

# MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

May 2021 Step, Tradition, and Concept Five

## Step Five

***"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."***

Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

It's a warm summer night in 1995. I'd had my usual too many drinks at the Shorebird Lounge, Waikiki Beach on Oahu, Hawaii. I'd been in the US Navy for a few years now and had gained quite a tolerance for booze and abuse, but my deployments would not prepare me for what was in store tonight. I came out of a blackout being assaulted in the worst possible way. I saw red, grabbed a marble candy dish next to me, struck, and didn't stop until all I could see was red, everywhere. I cleaned up the scene and vowed I would never tell another soul about what had happened here, ever. A few months later, on August 15, 1995, I began my journey of recovery at Tripler Army Medical Center for two months of intensive inpatient treatment for alcoholism.

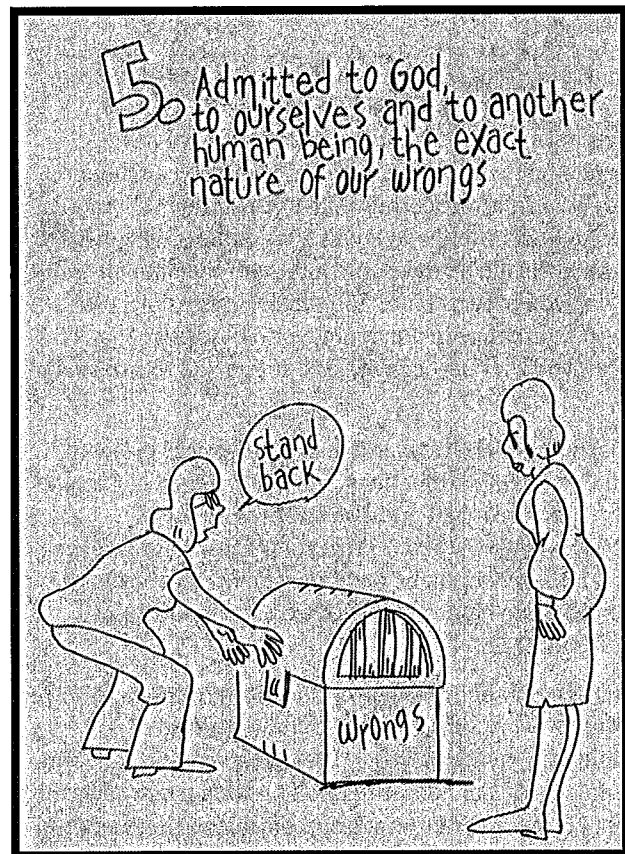
To graduate, we had to get a sponsor and work the first five steps of the program of Alcoholics Anonymous. Steve K., an AA, came to our treatment center, shared his experience, and became my sponsor. We worked the first five steps from the first 164 pages but I left the worst item off my fourth step inventory. ("If we skip this vital step, we may not overcome drinking. P 72 Alcoholics Anonymous)

I failed to share the assault with that sponsor, or the next sponsor. Between 1996, when I got out of the Navy, and 2007, when I finally got sober, I endured a Divorce, DWI, Bankruptcy, and reset my sobriety date a number of times. I spent almost ten years active in Alcoholics Anonymous going to meetings, doing service work, taking part in fellowship and sponsoring other men, yet I drank again. Why? ("We think the reason is that they never completed their housecleaning... they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else all their life story." p 73 Alcoholics Anonymous)

On a cold winter night in 2007, I finally shared all my life story with Chad L. in the parking lot of a gas station in Le Center, MN. He said, "Welcome to the Human Race, my friend." I felt only love, acceptance, tolerance and understanding from this man.

I'd been in prison in my own mind for 10 years in fear that a Sheriff's Deputy would show up to my door and extradite me to Hawaii to face charges. I was free at last, and I could look the world in the eye. I believed I could be forgiven by the God of my understanding and the obsession to drink was removed and has not returned. I have remained continuously sober since April 20, 2007 and I believe it is because I finally completed my housecleaning, accepted the truth about myself and shared that with another man and God.

After surviving trauma, my conduct both drinking and sober created further "moral injury", \*or an injury to an individual's moral conscience and values resulting from an act of perceived moral transgression, which produces profound emotional guilt and shame, and in some cases also a sense of betrayal, anger, and profound "moral disorientation". I progressively sought to escape from, bury, mask or heal this "moral disorientation".



