

October 2021 Step, Tradition, and Concept Nine

Step Ten

"Continued to take personal inventory and when we were wrong promptly admitted it."

Inventory? Didn't I take care of that back at Step 4? Maintenance? Perseverance?

No thank you. I really wanted to stay sober, but I felt as though maybe I had been humbled enough. My sponsor, however, had other ideas, and thank God for that!

When I first started doing a nightly inventory, I did it as it was laid out in the big book. While I did it most nights, I wasn't very consistent, and eventually stopped altogether.

A few years later into sobriety, a friend and I challenged each other to do it nightly, and she even had a worksheet! Easy peasy!

I had a different sponsor by then and had told her my plan, complete with a copy of the worksheet. She was unimpressed.

She pointed out that our template highlighted only the negative, and didn't allow for anything positive from the day.

That method clearly didn't last.

These days, while I don't "formally" write out a 10th step, I do review my day every night...well, sometimes I have to continue in the morning because I have a tendency to fall asleep!

I may not write it out any longer, but I have learned to do a 'gut check' throughout the day.

I haven't perfected the 'PAUSE' that we learn in this program, but I can identify pretty quickly when I'm wrong, and am able to promptly admit it. Sometimes though, I can take it to the extreme, (I am, afterall, an alcoholic), and own others' mistakes as my own if I feel that I somehow had a part in it.

OF UNITY

This we owe to A.A.'s future;
To place our common welfare first;
To keep our fellowship united.
For on A.A. unity depend our lives,
And the lives of those to come.

It's progress, not perfection, and that can be difficult for an alcoholic like me, who isn't satisfied with the slow moving wheels of progress.

We need always remember that alcohol is a subtle foe. It is patient. All we have is a daily reprieve based on our spiritual condition.

"Thy will, not mine, be done"

Patti P.,

Golden Valley

continued to take personal inventory and when we were wrong promptly admitted it



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."

A new fiscal year begins for Minneapolis Intergroup. We thank the four board members that just rotated off the Board. Believe me when I say they served selflessly to be sure Intergroup's vital service remained strong and true. From the beginning of the pandemic, we never closed our doors. There were situations at times the Board played a key role in preventing that from happening. They will be missed tremendously.

And we are grateful for their service. Thank you Deb W., Patti P., Dwight C., and Mark M.

We welcome our newly elected Board members from the September 23rd elections. Their willingness to serve is all they need to be qualified. The only requirement stated is a minimum of five years of continuous sobriety.

This month we will be updating the 12th Step List. We currently have 351 members on the list in 72 different cities. In 23 of these cities we only have 1 person listed. Which means we do not have both male and female in that area available.

Everyone on the list will be called to verify that you are still willing and able to be on the list. If you cannot be reached, we will leave

a message for you to notify us with a phone call by a certain date that you want to be of service. If you do not respond we will understand that to mean you are no longer available and your name will be removed.

In case you may be new and have never heard about this service, the 12th Step list is a vital service of Minneapolis Intergroup. If you volunteer to be on the list, your name will be listed under the city you live in. When a person calls our hotline number and says they need help with their drinking problem, they are asked if they want to have a sober member in Alcoholics Anonymous call them back in 15-20 minutes to talk with. If so, we look for someone that lives in their area. That person may be you. What we promise is a phone call. That's all. But many have connected in meetings and became life long fellow members. We can never have too many members on the 12th Step list. If you want to serve on the 12th Step list. You can fill out the "Contribute Your Time" form found on the aaminneapolis.org website under the tab

"About Intergroup" and then click on "Service Opportunities. Forms are also available at the office.

In Love and Service,

Gail S., Office Manager

Notes from Your Board Chair:

As my year as Board Chair is coming to a close I recall wondering, "Am I prepared for this commitment"? I was not but thanks to Gail's dedicated leadership, our paid special workers and unwavering support of my fellow board members we have more than survived this unusual year of covid. Well, unusual except for 2020! AA's belief in the spirit of rotation keeps us fresh and changing with new voices and ideas.

