## September 2021 Step, Tradition, and Concept Nine

# Step Nine

"Made direct amends to such people whenever possible, except when to do so would injury them or others."

Step 9 may seem daunting to many, but it offers the opportunity for many profound rewards. We AAs are often good at making mountains out of molehills, and there can be a tendency to project difficulty where none may occur. Predicting a poor response is pointless and counterproductive. A squandered opportunity may not reoccur, so prepare and find some courage while you can. My mother has passed, and I was still in the grip of my addiction when she did, so I cannot offer the reparations I would wish to. I know I would feel better if I did and so will you.

One dictionary I consulted defines amends as "compensation for injury or loss." Amends tend towards instances of poor behavior, so the task at hand is often to compensate for negative feelings. If you owe money it's relatively straight forward, but where negative feelings are concerned individuals sometimes consider an apology to be sufficient. If you owe someone money would you consider a response of, "I'm sorry I owe you" to be sufficient? There is simply no compensation in an apology so it does not qualify as an amends.

Another response which offers no compensation is, "I'm sober now." Remember what the Big Book says, "Our drinking is but a symptom." We AAs may sometimes feel as though John Barleycorn has lied to us, stolen from us or cheated us, but in reality this has never happened. Getting and staying sober is only one facet of the never ending work on ourselves that AA suggests we do. When I have heard folks say their amends to another individual is that they are sober this alone strikes me as an easier, softer way and makes the amends more about themselves than another person. Don't get me wrong, sobriety and an apology are necessary ingredients to bring to the table, but amends are largely about repairing damage and fostering good health in relationships. This is where the real rewards come from, and for that to happen, one must amend (modify, alter, change) their own behavior and demonstrate their growth in any future affairs. Would you value an apology from someone for instance lying, after finding out that they told another one? Amends are meant to come after a person has amended their behavior and put their preceding steps into practice. My sponsor has described our program as "Give up – own up- clean" up - grow up - and that indicates some work and preparedness

before embarking on step 9. Proper prep work helps one to be more effective in restoring those good vibes we hope for.

There are some points worth considering when things don't go as hoped. Measuring the "success" of an amends by the response is natural, but it misses a fundamental point and can be misleading. A good response is obviously desirable, but may not come despite a sincere effort; not everyone may: "let you off the hook". Being let off the hook too easily can be counterproductive. When I got to my first DUI, Hennepin County decided my amends was a bit north of \$200 that was it. I didn't learn my lesson. Getting hung up on the forgiveness of another when it does not come immediately can lead to an emotional hangover. A healthier scenario is to resign oneself to further demonstrations of real changes in behavior and hope that in time those changes will be sufficiently evident. Failing to let go of a negative response can even result in a resentment, 1 step forward-5 steps back in terms of one's program. Some of the most profound rewards from practicing step 9 may take years to bear fruit. If forgiveness does not come, acceptance is the answer. If for some reason direct amends is not possible there are still some options. A living amends is a great start, especially making an amend to ourselves. Other approaches are writing letters, donations to charities and service work tailored to issues related to previous shortcomings. My experience has been very positive when it comes to step 9. I've yet to come out of an amends not feeling better then when I started. If more pop up, and I'm sure they will, I'll be eager, not nervous. Be humble, willing and honest, avoid retaliation and let the other person know that you care about them and I am willing to bet your results will be rewarding too.

Todd L.
Minneapolis



**Greater Minneapolis Intergroup • Alcoholics Anonymous ®** 

# **Notes from your Service Office:**

# The General Service Theme for 2021 is:

# "Practicing A.A.'s Spiritual Principles in a Changing World."

Change seems to be constant, where before Covid it was once in awhile. But it could just be me.

September is no exception. It has many, many changes coming.

Gopher State Roundup was *changed* to Labor Day weekend. Many people are looking forward to the great speakers and fellowship we missed out on last year. We will again be in Suite 215 with the support of over twenty AA groups that will host a two hour time slot and bring food for all to enjoy. The Minneapolis area has the greatest AA members that are always willing to be of service in anyway they can. We hope to see you there.

The Intergroup/Central Office/AAWS/AAGV seminar I go to each year is hosted this year by Rhode Island Central Service in East Providence, RI. The *change*? Virtual again for the second year. The biggest drawback to not meeting in person is the fellowship and the extra time to meet with people, but it works out. Well over a hundred Intergroup/Central Office's from all over the US and Canada meet and share the many ways of how they are of service in their community. It is an education of the best kind. It does not come from a manual or textbook, but from real life examples and experiences.

