Can Plan" call Intergroup for information, or stop by for a Pink Can wrapper.

**General Service Communication** - The Intergroup Service Office has a board member and/or appointed liaisons who attend district meetings at each of the 11 metro General Service Districts. The purpose for the liaisons will enable Intergroup to maintain a communication link between these two important but separate service entities. The Intergroup office manager is the board liaison to Southern Minnesota Area 36 and maintains a communication link between their Area Officers, Area Committee Chairs and the General Service Office.

*Greater Minneapolis Intergroup cooperates with the General Service Office, Southern Minnesota Area 36 and all General Service Districts.*

## AA Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experience strength and hope with each other that they may solve their common problems and help others to recover from alcoholism.

The only requirement for membership is the desire to stop drinking.

There are no dues or fees for AA membership; we are self-supporting through our own contributions.

AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

*(Reprinted with permission - AA Grapevine)*

**Information and Services:**  
***What is Intergroup?***  
***How does it operate?***  
***Who pays for it?***

**HOTLINE NUMBER:**  
**952-922-0880**  
**ANSWERED 24 HRS A DAY**

### Office Hours

M-W-F: 9:00 am - 4:30 pm  
T & Th: 9:00 am - 7:00 pm  
Sat: 9:00 am - 1:00 pm

**Intergroup Association**  
of Minneapolis and Suburban Area, Inc.  
7204 W. 27th Street, Suite 113  
St. Louis Park, Minnesota 55426-3112  
phone 952-922-0880 fax 952 922-1061

**www.aaminneapolis.org**  
**info@aaminneapolis.org**

## Contact Us

**info@aaminneapolis.org**  
**www.aaminneapolis.org**  
**952.922.0880**



## Frequently Asked Questions About Greater Minneapolis Intergroup

**Q: What is Intergroup?**

**A:** Intergroup is a service office dedicated to helping newcomers who are seeking Alcoholics Anonymous.

**Q: How is it operated?**

**A:** A small staff of "special workers"\* including an Office Manager and Staff Assistants carry out daily office activities & facilitate 12 Step work. There are 12 elected board members.

**Q: Who pays for it?**

**A:** AA Group contributions, AA members' personal contributions, the sale of publications from AA World Services, Inc. and publications from the AA Grapevine.

**Q: Does my group have a voice in its affairs?**

**A:** Yes, each AA Group should have an Intergroup Representative. They inform their home group about your Intergroup Service Office and the local service opportunities available.

**Q: My Home Group already has a GSR. Do we still need an Intergroup representative?**

**A:** Yes, the GSR serves their General Service District and General Service Area Assembly carrying their group's voice to the annual General Service Conference.

**Q: We have our own meeting place. Why do we need Intergroup's help?**

**A:** Intergroup phone volunteers help newcomers find your meeting location. Your Intergroup Service Office phone lines are the permanent connection to all AA Groups in the Greater Minneapolis area.

**Q: How can my A.A. Group be of Service?**

**A:** You can start by seeing that your group has a voice at the monthly IG Reps meeting, helping your fellow members know about the many service opportunities that exist to "carry the message." Ensure that your group treasurer fulfills the groups primary purpose, by contributing to Minneapolis IG on a regular basis. No matter how small, every contribution helps.

**Q: What "Vital Services" are provided by the Intergroup Service Office?**

**A:** Intergroup provides the following "Vital Services" to all AA Groups and their members:

- Answer Phones 24 Hours a Day
- Information & AA Meeting Location Calls
- AA 12-Step Calls
- AA Literature –English & Spanish
- AA Grapevine Publications
- AA Orientation Meeting
- AA Group Evening Phone Answering
- MIRUS Newsletter...the Shared Voice of IG
- Public Information/CPC Resource
- Intergroup Information Committee
- Intergroup Sponsored Events
- Meeting Directories
- Daytime Office Volunteers
- Night Owl/Early Bird Phone Committee
- Cooperation with Outside Agencies
- Web Site — Meetings updated weekly
- Special Event Information

**Self-Support: Group & individual contributions help "carry the message."**

### AA Group Participation

In addition to group expenses all levels of service require money to carry the message to the still-suffering alcoholic.

*"Every AA wants to make sure of his survival from alcoholism, and their spiritual well-being afterward. This is just as it should be. He also wants to do what he can for the survival and well-being of his fellow alcoholics. Therefore he is bound to have a vital interest in the permanence and well-being of AA itself."*

*In his AA group, every good member feels deeply about this. He or she knows, once the miracle of sobriety has been received, that Providence expects all of us to work and to grow - to do our part in maintaining our blessings in full force. A perpetual miracle - with no effort or responsibility on our part - simply isn't in the cards. We all understand that the price of both personal and group survival is willingness and sacrifice, vigilance and work."*

-Bill W., *Language of the Heart* p. 166

### Individual Participation

Contributions from individual AA members are an essential part of carrying the AA message. Faithful Fiver contributions, AA Birthday contributions, or memorials for deceased members make up the shortfall in your Intergroup monthly expense.