Despite the challenges of our covid world, Intergroup has remained a stable entity serving our AA community. We thank you AA groups for your generosity and Gail for her prudent managing of our IG office. We hosted our IG Representative meetings on zoom and returned to an in person and zoom (hybrid) meeting in July 2021. We are continuing to improve that experience for our representatives. I was touched by the commitment of IG representatives to not only attend the meeting but to engage and share with their fellow members. This was a challenging year for all and sharing those concerns and challenges is helpful to AA as a whole. We were able to have Pass it On Marathon and Gratitude Night on zoom with great success. Our Unity Open House was held in person and although smaller then usual we had many willing volunteers and dedicated staff supporting the event. Unfortunately Founders Day 2020 and Gopher State 2021 did not happen but I am hopeful that Founders Day 2021 will be a much-needed time we can gather with our friends in Alcoholics Anonymous! I have so enjoyed getting to know my fellow board members, IG staff and especially Gail! I am in awe of her knowledge, dedication and love of AA and our Intergroup Office. We are truly blessedJ

You are welcome to join us as an Intergroup Representative, Alternate Intergroup Representative or just as a fellow AA member on the 4th Thursday of each month at 6:30pm. We will be on zoom and also in person (hybrid meeting). Anyone may attend to find out more about IG and 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.

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.

Please remember to update Intergroup with any meeting changes as we continue to move through covid and it's many changes. We want our website to be current and accurate for all who need a meeting, especially the newcomer!

Grateful and honored to serve our AA community!

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

Mike H. District 7 Patti P. District 13 Mark M. District 14 Mike A. District 17 Tanya L. District 18 District 19 Betsy G. Brad R. District 20 Natalie N. District 21 Brian C. District 22 District 24 Cory S. Dan S. District 25

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 0 The Intergroup Rep Minnetonka Blvd. Meeting will be Û held at N Mitzpah UCC 1 412 5th Ave N. Hwy. 169 Hopkins, MN 55343 The next meeting is 5th Ave 1 IN PERSON Thursday, October 28th at Excelsior Blvd. Mizpah United Church Of Christ 6:30pm

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

10/2 Step Eleven / Tradition Eleven

Her Story

10/9 Anonymity as a Spiritual Principle

His Story

10/16 Step Twelve / Tradition Twelev

Her Story

10/23 Importance of Having an A.A. Home Group

His Story

10/30 Step One / Tradition One

His Story

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

Concept X: Every service responsibility should be matched by an equal service authority – the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charter and bylaws.

There are two parts of this Concept to understand when you agree to serve in Alcoholics Anonymous. The first is that doing so carries with it responsibilities. Agreeing to take a service role, no matter what level of the AA organization, carries with it certain duties that are entrusted to each person serving in that role. The other concept is authority. Each role and level of service is delegated a level of authority to get the job done. Our fellowship functions well when we understand the how these concepts work together and what to do when, if ever, they are not being respected. Every level of service carries with it a responsibility. In my role as delegate, I am responsible for being a conduit of communication between the General Service Conference and the AA members in Southern Minnesota. Information is funneled through me to the Area. Similarly, Area 36 communicates through me to the General Service Conference. The primary example is the annual conference. I am the representative from Area 36 currently participating at the conference. As such, I am responsible for reading and understanding the agenda items and background information that is provided to the fellowship in February. I am also responsible for making sure said information is disseminated to the AA members in Southern Minnesota. I am also responsible for soliciting and listening to feedback from the membership in Area 36 to help me be informed about how AA members in our Area think and feel about items that will be discussed at the conference. There are a number of other responsibilities for the role of delegate. There are also responsibilities for group chairs, general services representatives, district and area officers and committee chairs, trustees, GSO staff, etc. We are all responsible for the duties connected with our roles in AA. No one could perform their duties, however, if they didn't have the authority. In the case of delegate, Area 36 votes every two years to elect a delegate. That is where I got my authority. The eligible voters in Southern Minnesota voted in October of 2020 to elect me as the Panel 71 Delegate. That is where I got my authority. I am entrusted to be the representative from Area 36 who will serve the fellowship at-large to the best of my ability for two years. I am authorized to vote at the conference and to represent Southern Minnesota in every way that is needed. In the case of a General Service Representative, the group elects the GSR to represent them and they give him or her the authority to do so. At the 71st General Service Conference, I voted in a slate of Trustees and in doing so I was one of a majority of people that granted them the authority to serve us as Trustee. It is our practice to grant our trusted servants the authority they need to do their job. Bill gave us two warnings in his essay on Concept X. He said that only in emergency circumstances should delegated authority be interfered with. He said as long as it is functioning well, it should be allowed to function. He

went on to say that if delegated authority was being misused or rendered ineffective, it might be time to contemplate a reorganization. So far, that has not happened. I have learned so much about myself and how to be a responsible citizen of the world here. I also learned about humility and not crossing the line of authority that has been granted to exercise responsibilities that aren't mine to exercise. AA service continues to be a great teacher for my life.

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

I Am RESPONSIBLE...

When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there.
And for that: I am responsible.

