

# MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

November 2021 *Step, Tradition, and Concept Eleven*

## Step Eleven

***"Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of His will for us and the power to carry that out."***

We are told in our textbook, *Alcoholic Anonymous*, that "We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition." The Eleventh Step not only suggests prayer and meditation as the means to improve our relationship with our Higher Power, but it also instructs us for what we ought to be praying.

The concept of praying only for the knowledge of God's will for me and the power to carry that out was a total revelation to me. My experience with prayer was either the old foxhole prayer, "God, if you get me out of this mess I'll do anything" or the Santa Claus prayer where I ask for things for myself. So, this new concept of praying for God's will for me was just the opposite of my normal inclinations.

In the 3rd step we made a decision to turn our will and our lives over to the care of God, as we understood Him. Since then, we've done a fearless moral inventory, shared the nature of our wrongs with a trusted advisor, became ready to rid ourselves of those defects of character, humbly asked for God to remove those shortcomings, identified those we have harmed and we have made amends to those we have hurt. So, we have cleaned house as we've never done it before and our spiritual condition is strong.

The challenge is how to maintain and to grow that spiritual condition. Pages 86 and 87 of the Big Book lay this out in a clear and practical manner:

- ♦ When we retire at night, we constructively review our day.
- ♦ On awakening let us think about the twenty-four hours ahead.
- ♦ As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.

When I was first sober I remember saying the Serenity Prayer many times during the day and as I trying to sleep. The Lord's Prayer was also one that I knew and used frequently. Today I also use the 3rd step and 7th step prayers, but my favorite is the Prayer of St. Francis.

For me meditation means listening to other people, especially at AA meetings. I truly believe that God speaks to me through others. As we share at meetings, I try to avoid thinking about what I will be saying and instead really listen to what others are saying.

I think it is important that we alcoholics keep an open mind about this idea of prayer and meditation. Herbert Spencer nailed it when he said: There is a principal which is a bar against all information, which is proof against all arguments and which cannot fail to keep man in everlasting ignorance – that principal is contempt prior to investigation.

Mike A., Prior Lake

### St Francis Prayer

Lord, make me a channel of thy peace,  
that where there is hatred, I may bring  
love; that where there is wrong, I may  
bring the spirit of forgiveness - that  
where there is discord, I may bring  
harmony - that where there is error, I  
may bring truth - that where there is  
doubt, I may bring faith - that where  
there is despair, I may bring hope - that  
where there are shadows, I may bring  
light - that where there is sadness, I  
may bring joy.

Lord, grant that I may seek rather to  
comfort than to be comforted; to  
understand, than to be understood; to  
love, than to be loved.

For it is by self forgetting that one finds.  
It is by forgiving that one is forgiven. It  
is by dying that one awakens to  
Eternal Life.



**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, Wednesday, Friday 9 am-4:30 pm Tuesday and Thursday 9am-7pm 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.”

#### Office Notes...

The Intergroup Reps served an important role in electing four new Board members. Mark M. finished a term for a Board member who had to step down. And he graciously put in his resume and stood for another term. I am so glad he was voted back in. Thanks Mark. And our three new members are Grace C., John M. and Steve S. We welcome them and are thankful for their willingness to be of service to Minneapolis Intergroup. We successfully carried out the 3<sup>rd</sup> legacy voting procedure on a hybrid meeting thanks to Vince P., Doug H., Rodney R. and Mike H. For me it was no simple achievement. Their service was appreciated.

Minneapolis Intergroup’s accounting period is based on a fiscal year, not a calendar year. The first day of our new year begins on October 1<sup>st</sup> and ends on September 30<sup>th</sup>. The Board members serve a three year term. At the beginning of every year, in October, we assign each member to a District, Committee and an Event for that year. Every year they rotate to a different District, Committee and Event. This serves a very special purpose.

**Districts** – There are 11 Districts in the Minneapolis area. The purpose is to have a communication link between Intergroup and Districts.

**Committees** – They consist of Orientation Meeting, Finance, Facilities/e-Committee, Human Resources, and Group & Member Services. Their purpose is to review pertinent information prior to the Board meeting and then report to Board. It is a useful management of time.