**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.”

We did it! It was go great to have Gratitude Night! Even if it was on zoom. It is, in fact, my favorite event each year. It is truly a celebration and a show of gratitude for all of the wonderful volunteers who are of service at Minneapolis Intergroup. You are all appreciated and make our mission possible. We may make opportunities to reach the still suffering alcoholic, but it you who carry and deliver the message.

Rebecca S., Cory S., Brian C., Patti P., Deb W., Mike H. did a great job meeting almost once a week since February working out the details. Zoom kept us guessing and searching and trying to figure out how to do this and how do we do that. Under the restrictions of zoom, they made our 38<sup>th</sup> Gratitude Night a success. We are hopeful and planning next year that we will meet in person again at the Minneapolis Convention Center.

We had two hundred and forty registered. Our Al-Anon speaker, Michelle W., from St. Louis Park shared a great message of hope of how the Al-Anon program transpired in her life. Deb H. from Akron, Ohio story was so inspiring. It was a special story of how the fellowship of the program worked and changed her life. She truly had a message of gratitude for her recovery! A special thanks to all of you who attended and made a contribution!

In Love and Service,

Gail S. your Office Manager

**The Minneapolis Intergroup  
Office will be closed Monday, May  
31st in observance of  
Memorial weekend.**

## Notes from Your Board Chair:

As I write this we are having some chilly and rainy days. The good news is we know this weather will payoff with an abundance of May flowers and budding trees! We have already had a taste of some beautiful spring and I am hopeful it is just right around the corner. We just had our 38<sup>th</sup> Annual Gratitude Night via zoom and it was a lot of fun! Our speakers Deb and Michelle did an awesome job. I am thankful for the many willing volunteers that made the event possible. We continue to be creative in our zoom world of today. Thank you to all of you that participated and supported this special event!

Next up is our annual Group and Member Services project! We try to visit about 70 meetings every summer to make sure our information is current and also to share about Minneapolis Intergroup and it's many services. I am sure we will figure out a way to make our visits safely. If you would like to volunteer to help with this outreach, contact our IG office at 952 922 0880.

Have you thought about serving on the Intergroup Board? We have elections every September at our monthly IG Representative's meeting. It is a three-year commitment and requires at least 5 years of sobriety. It has opened my eyes to how much happens at our Intergroup office and the many opportunities to be of service. Best of all it will put you right in the middle of Alcoholics Anonymous, strengthen your sobriety and you will make so many new friends! Please reach out to any of our board members or contact IG!

Are you or your group looking for a service commitment? You can call Intergroup or just stop by and talk with staff member. You can also complete a "Contribute your time" form at [aaminneapolis.org](http://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 be current and accurate for all who need a meeting, especially the newcomer!

Grateful for the opportunity!

Deb W.

Your Board Chair

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

## 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.

## NOTICE • NOTICE

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

The next meeting is

**Thursday, May 27th**

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 Zoom Meeting ID : 886 6871 6747 No Password
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

5/1	Step Twelve / Tradition Twelve Her Story 
5/8	Importance of having an A.A. Home Group Her Story
5/15	Step One/ Tradition One Her Story
5/22	Staying Away from the First Drink His Story
5/29	Step Two / Tradition Two Her Story

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

**Concept V:** Concept V: Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

In Alcoholics Anonymous, we place tremendous value on the minority opinion. Concept V says it is our chief protection against an uninformed, misinformed, hasty, or angry majority. Why do we need protection against those things? Because these characteristics are a normal part of human nature. It is easy to get on bandwagons or react to sound bites without having all the information. It is also tempting at times to make decisions in haste based on emotions – whether out of momentary excitement or anger. But we are a spiritual program rooted in spiritual principles. We have our Traditions and Concepts to help us stay focused on making decisions that are guided by these principles in all that we do individually and collectively. When we discuss something in AA we talk about it over a long period of time. We strive to allow ample opportunity for groups, GSRs, Delegates, etc. to discuss, debate, and provide feedback. We listen to others' viewpoints. After allowing for discussion and debate a vote is taken. Most things we vote on require substantial unanimity meaning that more than two thirds of the people voting agree. If complete unanimity is not reached, the minority gets to speak to the minority. This is how we go to great lengths to respect the opinion of each individual member.