*"When we meet and defeat the temptation to take large gifts, we are only being prudent. But when we are generous with the hat, we give a token that we are grateful for our blessing and evidence that we are eager to share what we have found with all those who still suffer." -Bill W., Language of the Heart p.221*

Every single Intergroup service is designed to make 12th-Step work possible. Your "Faithful Fiver" personal contribution supports our vital services. You can start with a monthly contribution of \$5.00 or more.

Individual AA member contributions are limited to \$5,000 per member per year.

Contributions are tax deductible under:  
IRS Code 501(3)(C), 509(a)(1) and 170(b)(1)(A)(vi)

Contributions from outside sources will not be accepted.

\*Tradition Eight — Twelve Steps and Twelve Traditions.



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

### **TRADITION THREE**

***“The only requirement for A.A. membership is the desire to stop drinking.”***

When I walked into my first Meeting of Alcoholics Anonymous more than 30 years ago, I had an attitude. I was waiting to be told what I had to do to tow the A.A. line. I suspected A.A. would try to force some kind of religious dogma down my unwilling throat. Or worse, I'd be brainwashed into this cult called A.A. Skeptical and scared, I was on high alert for anything I could interpret as coercion.

Fortunately, I'd wandered into a Step and Tradition group that took Tradition Three to heart: They said the only requirement for A.A. membership was a desire to stop drinking. Did I have that? If not, I could go back out and try some controlled drinking. Having already tried to control my drinking—try living with someone in A.A. while you're pretending to be a social drinker—I didn't need more “experimenting.” I needed help. And even in my confused state, I realized this was the place I could get it.

Today, I thank God for the Tradition that says I'm a member if I say I am. That makes it possible for me to listen to every member of Alcoholics Anonymous, newcomer or old-timer. We might not have anything else in common—many of us never would have been drinking buddies—but we're the same: We're alcoholics.

Chris F., Wayzata, MN.

### ***Step Three continued from page 1***

I am. She reminded me of the lesson I had learned from Sunday School with teacher who could sign: God loves everyone.

Because of that healing conversation, I was able to choose a God of my understanding, not the God of the churches nor anybody with a closed mind. I started to give of myself, my life, my things, etc. over to God. I work on cutting down on my high expectations and practicing more acceptance. I have to remind myself that I am not “King Troy” nor “the God named Troy,” and remind myself to also cut down on being too proud to ask/seek for help and support. I am aware that sometimes it's not easy with a recent example being what happened on January 6th, at the US Capitol riots and COVID-19. Regardless of circumstances, I must have faith and trust in the God of my understanding and remind myself that it's out of my hands, not in my control. I also know that I am not perfect nor saint. Today I am a DeafBlind, gay male. (I lost my sight as I got older, but that's a story for another time.) I love myself and I know that the God of my understanding loves me no matter what.

Troy M., Minneapolis, MN

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

### **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.

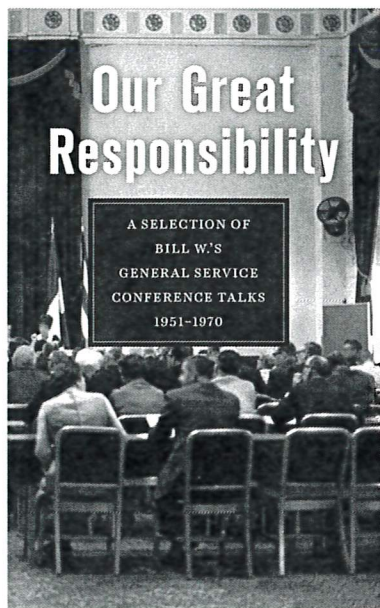
### **Reader Experience**

“We will not regret the past nor wish to shut the door on it” In the beginning of my journey in the rooms of Alcoholics Anonymous these words were like nails on a chalk board. I just couldn't comprehend the freedom and hope that would come from working the steps. There was no way I could live a life without regretting what I saw as my biggest failures and mistakes up to and including becoming an alcoholic. Today after working the steps to the best of my ability time and again as well as practicing these principles in all my affairs I can honestly say those same words have a whole new meaning. Today I am grateful to be an alcoholic, grateful to have made the mistakes I did and grateful to have found this new way of living so that it is possible to take my darkest moments and turn them into hope and light for not only my own growth but for the next suffering alcoholic. My once fear driven life is now filled with the joy of sharing the gifts so freely given to me in this program. Love and tolerance is our code and that includes loving ourselves and tolerating our own imperfect human traits.

Anonymous. Hopkins, MN



## AA Book of the Month: Our Great Responsibility



It Sure Beats  
Sitting in A Cell



## Grapevine Book of the Month:

The Co-Founders of AA Dr. Bob & Bill W.  
Facsimiles of Special Grapevine Editions:  
Dr. Bob, January 1951 & Bill W., March 1971

## A.A. Pamphlets of the Month:

It Sure Beats Sitting In A Cell,  
Memo to an Inmate, A.A. in  
Correctional Facilities, A  
Message to Corrections  
Professionals, Carrying The  
Message Into Correctional  
Facilities, Corrections  
Correspondence, Corrections  
Temporary Contact Program,  
Carrying the Message Behind  
These Walls

The Co-Founders of AA

DR. BOB  
&  
BILL W.