**Events** – Our events are Founder’s Day, Winter Open House, Pass It On, Gratitude Night, Gopher State Roundup, and Unity Open House. The Board member is a liaison to the event and keeps the Board up to date on the progress of the planning.

All committees meet as needed. It may be only 2-4 times a year. Serving on the Board is a rewarding experience. I want the perception of this service to be understood to be conceivable for all AA members. Five years of sobriety is the only requirement. And a passion for Alcoholics Anonymous will cover it.

In Love and Service,

Gail S., your office manager

**HAPPY  
joyous  
FREE**

## Notes from Your Board Chair:

I want to thank all the previous board members, and office managers, that have paved the way for me and countless other alcoholics with an organization that helps attain and maintain a connection within AA. I want to thank the board members who are rotating off, and the new members who were elected. I look forward to working with you.

There are so many services Minneapolis Intergroup has affected me directly or indirectly, and so many volunteers that have put in time to make our community as strong as it is. That is why I am honored and humbled to be your new board chair.

Going into my 3rd year, and looking back where I started, there is so much I learned. I hope I can be as strong of a leader as the 2 board chairs I worked with, Patti P and Deb W. As we move forward and meetings are settling into a new norm, having a strong AA community foundation is crucial. This is why I will do my part to make sure Intergroup continues to succeed as well as possible. As the responsibility statement says, it is my duty to make sure anyone, anywhere gets the help they need.

I look forward to serving you.

Your new Board Chair,

Cory S.

### This Month in A.A. History

#### November 1:

1947 - 1st AA Group in Anchorage, Alaska

#### November 9:

1966 - President Johnson appoints Marty M. to the 1st National Advisory Committee on Alcoholism

#### November 10:

1940 - 1st AA group formed in Minneapolis

#### November 10:

2001 - 1st of 400,000 4th Edition Big Books arrives in the mail

#### November 21:

1939 - AA's in San Francisco hold 1st California AA meeting in the Clift Hotel

#### November 26:

1939 - Hank P writes Bill advocating autonomy for all AA groups

#### November 28:

1934 - Ebby T. carries message to Bill.

1936 - Fitz M leaves Towns Hospital to become 'AA #3 in NY', with Bill W and Hank P.

1986 - The Big Book is published in paperback



## Intergroup Board

### Board Officers

Chairperson	Cory S.
Co-Chairperson	Mike A.
Secretary	Tanya L.
Treasurer	Mike H.

### Board Members

Mark M.	Natalie N.
Brian C.	Grace C.
Dan S.	John M.
Betsy G.	Steve S.
Gail S.	Office Manager, Ex-Officio

### General Service District Board Liaisons

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

### Intergroup Staff

Gail S.	Office Manager
Erin D.	Office Assistant
Terri N.	Office Assistant
Scott F.	Office Assistant

Your Intergroup board meets every month at 6:30 pm on the Tuesday before the Rep's meeting in the Intergroup Office.

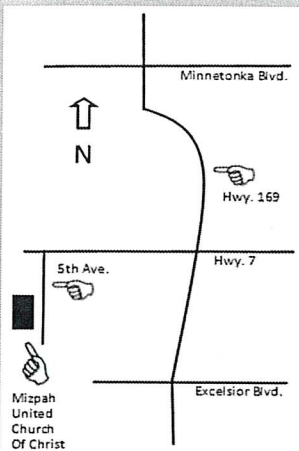
## Metro District General Service Meetings

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, 7:00 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

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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 at  
**Mizpah UCC**  
412 5th Ave N.  
Hopkins, MN 55343  
This is a **HYBRID** meeting.  
**Thursday,**  
**November 18th**  
**28th at 6:30pm**

## 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

11/6	Staying Away from the First Drink Her Story
11/13	Step Two / Tradition Two His Story
11/20	Importance of Having a Sponsor Her Story
11/27	Step Three / Tradition Three His Story



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

### Concept XI

*"While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore, the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern."*

This Concept highlights that there are a lot of supporting roles involved in administering the world services for A.A. We utilize a committee system in our world services. Initially the trustees managed our administrative services using five committees – Nominating, Finance and Budgetary, Public Information, Literature, and General Policy. Over time, six more committees were added – Cooperation with the Professional Community/Treatment and Accessibilities, General Service Conference, Archives, International Conventions/Regional Forums, Corrections, and International. These committees are committees of the General Service Board. Each committee is comprised of trustees, non-trustee directors, an executive, and a GSO staff member. Here is a brief snippet on each committee:

Nominating – ensures that our board and office vacancies are filled with members and workers who are well qualified.