The "petition" aspect of Concept V offers another safeguard. It protects against a majority taking actions that might not in the best interests of AA or are contrary to our Traditions and Concepts. I would like to illustrate this by using a fictitious example.

Mickey Mouse, delegate for the Looney Tunes Area and a member of some future Conference, introduces an idea to change the name of our fellowship from "Alcoholics Anonymous" to "Be Sober" (BS). The proposal adds that our General Service Office should be renamed Business Office for Be Sober (BO BS). Almost everyone present thinks it is a great idea and one that should be acted on immediately. No one seems to consider the ramifications – that we would have to change all our literature to reflect the name change, or that we might want to get feedback from the groups. The Conference votes in favor by a large majority. The minority speaks and raises

several issues, but no one changes their vote. The proverbial train is in motion...

Is there no recourse in this crazy example? Thankfully, there would be. The Right of Petition allows any member of the service structure, whether paid or volunteer, to petition for redress of a personal grievance. They could complain directly to the General Service Board without prejudice or fear of reprisal. Actions could be taken to stop the train before it got too far out of the station. Concept V provides tools that help us slow down and consider things carefully so that AA can continue to be the best fellowship we can be.

Blessings in the month of May!

Stacy M.

Delegate, Panel 71

### Founder's Day Weekend 2021


**November 26, 27 and 28, 2021**  
 Celebrating 81 Years of AA in the Upper Midwest  
 and Honoring AA Members With One Year of Sobriety!

Register Online at: [wwwFOUNDERSDayMN.org](http://wwwFOUNDERSDayMN.org)

<p><b>Friday, November 26</b>          4:00 PM Registration Opens          7:00 PM History of AA and Al-Anon in the Upper Midwest          9:00 PM *AA Speaker:          Paul G. (Brecksville, OH)</p> <p><b>Saturday, November 27</b>          10:30 AM Panel of Weekend Speakers          1:00 PM AA Open Call-Up Meeting          1:00 PM Al-Anon Open Meeting          3:00 PM *Al-Anon Speaker:          Beverly B. (Louisville, TX)          6:00 PM Banquet          7:30 PM *AA Speaker:          Patt O. (Los Angeles, CA)          9:00 PM Dance</p> <p><b>Sunday, November 28</b>          10:00 AM *AA Speaker:          Christina G. (Brecksville, OH)</p> <p><small>*These meetings are ASL Interpreted</small></p>	<p><b>Pre-Registration</b> \$20.00  <b>At the Door</b> \$25.00          Registration required and must be paid to attend Founder's Day Weekend events.</p> <p><b>Banquet (Limited Seating)</b> \$45.00          The Banquet begins at 6:00 PM Saturday evening.</p> <p><b>Archive Room</b>          Friday          Saturday          Sunday until 10:00 AM</p> <p><b>Founder's Day Weekend Dance</b>          Saturday 9:00 PM</p>
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**Activities and Accommodations at**  
**DoubleTree by Hilton Bloomington - Minneapolis South - Bloomington, MN**  
 7800 Normandale Blvd. Bloomington, MN 55439 • 952.835.7800 or 800.222.8733

Special Room Rates are available with early reservations.  
 Please make reservations directly with the DoubleTree by Hilton Bloomington Hotel.  
 Indicate they are for Founder's Day Weekend.

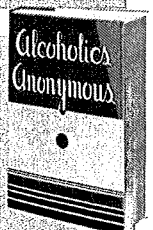


## Alcoholics Anonymous "Big Book" Quotes

*We must be entirely honest with somebody if we expect to live long or happily in this world.*  
 Page 73-74

*The spiritual like is not a theory. We have to live it.* Page 83

*The way you fellows put this spiritual stuff makes sense.* Page 159



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

### **TRADITION FIVE**

***"Each group has but one primary purpose—to carry the message to the alcoholic that still suffers."***

My experience with Tradition Five is fairly brief, but it has had a strong impact on my road to recovery. The thing I love most about this tradition is its straightforwardness. It simply suggests to keep things simple. Keeping things simple has been the only way I have found I can survive in this program. If I try to do too much at once, it all comes crashing down. If I am able to aim at one thing, I can usually stick to it.


The Twelve & Twelve tells a story of a tough Irish business man, with a strong faith in his chosen religion. The story describes trying to carry the message to this newly sober gentleman and how hard it is to get some people to listen. However, the Irishman did listen to what the man did say. The reason the Irishman listened is because there was nothing other than a mutual problem with alcohol discussed. Had that man brought up new ways to do business or a different type of religious practice, the Irishman more than likely would not have heard the message that the man brought, the message of a better way of life.