Facsimiles of Special Grapevine Editions:  
Dr. Bob, January 1951 and Bill W., March 1971

AA GRAPEVINE  
www.aagrapevine.org

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 - January 2021. Thank you all, in the Spirit of Hope.

8 to 80 Group  
Amigo's II Group  
As Bill Sees It Medina  
Back To Basics Women's Grp at St Luke's  
Basic Principles  
Better than Gold  
Beyond Jitters  
Bryant Lake Group  
By The Book AA  
By the Book Group  
Cavalier West Thursday Big Book  
Central Pacific Group  
Crushed Grapes  
Delano Saturday Morning  
Design for Living @ HAUMC  
Desire Meeting  
Dry Dock

Excelsior Wednesday Night Group  
Foreword XIX Group  
Foxhall Chapter 7 Group  
Gloria Dei AA  
Gratitude Group  
Groveland Group Squad 49  
Happy Destiny  
Hope's on Penn  
HOW II Group  
Isanti AA Squad 3  
Isanti Alano Squad 12  
It's Noon Somewhere-Blmgtn Groups  
Joe & Charlie Big Book  
Keep It Simple NERR  
Kozy's Noon Men's AA  
Ladies Night Happy Hour-Sahara Club  
Lakers AA GROW Group  
Lakers AA Thurs 6:30  
Lakers Saturday Morning AA

Lakeville Sat. Big Book Meeting  
Live and Let Live AA  
Lynnhurst AA Group  
Minnetonka Big Book Study Group  
Monday Night Group Hanover  
New Hope Alano Squad 40  
Nicollet (New) AA Group  
Norwood Young America AA  
Open Door Thurs Group  
Polaris Group  
Rich/Blmgtn Alano Sq 6C  
Rich/Blmgtn Alano Sun Morn. Spkr  
Ridge Runners II Group  
Rojo Group  
Rule 62 Cavalier  
Sahara Thurs 5:30 Rush hour  
Saturday Sisters - Pax Christi  
Sober on Saturdays Group

St. Louis Park Sunday Night AA Group  
St. Lukes Saturday Mens Group  
Steps to Serenity @ Westwood  
Suburban North Alano Squad 7  
The Friday Night Shift Group  
The Way Out BB Mon @ Hen. United  
There is a Solution - Mtka  
Third Tradition Group of AA Northfield  
This Simple Program  
Three Legacies  
Thursday Night Womens Group  
Tradition Five  
Tradition Three Group Waconia  
Turning Point Group  
Turning Point Group Wayzata  
Victory AA  
Watertown AA - Wednesday  
Wed Knight Avenue 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\*\* January 2021

Amigo's II AA Group \* Basic 12 \* Central Pacific

\*\*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

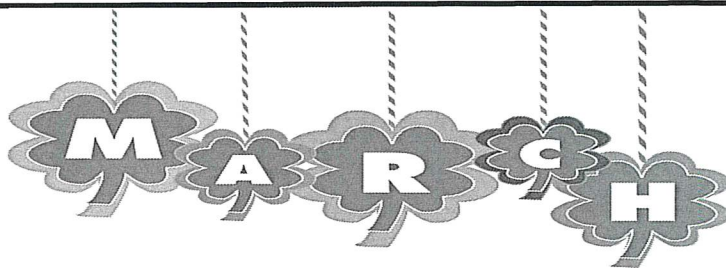
### TEMPORARY OFFICE HOURS



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

### 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**



### General Service Announcements

**March 5<sup>th</sup> – March 7<sup>th</sup>**

West Central Regional Service Conference

Remote Zoom Meeting – go to area36.org

Details To Be Determined

**March 27<sup>th</sup>**

Delegate's Workshop/Area Assembly

Remote Zoom Meeting – go to area36.org

9:00am – 5:00pm

**April 18<sup>th</sup> – 24<sup>th</sup>**

71<sup>st</sup> Annual General Service Conference

Brooklyn, NY

Remote Zoom Meeting

**Minnetonka Big Book Study Group**  
of  
**Alcoholics Anonymous**  
presents its

**27<sup>th</sup> Annual Serenity “Breakfast”**  
**Sunday May 23, 2021**  
Using a virtual Webinar format



**Guest AA Speaker**  
**Butch M. from Barrie, Ontario**

  
Speaker will be ASL interpreted

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

Webinar logon information and passcode will be sent upon registration

**Speaker Meeting: 10:30 am to Noon**

Most Area 36 events have a map on how to find the location @ [www.area36.org](http://www.area36.org). Open Speaker Meetings are listed for the convenience of members who wish to bring newcomers and non-alcoholic friends. Listing in the Mirus should not be construed as any endorsement on the part of Minneapolis Intergroup. Call Intergroup if you need directions to any of these Open Speaker Meetings. Roundups, Workshops and Special Events are not endorsed by Minneapolis Intergroup and listings are provided for informational purposes only. Flyers for these events are available at the office.



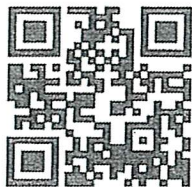
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**Write for the MIRUS!**

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

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

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

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

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