Finance and Budgetary – keeps us on a safe course with our finances. This is the place where money and spirituality have to mix, and in the right proportion.

Public Information – addresses the ongoing need for public relations and communication using diplomacy, the courage to take calculated risks, and a readiness to make wise but tradition-abiding choices. It is necessary that understanding of A.A. and public good will towards A.A. go on growing everywhere.

Literature – responsible for the revision of existing books and pamphlets. They solve problems of design, format, and content.

General Policy – takes care of practically all problems or projects which involve A.A. policy, public information, or A.A. Traditions that may arise in the other committees or service corporations.

Cooperation with the Professional Community/Treatment and Accessibilities Committee – responsible for implementing pending Advisory Actions of the General Service Conference, developing recommendations for the General Service Conference if appropriate, providing tools to reach the

professional community, treatment, accessibility, and remote communities with an interest in fostering the kind of attitudes that allow A.A. to better reach the still suffering alcoholic. (The General Service Board combined CPC and Treatment committees in 1998 and expanded to include Accessibilities in 2009.) General Service Conference – handles everything pertaining to the Conference.

Archives – started in 1973, this committee is responsible for developing and implementing the policies that govern the Archives services. They make recommendations to the General Service Board on Archives procedures and budget. The committee undertakes and upholds its responsibility and authority for the maintenance and use of the Archives.

International Conventions/Regional Forums – works on planning and implementation for each forthcoming International Convention and bi-annual forums in each region.

Corrections – implements Advisory Actions of the General Service Conference and recommends to the General Service Board actions that support carrying the message to alcoholics confined in a variety of correctional settings.

International – responsible for suggesting policies and actions to assure that the A.A. message is available around the world, especially in areas where there is no established service structure. The committee provides shared experience, supports translations of A.A. literature in other languages, and encourages the expansion of regional or zonal meetings.

The work of these committees is what allows A.A. to continue to grow and function as a fellowship both at home and abroad. If you have questions or want to learn more about these committees and their work, please pick up a copy of the 2021 Final Conference Report of the General Service Conference at Minneapolis Intergroup or go to the Area 36 website ([area36.org](http://area36.org)) to read the digital anonymity-protected version.

This article only covers about half of Concept XI. Stay tuned for the second half which I will write about in November 2022!

Stacy M.

Area 36 Delegate, Panel 71

*Prayer*  
THE WORLD'S GREATEST  
WIRELESS CONNECTION.  
»» ♥ ««





## Announcing Grapevine's New Podcast

The AA Grapevine Half-Hour Variety Hour. Featuring AA members Don and Sam.