This Tradition has a large impact on my early sobriety. One of the first meetings I went to was in a very small town. Most of the people in attendance knew each other very well, having pretty much grown up together. Before the meeting and even during the break there was a great deal of conversation that pertained to some friends of the family. Although none of these topics came up during the actual meeting, I felt alienated from the rest of the group. Since this was one of my first exposures to AA, I did not come back for a long while. Of course, it was my choice to suffer, but the message did not catch my ear that particular night.

The last piece of this Tradition that I would like to comment on is the wording "Its message." This is extremely important to me, because when I go to my homegroup, I am responsible to carry the message of that group to the still suffering alcoholic. I love the message at my homegroup, that you can be young in AA and have a great time and live an awesome life. This may not be the exact same message at another group. But it's the message that gets through to me. There are hundreds of different groups with the same general message presented in a different way. We stick to what works for us.

The important thing is that we fulfill our primary purpose of carrying each group's message to the alcoholic who still suffers.

Maximillian M. Edina, MN (*reprinted from the May 2004 issue*)



# Gopher State

## XLVII Roundup



**Rocketed Into a Fourth Dimension**  
**September 3 – 5, 2021**

The Gopher State Roundup Board is proud to announce that the Gopher State Roundup is back on for 2021. Although the date is moving to September this year, Friday, September 3, 2021 – Sunday, September 5, 2021 to provide a little extra time to plan for the safety of everyone who attends.

Get ready to gather with your AA friends to share your experience, strength and hope.

[www.GopherStateRoundup.org](http://www.GopherStateRoundup.org)

#### ***Step Five continued from page 1***

To understand and be free from what was driving the "destructive obsessions" (Twelve Steps and Twelve Traditions p. 57) I used to escape pain, guilt and shame, the exact nature of my wrongs, I had to first get them down on paper and invite another man, and God, to fearlessly inspect them with me.

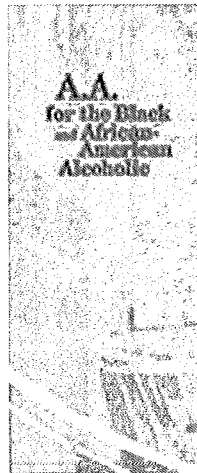
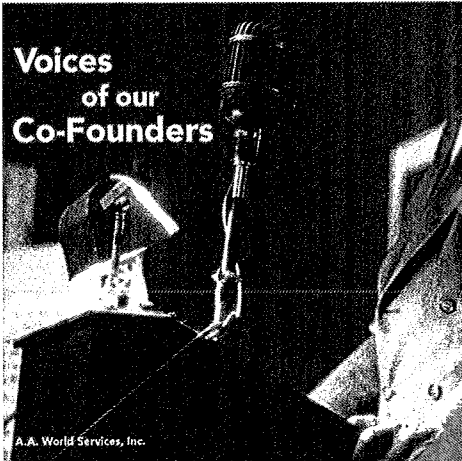
Step five asks us to understand the exact nature of our wrongs so we may accept, own and correct them. We finally understand our defects and what drives them; our "destructive obsessions," and begin to repair them and stop isolating and become who God would have us be. Step five is about understanding the obstacles that have been blocking us from God. For me, this was my first step out of the darkness of my past and into the light of a new life to be built on a foundation of truth and trust in a Higher Power. This is the promise "we will not regret the past, nor wish to shut the door on it." (Alcoholics Anonymous p. 83) God's grace allows me to share my past with others so that they may be free of theirs. What I used to consider my greatest liabilities have become the greatest assets I have to help another alcoholic. Now I get to share, one on one with another alcoholic; "Welcome to the human race, my friend. You are not alone."

Ryan H. Burnsville, MN

\*Webster's Dictionary definition of moral injury.



## AA CD of the Month: Voices of Our Co-founders

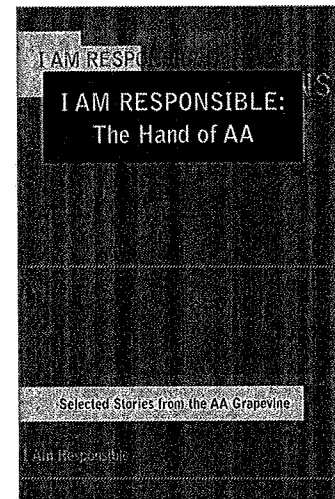


## A.A. Pamphlet of the Month:

A.A. for the Black and African-American Alcoholic

## Grapevine Book of the Month:

I am Responsible: The Hand of A.A.