Contribute Your Time

"Help Carry the Message"

Revised March 23, 2021

Per	rsonal Information all infor	mation is confidential				
Tod	ay's Date:	New Volunt	eer 🗖 Information Update			
First	t Name:	Last Name:				
Add	ress:					
City	:	State:	Zip:			
E-M	ail Address:					
Tele	phone-Primary #:	Telephone -Secondary	#:			
Hon	ne Group Name:	Do you	have a sponsor? Yes No			
Sobr	riety Date:	Birth Year:	_ Male 🛮 Female			
		6 months sobriety required- embers who call Intergroup f han English-Please Specify:	for help			
	Daytime Office Volunteers 24 hours sobriety required					
	Daytime Office Phone Volunteers 30 days sobriety required					
	Night Owl Phones 2 years sobriety required					
	Early Bird Phones 2 years sobriety required					
	NERAL SERVICE OPPORT Area 36 Temporary Contact Prograr Serve as contact for new members leavi	m: AA Member Contact 1 year sobrid	ety required			
	Area 36 Correctional Temporary Con Serve as contact for new members leavi		1 year sobriety required			
	Submit this form in person at th	e Intergroup Office or to your GSR	or Intergroup Representative			

Greater Minneapolis Intergroup

Dedicated to Carry the A.A. Message & Serve the Fellowship

"Self-support begins with me, because I am part of us- the group. We pay our rent and utility bills, buy coffee, snacks and A.A. literature. We support our central offices, our area committee and our General Service Office. If it were not for these entities, many new people would never discover the miracles of A.A." Self-Support: Where money and spirituality mix, page 5

Who We Serve

The New Person: Intergroup phones are answered by a sober member of Alcoholics Anonymous 24 hours a day, 7 days a week, 365 days a year.

The Membership: Hotline phones, "When & Where" meeting directories, up-to-date website with meeting directory, AAWS and Grapevine literature on hand, monthly newsletter the "MIRUS", monthly Intergroup Rep meetings, Group and Member Services outreach, Special events and more.

The Community: Hotline phones, cooperation with professionals, Information Committee Desk, literature in more than 80 languages, cooperation with district and Area efforts, and more.

How We Serve

Members celebrate sobriety by giving time, and money to support our basic services.

- Annually thousands of calls from newcomers, members, and the community are answered.
- Annually hundreds of A.A. members are of service through Intergroup.
- Annually hundreds more A.A. members respond to community requests for information.
- Annually more than 9000 people are reached through the Information Committee Desk.

How You Can Help

Ask if your group supports Intergroup; currently 1/3 of the groups listed in the directory contribute financially to Intergroup.

Support Intergroup directly through the 'Faithful Fivers' or 'Birthday Plan' programs, and by purchasing your literature from your local service office.

Volunteer your time in the office or through the '12th Step List'.

"Services include meeting places, hospital cooperation, and intergroup offices; they mean pamphlets, books, and good publicity of almost every description. They call committees, delegates, trustees, and conferences. And, not to be forgotten, they need voluntary contributions from within the Fellowship." The A.A. Service Manual-page S1

The Twelve Traditions - How They Apply In Our Lives

TRADITION TEN: Alcoholics Anonymous has no opinion on outside issues, hence the A.A. name ought never be drawn into public controversy.

To most of us, Alcoholics Anonymous has become as solid as the Rock of Gibraltar. We like to believe that it will soon be as well-known and just as enduring as that historic landmark. We enjoy this pleasant conviction because nothing has yet occurred to disturb it; we reason that we must hang together or die. Hence we take for granted our continued unity as a movement. But should we? Though God has bestowed upon us great favors, and though we are bound by stronger ties of love and necessity than most societies, is it prudent to suppose that automatically these great gifts and attributes shall be ours forever? If we are worthy, we shall probably continue to enjoy them. So the real question is, how shall we always be worthy of our present blessings?

Seen from this point of view, our AA Traditions are those attitudes and practices by which we may deserve, as a movement, a long life and a useful one. To this end, none could be more vital than our Tenth Tradition, for it deals with the subject of controversy—serious controversy.

On the other side of the world, millions have died even recently in religious dissension. Other millions have died in political controversy. The end is not yet. Nearly everybody in the world has turned reformer. Each group, society and nation is saying to the other, "You must do as we say, or else." Political controversy and reform by compulsion have reached an all-time high. And eternal, seemingly, are the flames of religious dissension.

Being like other men and women, how can we expect to remain forever immune from these perils? Probably we shall not. At length, we must meet them all. We cannot flee from them, nor ought we try. If these challenges do come, we shall, I am sure, go out to meet them gladly and unafraid. That will be the acid test of our worth.