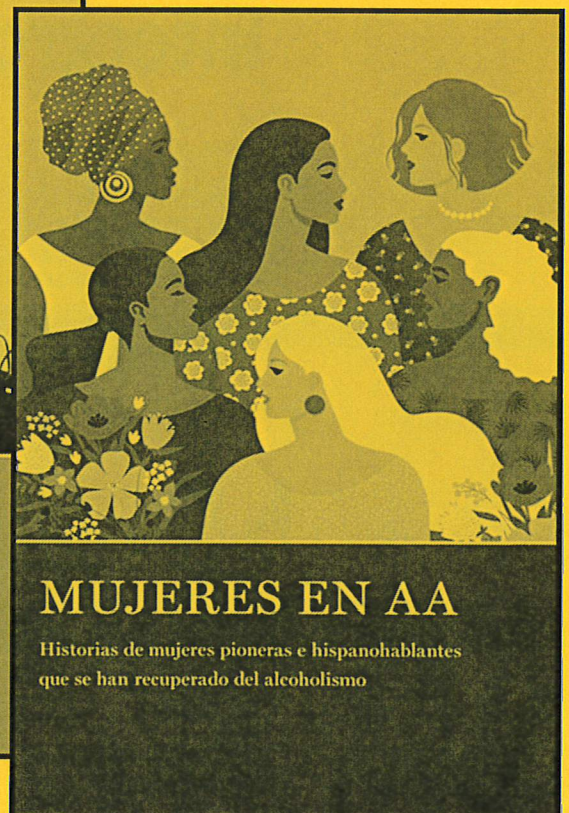
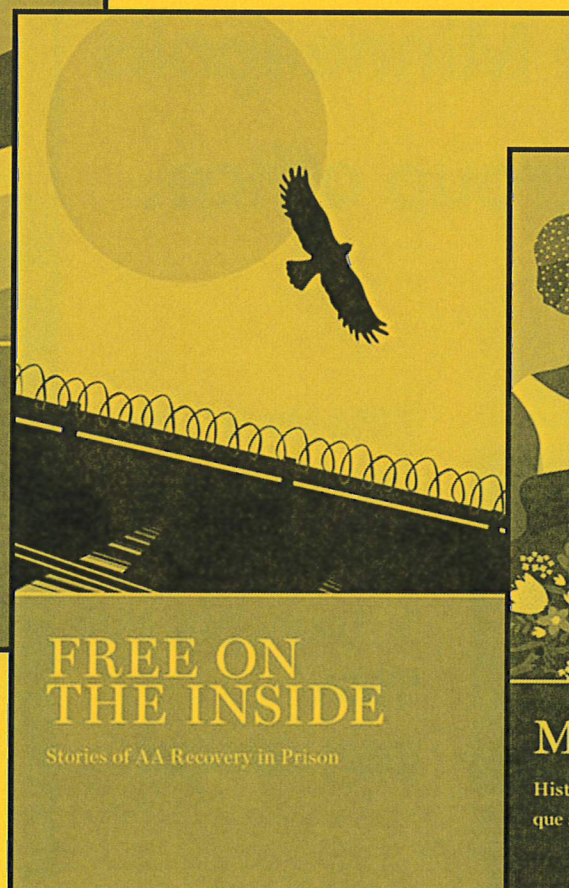
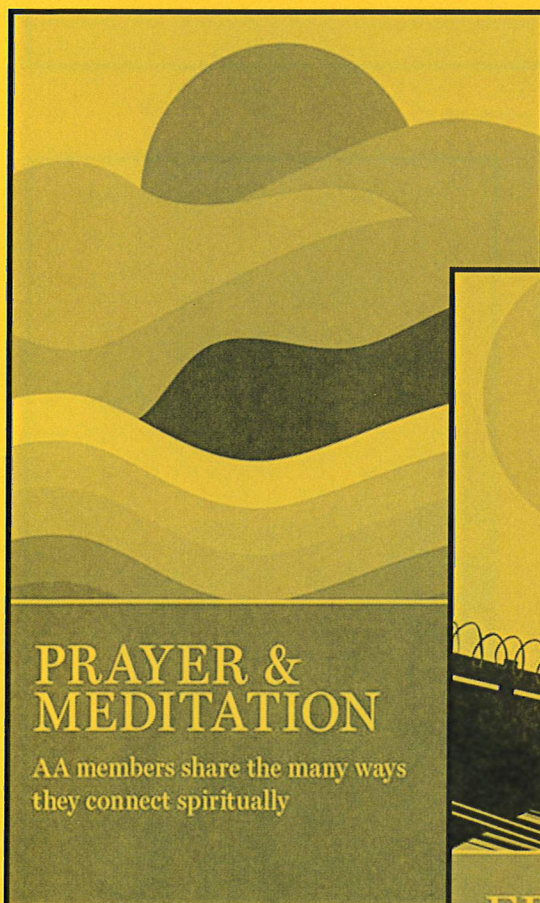
Starting on October 4, 2021 with a new episode each Monday.

Each week Don and Sam will interview a different member about their experience, strength and hope, in a casual "meeting after the meeting" manner. Special features will enhance each episode.

A new podcast episode will be available in English every Monday.