A recent *change* we are excited about is the Saturday AA Orientation meeting is back in person at 10:00 am at the Mizpah UCC in Hopkins. And this September 23<sup>rd</sup> will be our third in person Intergroup Rep meeting, which brings up the subject: **Board Elections!** Please consider running for a position on the Mpls Intergroup Board. It is a great opportunity to be in the middle of AA.

Fill out a resume online on the website aaminneapolis.org by **September 9**<sup>th</sup>. It is a service opportunity that will *change* your life.

What hasn't *changed* is September is the last month of our fiscal year. We weathered the past year because members, like you, stepped up to help by either giving of your time or contributions. A heartflelt thank you to everyone! The *change* I am looking for now is to see all of you at some point in person in the rooms.

In Love and Service,

Gail S. Your Office Manager

## **Notes from Your Board Chair:**

With September just weeks away I am humbled by the fact that we in AA are slowly meeting together in person. What a gift to see our AA friends again and to meet newcomers that have come to us during our zoom meetings. Connecting and reaching out to the newcomer has become easier and more accessible now that we are in person. Welcome that newcomer to our upcoming events: Unity Open House on Aug 14th and Gopher State September 3-5!

You are welcome to join us as an Intergroup Rep or just as a fellow AA member on the 4th Thursday of each month at 6:30pm (August 26 this month). We will be in person. Anyone may attend to find out more about our many services and volunteer opportunities. We welcome new representatives! If your home group doesn't have an Intergroup Representative maybe it could be you? Please contact staff at Minneapolis Intergroup if you are a new IG representative or if you would like more information.

Annual Intergroup board elections will be on Thursday,
September 23rd at 6:30pm at Mizpah Church in Hopkins. I
encourage everyone to consider serving on our Intergroup
Board. I thought about it for many years before finally
submitting a resume and I wish I had stepped forward sooner. If
you love service like I do this opportunity is for you. This
commitment has enriched my program and my service
experience. It is a three-year commitment and requires a
minimum of 5 years of sobriety. Our Minneapolis Intergroup
office is busy carrying the message of recovery, unity and service
and offers many volunteer opportunities to all who are willing to

be of service. Best of all you will be right in the middle of Alcoholics Anonymous strengthening your sobriety and you will make so many new friends! Please reach out to any of our board members or contact IG if you are interested or have questions. You can access a Board Resume at aaminneaolis.org and click on About Intergroup. You can also find further details about serving on the board with the resume.

Are you or your group looking for a service commitment? We have several open group phone answering commitments. We need your help! Please call Intergroup or stop by the office and talk with a staff member about the open time commitments. You can also complete a "Contribute Your Time" form at aaminneapolis.org and click on About Intergroup.

On September 3-5, 2021 will be the annual Gopher State Roundup! Another great service opportunity. We need members of groups to sign up for a two-hour shift in the Intergroup Hospitality Suite. Each group is responsible for bringing food items and greeting during their shift. Bring your interest to the IG Representative meeting on August 26th @ 6:30 or contact our staff at Intergroup. We need your service to help make this a great event.

Please remember to update Intergroup with any meeting changes your groups may have. 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

## 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



# 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
United Methodist Church
609 8th St NW, Buffalo, MN 55313

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. In person at Mizpah United Church of Christ 412 5th Ave N. Hopkins, MN In person beginning August 7th