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

A New Day Lakeville  
A New Freedom - W.S. Alano  
Amazing Grace  
Back To Basics Women's Group at St Luke's  
Basic 12 Group  
Basic Principles  
Basic Twelve & Twelve  
Belle Plaine AA Group  
Bridge to Shore  
Bridges AA Group - Prior Lake  
Bryant Lake Group  
Cause for Hope AA  
Cavalier West Thursday Big Book  
Cavalier West Thursday Night Mens  
Clay City AA  
Cliffhangers VI at St. Ed's  
Colfax AA Group Thurs. Night  
Common Solution Big Book Study  
Continuous Action

Crushed Grapes  
Design for Living @ HAUMC  
District 14  
Drastic Revisions  
Dunn Sober AA Groups  
Dynamic Women's Group  
Elk River Alano Squad 10  
Excelsior Thursday Night  
Fairview Riverside AA  
First Class  
Gratitude Group  
Great Blessings  
Groveland Grp Squad 49  
Hanover Tuesday AA  
Home Boyz Squad  
Howard Lake-Waverly AA Group  
Isanti Alano Sq 12  
Joe and Charlie Big Book Meeting  
Keep It Simple NERR  
Kozy's Noon Men's AA

Ladies Night Happy Hour-Sahara Club  
Living Sober AA Group(Burnsville)  
Lourdes AA Group  
Lynnhurst AA Group  
Mainstreeters AA (Plymouth II Alano)  
Meditation At Peace  
Minnetonka Big Book Study Group  
Minnetonka Senior AA  
Monthly Campfire Mtg Ramsey  
NE Recovery Room 12X12  
Oasis Group -- Shakopee  
Parkview Group  
Plymouth II Big Book Sun Morning  
Polaris Group  
Promises at Knox  
Rich/Blmngtn Alano Sunday Morn.  
Spkr Mtg  
Ridge Runners II Group  
Ringmasters AA Group  
Rule 62 Cavalier

Sat Morning BB Study-2400 Club  
Savage Unity AA Group  
St. Louis Park Sunday Night AA Group  
St. Luke's Mon Nite AA Group  
Stepsisters of Northfield  
Suburban North Alano Squad 86  
Sunrisers (Thursdays)  
TGIF Women's AA Group  
The Becker Group  
Third Tradition Group of AA Northfield  
Three Legacies  
Thursday Night Big Book in Buffalo  
Tradition Five  
Tradition Three Group Waconia  
Twin Lake Alano Squad A  
Valley View AA Group in Edina  
We Think Not

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

## Group Contributions/Birthday Plan\*\* March 2021

St. Louis Park Sunday Night AA Group \* Foxhall Chapter 7

**\*\*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

## May EVENTS

### General Service Announcements

#### 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

#### August 7th

Area Committee Meeting

Committees 9:30am – 11:30am

Area Committee 12:30pm – 4:00pm


Remote Zoom Meeting

#### September 10th – 12th

West Central Retional Forum

Remote Zoom Meeting

Minnetonka Big Book Study Group  
of  
Alcoholics Anonymous  
presents  
27<sup>th</sup> Annual Serenity "Breakfast"  
Sunday May 23, 2021  
Using a virtual Webinar format



Guest AA Speaker  
Butch McLean, Barrie, Ontario

Speakers will be introduced

For a complete  
Serenity Breakfast Event Page

Webinar information and how to view will be sent upon registration

Speaker Meeting: 10:30 am to Noon  
Sign out begins at 10:15 am



**Starting June 1st, 2021 we are returning to our regular office hours.**

Monday	9 a.m.—4:30 p.m.
Tuesday	9 a.m.—7:00 p.m.
Wednesday	9 a.m.—4:30 p.m.
Thursday	9 a.m.—7:00 p.m.
Friday	9 a.m.— 4:30 p.m.
Saturday	9 a.m.— 1:00 p.m.

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.

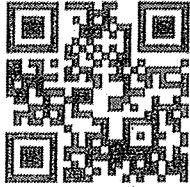
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