To hear the podcasts go to [aagrapevine.org/podcast](http://aagrapevine.org/podcast)

**Check out the new  
podcast then stop by  
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Pamphlets  
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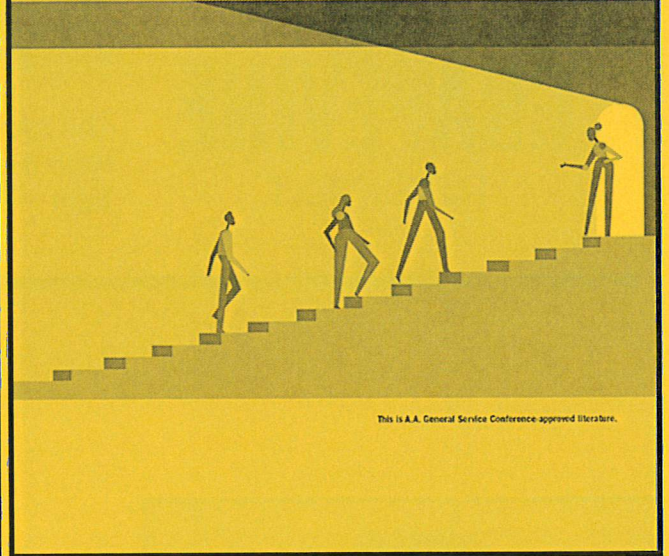
Spanish at the Minneapolis  
Intergroup office.

EXPERIENCIA, FORTALEZA Y ESPERANZA

Mujeres  
hispanas  
en A.A.



EXPERIENCE  
Has Taught Us:  
AN INTRODUCTION TO  
OUR TWELVE TRADITIONS



This is A.A. General Service Conference-approved literature.

EXPERIENCE, STRENGTH AND HOPE

Hispanic  
Women  
in A.A.



LA EXPERIENCIA  
nos ha enseñado:  
UNA INTRODUCCIÓN A  
NUESTRAS DOCE TRADICIONES



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

**TRADITION ELEVEN** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

### From the October 1948 Grapevine By Bill W.

Providence has been looking after the public relations of Alcoholics Anonymous. It can scarcely have been otherwise. Though we are more than a dozen years old, hardly a syllable of criticism or ridicule has ever been spoken of AA. Somehow we have been spared all the pains of medical or religious controversy and we have good friends both wet and dry, right and left. Like most societies, we are sometimes scandalous—but never yet in public. From all over the world, naught comes but keen sympathy and downright admiration. Our friends of the press and radio have outdone themselves. Anyone can see that we are in a fair way to be spoiled. Our reputation is already so much better than our actual character!

Surely these phenomenal blessings must have a deep purpose. Who doubts that this purpose wishes to let every alcoholic in the world know that AA is truly for him, can he only want his liberation enough. Hence, our messages through public channels have never been seriously discolored, nor has the searing breath of prejudice ever issued from anywhere.

Good public relations are AA lifelines reaching out to the alcoholic who still does not know us. For years to come, our growth is sure to depend upon the strength and number of these lifelines. One serious public relations calamity could always turn thousands away from us to perish—a matter of life and death indeed! The future poses no greater problem or challenge to AA than how best to preserve a friendly and vital relation to all the world about us. Success will rest heavily upon right principles, a wise vigilance, and the deepest personal responsibility on the part of every one of us. Nothing less will do. Else our brother may again turn his face to the wall because we did not care enough.

So the Eleventh Tradition stands sentinel over the lifelines, announcing that there is no need for self-praise, that it is better to let our friends recommend us, and that our whole public relations policy, contrary to usual customs, should be based upon the principle of attraction rather than promotion. Shot-in-the-arm methods are not for us—no press agents, no promotional devices, no big names. The hazards are too great. Immediate results will always be illusive because easy shortcuts to notoriety can generate permanent and smothering liabilities. More and more, therefore, are we emphasizing the principle of personal anonymity as it applies to our public relations. We ask of each other the highest degree of personal responsibility in this respect. As a movement we have been, before now, tempted to exploit the names of our well-known public characters. We have rationalized that other societies, even the best, do the same. As individuals, we have sometimes believed that the public use of our names could demonstrate our personal courage in the face of stigma, so lending power and conviction to news stories and magazine articles.