9/4 Step Nine / Tradition Nine Her Story

9/11 A.A. Service Entities: District & Area His Story

9/18 Step Ten / Tradition Ten Her Story

9/25 A.A. World Services / General Service Office
His Story

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

#### Concept IX:

Short Form: . "Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous." Good leadership in A.A. is vital to our ongoing success. In a 1959 essay on leadership in the A.A. Grapevine, Bill W. wrote "no society can function well without able leadership in all its levels, and A.A. can be no exception." What makes a good leader in A.A.? There are four qualities referred to in the essay that I want to highlight. The first is dedication. In A.A. we learn to do what we say we are going to do. We are taught to give back what is freely given to us. That is essentially what dedication is! Staying sober one-day-at-a-time and being of service to others requires dedication. We take daily actions that make it possible to not drink anymore. We help others because our life and theirs depends on it. We dedicate ourselves to carrying the message to others because we can help where no one else can. This is how an A.A. leader begins to be formed. Next is stability. One of the synonyms for stability is steadiness. Before A.A., I was tremendously unstable. Thanks to the steps, traditions, service, and sponsorship, I have been described as a "steady as she goes" member of Alcoholics Anonymous. Service in A.A. brings stability to our lives. As I became accountable to my home group, to sponsees, to a sponsor, and later to the district and area, my life stabilized in other areas too. I learned how to show up for work and pay my bills on time. If I focus on being of service in A.A. the other areas of my life remain stable and when anything tries to rock the boat, service to others calms the waters. The third quality is vision. Another word for vision is dream. It is good to have dreams for A.A. We dream that our meetings will stick around for the next generation. We have ideas on how to make our meeting better or how to be a better sponsor. We also might have suggestions on how to better carry the message to the still-suffering alcoholic. All of this is vision for the future well being of us and our Fellowship. The last quality referred to is "special skills." Each A.A. leader brings something to the table. It might be enthusiasm or strong public-speaking skills. It could be a background in typing or publishing that lends itself well to the district or area newsletter. It could be keen math skills that lend themselves to a treasurer position. There are too many skills that are helpful in A.A. to list them all. Bill once remarked "it is said that leaders are born not made, but in A.A. paradoxically, we do make them." We need a variety of skills to keep our Fellowship strong. Tradition Two says our leaders are but trusted servants. We make leaders by trusting our members to use their unique qualities and our principles to serve us well. I hope you will get the opportunity to use your skills to lead in A.A. into the next phase of our development

Stacy M.,

Area 36 Delegate

# NEW!! MEETING DIRECTORY UPDATES!

IF YOUR GROUP HAS AN ONLINE MEETING:
THE LINK WILL BE LISTED ON THE
SAME PAGE AS YOUR IN-PERSON
INFORMATION

THE FOLLOWING WILL SHOW THE STATUS OF YOUR MEETING:

TEMPORARY INACTIVE (IN RED)
IN-PERSON (IN GREEN)
ONLINE (IN GREEN)

AS IT APPLIES TO YOUR GROUP.

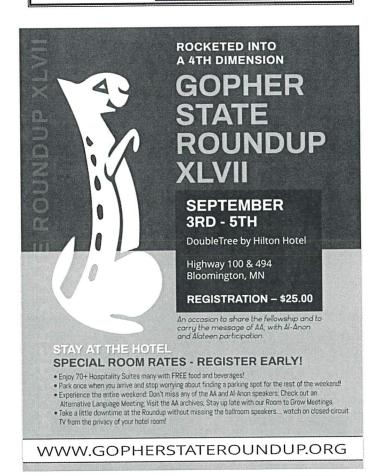
WE NEED YOUR HELP IN KEEPING THE

AAMINNEAPOLIS.ORG WEBSITE UP TO DATE AND TO BE

AS ACCURATE AS POSSIBLE FOR THOSE IN NEED OF A

MEETING TO FIND YOU.Look up your meeting on the
website to see what is listed. Is there anything to change or
add? Let us know by:

Email to - staff@aaminneapolis.org



# The Twelve Traditions - How They Apply In Our Lives TRADITION Nine

### Reprinted from the July 1948 Grapevine

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

The least possible organization, that's our universal ideal. No fees, no dues, no rules imposed on anybody, one alcoholic bringing recovery to the next; that's the substance of what we most desire, isn't it?

But how shall this simple ideal best be realized? Often a question, that.

We have, for example, the kind of AA who is for simplicity. Terrified of anything organized, he tells us that AA is getting too complicated. He thinks money only makes trouble, committees only make dissension, elections only make politics, paid workers only make professionals, and clubs only coddle slippers. Says he, let's get back to coffee and cakes by cozy firesides. If any alcoholics stray our way, let's look after them. But that's enough. Simplicity is our answer.

Quite opposed to such halcyon simplicity is the AA promoter. Left to himself, he would "bang the cannon and twang the lyre" at every crossroad of the world. Millions for drunks, great AA hospitals, batteries of paid organizers, and publicity experts wielding all the latest paraphernalia of sound and script; such would be our promoter's dream. "Yes, sir," he would bark. "My two-year plan calls for one million AA members by 1950!" For one, I'm glad we have both conservatives and enthusiasts. They teach us much. The conservative will surely see to it that the AA movement never gets overly organized. But the promoter will continue to remind us of our terrific obligation to the newcomer and to those hundreds of thousands of alcoholics still waiting all over the world to hear of AA.