Our best defense? This surely lies in the formation of a Tradition respecting serious controversy so powerful that neither the weakness of persons nor the strain and strife of our troubled times can harm Alcoholics Anonymous. We know that AA must continue to live, or else many of us and many of our fellow alcoholics throughout the world will surely resume the hopeless journey to oblivion. That must never be. As though by some deep and compelling instinct, we have thus far avoided serious controversies. Save minor and healthy growing pains, we are at peace among ourselves. And because we have thus far adhered to our sole aim, the whole world regards us favorably.

May God grant us the wisdom and fortitude ever to sustain an unbreakable unity.

Bill W.

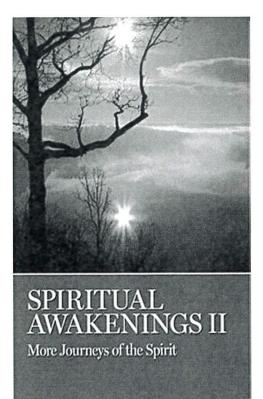
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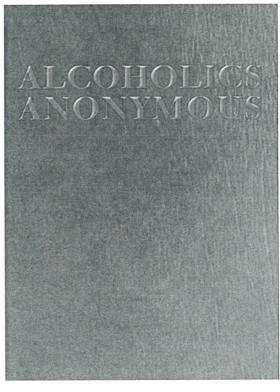






AA Book of the Month:

Big Book-Large Print/Abridged







Grapevine Book of the Month: Spiritual Awakenings II A.A. Pamphlet of the Month:

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

Group Contributions - August 2021 Thank you all, in the Spirit of Hope.

12 Steppers Audubon Park

7-Hi Group

As Bill Sees It - Delano

Basic 12 Group

Basic Principles

Brooklyn Park Step Group

Bryant Lake Group

Cavalier West Thursday Mens Group

Cliffhangers VI at St. Ed's

Continuous Action

Crushed Grapes

Dakota Alano Worthwhile Women

Delano Saturday Morning Dunn Sober AA Groups Excelsior Wednesday Night Group

Foxhall Chapter 7 Group

Golden Valley AA Group II

Groveland Grp Squad 49

Home Boyz Squad

Hope Tuesday AA Lakeville

Hope's on Penn

It Might Have Been Worse

Joe & Charlie Big Book

Kozy's Noon Men's AA

Ladies Night Happy Hour-Sahara Club

Lakers AA Thursday 6:30

Lakers Alano

Living Sober AA Group

Lynnhurst AA Group

Minnetonka Big Book Study Group

Minnetonka Senior AA

New Life AA Squad 14

Rich/Blmngtn Alano Sunday Speaker

Rojo Group

Rule 62 Cavalier

Saturday Morning Buffalo 12 X 12

Serenus AA Group

Shoulder to Shoulder Group

Silver Lake New Brighton Monday

St. Louis Park Sunday Night AA Group

Steps to Serenity Group

Suburban North Alano Squad 86

Sunday Morning A.M. Group Prior Lake

Sunlight of the Spirit Group

Sunrisers (Thursdays)

The Hand of AA

Third Tradition Group of AA

Tradition Five

Turning Point Women's Big Book

Mizpah

Up the Creek Big Book Group

Valley Step AA Group

Wednesday Night Biltmore Group

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

Group Contributions/Birthday Plan** August 2021

Tradition Five ~ Foxhall Chapter 7 (x2)

**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

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

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, OH)

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. (Loulsville, 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 At the Door Registration required and must be paid to attend Founder's Day Weekend events.

Banquet (Limited Seating)

Archive Room Sunday until 10:00 AM

Founder's Day Weekend Dance

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.



October 13th Sponsorship Forum by District 15 Christ Lutheran Church 11194 36th Street N. Lake Elmo, MN In person & zoom (see flyer on website) 6:30pm

General Service Announcements

October 2nd Area Assembly 9:00am to 5:00pm Remote Zoom Meeting Go to area36.org

Go to area36.org

December 11 Area Committee Meeting Committees 9:30am to 11:30am Area Committee 12:30 to 4:00pm Remote Zoom Meeting



MINNEAPOLIS INTERGROUP 12 Step Service Opportunity

GROUP PHONE COMMITMENTS **OPEN**

2nd Saturday 12:45-3:15pm

IF INTERESTED STOP BY OR CALL INTERGROUP STAFF (952) 922-0880

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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Permit No. 416 Hopkins, MN

	ial MIRUS subscript	ion: \$10 by mail, or \$	5 via email.		
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