But these are not the allures they once were. Vividly, we are becoming aware that no member ought to describe himself in full view of the general public as an AA, even for the most worthy purpose, lest a perilous precedent be set which would tempt others to do likewise for purposes not so worthy. We see that on breaking anonymity by press, radio, or pictures, any one of us could easily transfer the valuable name of Alcoholics Anonymous over onto any enterprise or into the midst of any controversy.

So it is becoming our code that there are things that no AA ever does, lest he divert AA from its sole purpose and injure our public relations. And thereby the chances of those sick ones yet to come.

To the million alcoholics who have not yet heard our AA story, we should ever say. "Greetings and welcome. Be assured that we shall never weaken the lifelines which we float out to you. In our public relations, we shall, God willing, keep the faith."

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### 11th Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.

Amen.

Page 99 - 12 Steps & 12 Traditions.

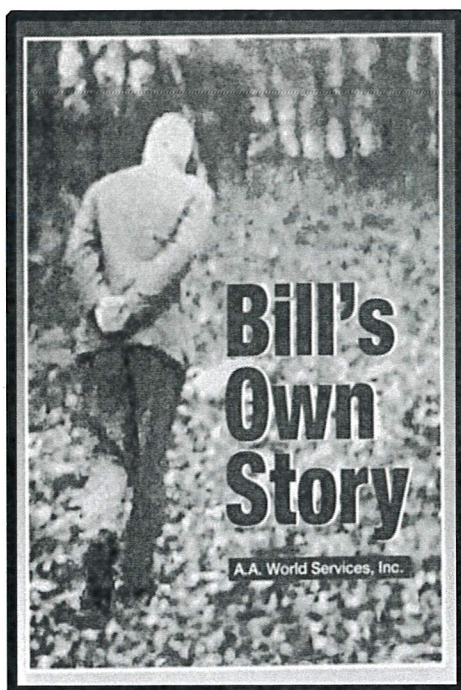
### PRAYER

is when you  
talk to GOD,

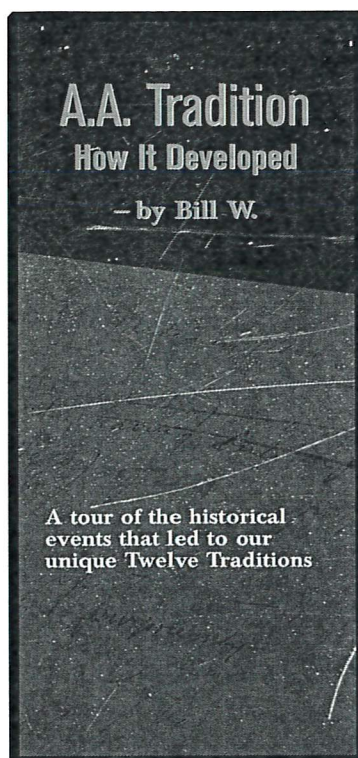
### MEDITATION

is when GOD  
talks to you.