We shall, naturally, take the firm and safe middle course. AA has always violently resisted the idea of any general organization. Yet, paradoxically, we have ever stoutly insisted upon organizing certain *special services;* mostly those absolutely necessary to effective and plentiful Twelfth Step work.

If, for instance, an AA group elects a secretary or rotating committee, if an area forms an intergroup committee, if we set up a foundation, a general office, or a Grapevine, then we are organized for service. The AA book and pamphlets, our meeting places and clubs, our dinners and regional assemblies--these are services, too. Nor can we secure good hospital connections, properly sponsor new prospects, and obtain good public relations just by chance. People have to be appointed to look after these things, sometimes paid people. Special services are performed.

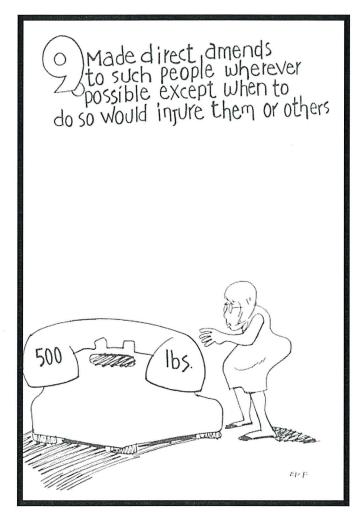
But by none of these special services has our spiritual or social activity, the great current of AA, ever been really organized or

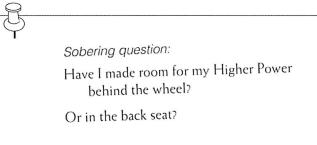
professionalized. Yet our recovery program has been enormously aided. While important, these service activities are very small by contrast with our main effort.

As such facts and distinctions become clear, we shall easily lay aside our fears of blighting organization or hazardous wealth. As a movement, we shall remain comfortably poor, for our service expenses are trifling.

With such assurances, we shall without doubt continue to improve and extend our vital lifelines of special service; to better carry our AA message to others; to make for ourselves a finer, greater Society, and, God willing, to assure Alcoholics Anonymous a long life and perfect unity.

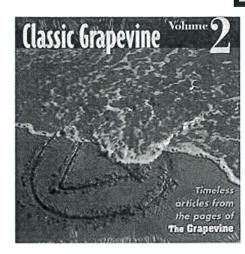
Bill W.





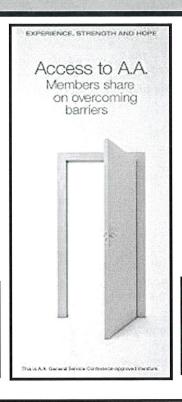
# A.A. Pamphlet of the Month:

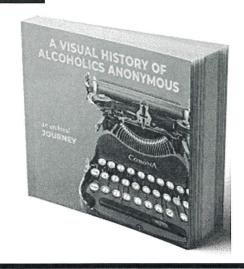
Access to A.A. – Members share on overcoming barriers



# Grapevine CD of the Month:

Classic Grapevine Volume 2





## AA Book of the Month:

A Visual History of Alcoholics Anonymous

### **Group Contributions** - July 2021 Thank you all, in the Spirit of Hope.

2218 Squad 1 Depth and Weight A New Freedom - Excelsior A Vision for You **Amazing Grace** Andover Alano Squad 11 Andover Alano Squad 4 Anoka AA Group Back To Basics Women's Group Bar None Tuesday AA Group Basic 12 Group **Basic Principles** Belle Plaine AA Group Better than Gold Blaine Alano Squad 3 Boiler Room Men's Group **Bridges AA Group Buffalo Wed Group** Cavalier West Thursday Big Book Cavalier West Thursday Night Men's Central Pacific Group Clay City AA

Cliffhangers VI at St. Ed's

**Continuous Action** 

Design for Living

Common Solution Big Book Study

Dynamic Women's Group Elk River Alano Squad 10 **Eternal Vigilance** For Today Group Foundation Stone Group of AA Fourth Dimension AA Group Foxhall Chapter 7 Group Friday Night Shift Gloria Dei AA Golden Valley AA Group II Groveland Group Squad 49 Happy Destiny Happy, Joyous, Free Hillside AA Group Hopkins Mon Friends Group Howard Lake-Waverly AA Group Isanti Alano Squad 12 It Might Have Been Worse It's Noon Somewhere-Blmgtn Groups Kozy's Noon Men's AA Lake of the Isles Men's Tues PM Lakers AA GROW Group Lakers Alano Serenity Sunday

Lakers Saturday Morning AA

Meditation At Peace Minnetonka Big Book Study Group Minnetonka Senior AA Mixed Hazelnuts Big Book Monday Night Group Hanover New Hope Alano - Squad 5 Nicollet AA Group Norwood Young America AA Polaris Group Practical Experience Primary Purpose Group Promises at Knox Rich/Blmngtn Alano Squad 7G Rich/Blmngtn Alano Sunday Morn. Ringmasters AA Group Rojo Group Rule 62 Cavalier Saturday Sisters - Pax Christi Serenity Seekers at Ridgewood Church Sisters of Service Sober on Saturdays Group Sober Victory St. Louis Park Sunday Night AA Group

Lynnhurst AA Group

St. Luke's Mon Nite AA Group Suburban North Alano Squad 7 Sunday Night AA Isanti Sunday Night Happy Hour Sunlight of the Spirit Group Sunrisers (Thursdays) Temple Wed. AA Group TGIF Women's AA Group The Way Out BB Mon There is a Solution Third Tradition Group of AA Northfield Three Legacies Thursday Night Women's Group Tradition Five Tuesday Morning Step Group (Buffalo) U.R.S. Tuesday Nite A.A. Victory AA Watertown AA - Wednesday Wayzata Women's Group- 10 a.m. Monday 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\*\* July 2021

#### NONE

\*\*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

Hybrid Meeting
Email for Zoom info foxhallchapter7@gmail.com
Gethsemane Lutheran Church
715 Minnetonka Mills Rd.
Hopkins, MN 55343

#### Friday:

From the Heart Open Speaker Meeting, 7:00 PM St. Paul's Church of Christ 201 Buffalo St. Delano, MN 55328

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 Mizpah United Church of Christ 412 5th Ave N Hopkins, MN 55343

<u>Saturday Night Open Speaker Meeting</u>, 8:00 PM 2218 1st Ave. S., Minneapolis

#### Sunday:

Open Speaker Meeting, 11:00 AM Richfield Bloomington Alano 9321 Bryant Ave. S., Bloomington

# 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: www.FoundersDayMN.org

Friday, November 26
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, OII)

Saturday, November 27
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

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

Sunday, November 28
10:00 AM AA Speaker:
Christina G. (Brecksville, OH)
\*These meetings are ASL Interpreted

Pre-Registration \$20.00
At the Door \$25.00
Registration required and must be paid to attend Founder's Day Weekend events.

Banquet (Limited Seating) \$45.00 The Banquet begins at 6:00 PM Saturday evening.

Archive Room Friday Saturday Sunday until 10:00 AM

Founder's Day Weekend Dance Saturday 9:00 PM

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.



#### September 10th, 11th and 12th

30th Annual Heartland Round-Up Northern Pines Camp & Retreat Center 20033 County 1, Park Rapids, MN www.heartlandroundup.com

#### September 18th

2218 Pat Cronin Birthday Bash and Bike Run Start: 7:30am Pancake Breakfast (see event calendar for list of days events) End: Dance and DJ starts at 9pm-10:30pm

#### **General Service Announcements**

September 10th, 11th, 12th

West Central Retional Forum Remote Zoom Meeting Register at www.aa.org

#### October 2nd

Area Assembly 9:00am to 5:00pm Remote Zoom Meeting Go to area36.org

The Minneapolis Intergroup
Office will be closed on
Saturday, September 4th for
Gopher State Roundup and
Monday, September 6th in
observance of Labor Day.

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.

INTERGROUP ASSOCIATION 7204 W. 27th St., Suite 113 St. Louis Park, MN. 55426

**Change Service Requested** 



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# **PAID**

Permit No. 416 Hopkins, MN

Annu	al MIRUS subscript	ion: \$10 by mail, or \$	55 via email.
		o Intergroup Associa te 113 St. Louis Park, MN !	
Please print:	New O	Renew O	
Name			
Address			
City		State	_ Zip
Email Addres	SS		•