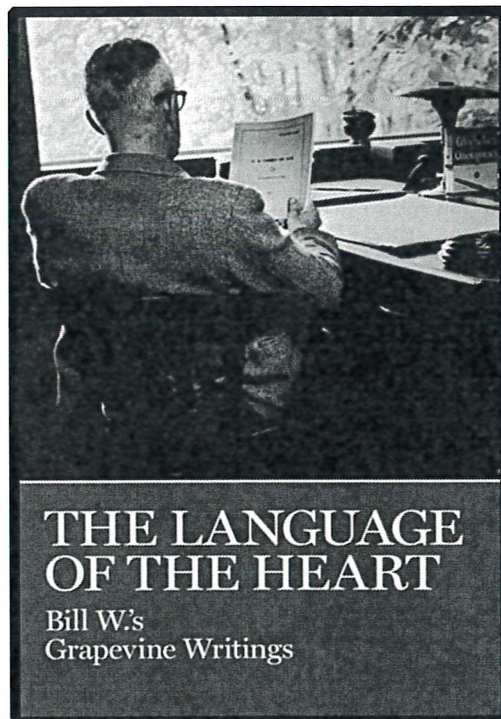




**AA CD of the Month:**  
Bill's Own Story



**A.A. Pamphlet of the Month:**  
A.A. Tradition  
How It Developed by Bill W.



**Grapevine Book of the Month:**  
The Language of the Heart

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

A New Freedom  
Andover Alano - Squad 11  
Anoka Today Alano Squad 164  
Basic 12 Group  
Basic Principles  
Better than Gold  
Bloomington West Enders  
Cavalier West Thursday Big Book  
Continuous Action  
Crushed Grapes  
Dead On Arrival  
Desire Meeting  
Edina Thurs Men's Group I  
Elk River Squad 7  
Fairview Riverside AA  
Foxhall Chapter 7 Group  
Friday Night Shift  
Golden Valley AA Group II  
Groveland Group Squad 49  
I'll Quit Monday BB

Isanti AA Squad 3  
Isanti Alano Club  
Isanti Alano Squad 12  
It Might Have Been Worse  
Joe and Charlie Big Book Meeting  
Kozy's Noon Men's AA  
Ladies Night Happy Hour-Sahara Club  
Lakers AA Thurs 6 30  
Lakers Friday 6.30  
Mainstreeters AA (Plymouth II Alano)  
Minnetonka Big Book Study Group  
Monticello Alano Squad 10  
NE Recovery Room 12X12  
Rich/Blmngtn Alano Squad 7G  
Rich/Blmngtn Alano Sunday Speaker  
Ridge Runners I Group  
Ridge Runners II Group

River Valley AA Group  
Robbinsdale Alano TBD  
Rojo Group  
Rule 62 Cavalier  
Senior Men's Barn Group  
Serenity Group - Maple Grove  
Sisters in Step  
St. Louis Park Sunday Night AA Group  
Step Brothers  
Step Sisters of Anoka  
Suburban North Alano Squad 7  
Sunday Morning AA Relapse Prevention  
Sunrisers (Thursdays)  
TGIF Women's AA Group  
The Becker Group  
Third Tradition Group of AA Northfield  
This Simple Program

Three Legacies  
Thursday Night Big Book-Northfield  
Thursday Night Women's Group  
Tradition Five  
Tradition One  
Tues Morning Discussion Group  
Wayzata Women's - Thursday Group  
Wayzata Women's Group  
Wednesday OK AA Group  
Women's 12 x 12 on Central  
Women's AA Group at Elim  
Women's Big Book Study Buffalo

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\*\* September 2021

Tradition Five ~ Foxhall Chapter 7 ~ Lynnhurst AA Group

**\*\*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

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

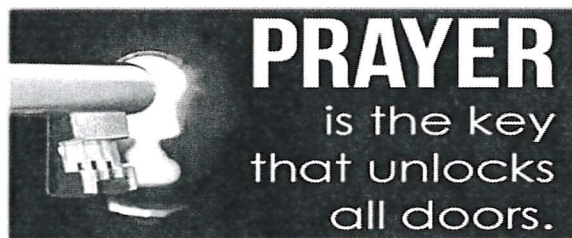
2218 1st Ave. S., Minneapolis

#### Sunday:

**Open Speaker Meeting**, 11:00 AM

Richfield Bloomington Alano

9321 Bryant Ave. S., Bloomington



## UPCOMING Events

Happy Thanksgiving

### General Service Announcements

#### November 2nd

Area Assembly

9:00am to 5:00pm

Remote Zoom Meeting

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

Go to area36.org



### MINNEAPOLIS INTERGROUP OFFICE WILL BE CLOSED ON THE FOLLOWING DATES:

Thursday – November 11<sup>th</sup>,

Veteran's Day Holiday

Thursday – November 25<sup>th</sup>,

Thanksgiving Holiday

Friday – November 26<sup>th</sup>,

Founder's Day Weekend

Saturday – November 27<sup>th</sup>,

Founder's Day Weekend

Friday – December 24<sup>th</sup>,

Christmas Eve Holiday

Saturday – December 25<sup>th</sup>,

Christmas Day Holiday



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.



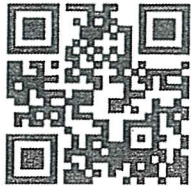
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