

# MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

January 2022 Step, Tradition, and Concept Twelve

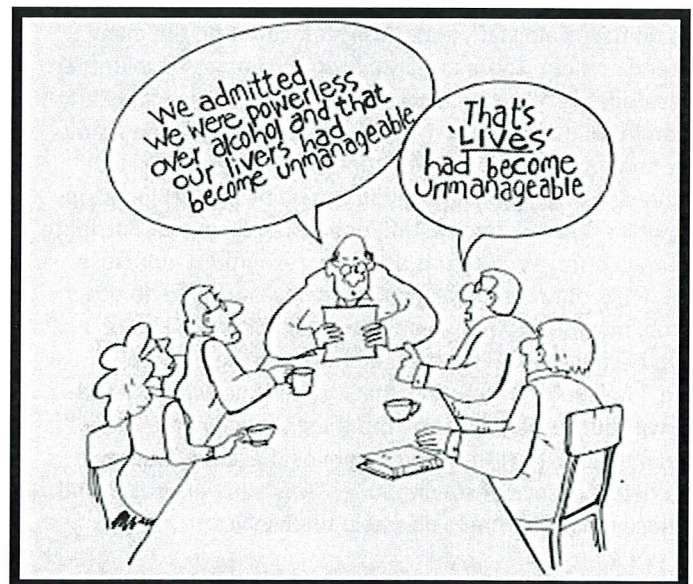
## Step One

*"We admitted we were powerless over alcohol-that our lives had become unmanageable."*

Before ever taking a drink, I had all the tendencies of an alcoholic at a very young age. I was the only child and in school I felt like everybody was looking at me, pointing at me, talking about me, which made me very insecure, as I was riddled with fear. I don't remember the exact age I started drinking it was roughly 6 or 7th grade. The town I grew up in was a very small farming community. If you've never lived in a small community especially a farming community, there are plenty of weekend cornfield parties. You didn't need to get invited you just went with your own cup for the kegger. In 9th grade I got pregnant and had the baby that I gave up for adoption and after that it was a drinking fest just about every weekend. I started blacking out not long after that not knowing how I got home or where I was when I woke up. I never drank just to socialize I drank to lose myself. It wasn't until I got sober that I realized this. I graduated from high school barely by the skin of my teeth and tried Community College in a city that had many bars on one street. At that time the legal drinking age was 18. I had no desire for any higher education I just wanted out of the house so I could do what I wanted, when I wanted and how I wanted. After that community college fail, I went back home and fell in love. I moved with him to Florida after 2 weeks of dating. The boyfriend and I did not workout which was OK as I had plenty more drinking to do. After I had burned a few bridges in Florida, I moved to Minnesota to try a Community College once again. I lived across the street from the school that I went to, or should I say that I tried to go to because you see I still needed to bartend as I needed a way to get the drinks that I so yearned for. Florida was my first geographical cure Minnesota was my second. I started to realize that my life had become unmanageable at least my drinking did. I was flunking out of the Community College again however one of the Deans at the college had moved here for treatment. I told him that I think I had a drinking problem. He suggested I go to a meeting of Alcoholics Anonymous which I did. The only reason I went to that meeting was to get the heat off from the people at the school and those who were close to me. I still bartended so as you may have

guessed that sobriety didn't last very long. New Year's Eve of 1987 to 88 my boyfriend that I had at the time punched me in the face a few times. I woke up in the hospital, when they released me, I didn't have a lot of friends that I could call so I called one of the bartenders from my work who had gotten sober just 6 months before. The bar I worked at had four bartenders three of them were sober and I was the 4th. After another long weekend of drinking and not sleeping, waking up on somebody's couch not knowing where I was, I called in the troops. I asked my friends if they would take me to a meeting that night in which they did. It was Monday night tradition 5 in Golden Valley. That was March 21st, 1988, and I haven't found it necessary to take a drink since then. At the meeting there was an old timer there by the name of Chuck R. He told me I should go to the beginners meeting which was on Step one. That is how I arrived at my Step one in which I finally admitted I was powerless over alcohol and that my life had become unmanageable. What I needed to figure out was this first step was completed as soon as I surrendered to this disease. Chuck assigned me a sponsor that evening. She asked if I was willing to go to any lengths to stay sober and I replied absolutely. That evening someone said one of the biggest words in Step One was WE and don't forget that. This is a WE program as all the members at that meeting had taken that first step. The steps are crucial to my recovery, and they are in sequence for a reason. I was grateful that I felt like I finally fit in somewhere and a part of my fear lifted that night.

Lisa K., Minneapolis



**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 2022 is:

### “A.A. Comes of Age 2.0: Unified in Love and Service.”

Happy New Year to everyone!

Your Intergroup office is designed to support groups and members in carrying out AA's single purpose – to carry the message to the alcoholic who still suffers. I say “your” Intergroup because without all of you, we would not be able to carry the message.

The past year was challenging for everyone! The A.A. program has taught us we need to live life on life's terms and acceptance is the key. Let's make 2022 a great year, together.

We are hopeful today to be in person for 39th Annual Gratitude Night on Saturday night, April 2nd, 2022 to be held at the Minneapolis Convention Center. We are excited to have Jeff V., from Fargo, ND to be our main speaker. We will keep you informed as plans are made.



Gratitude Night is one of my favorite events. It is a rewarding time for me when we have the volunteer recognition at the beginning of the program, when we ask members to stand if you have every participated in any of the service opportunities the past Board Chair calls out. We get to recognize the hundreds that have been of service at Minneapolis Intergroup at one time or another. We get to applaud you! That is what Gratitude Night is all about.

If you are new to A.A., we welcome you to come in to the Intergroup service center and see what we do. We have many service opportunities that will enhance your sobriety. Getting sober is a choice, sobriety is a gift.

Yours in Love and Service,  
Gail S., Office Manager

## Notes from Your Board Chair:

Happy New Year and welcome to 2022. I hope everyone had a good holiday. As many people set their new year's resolution, and plan for the upcoming year, so is Minneapolis Intergroup. We are always looking for ways to help and serve the AA community. We can't thank enough all those that helped us last year make the best Intergroup around. With that though it takes a lot of service work to make it run well. As the Traditions allow us, we do have paid staff, and those staff count on the many volunteers to help. There are always opportunities to volunteer. We have open group phone commitments; Night owl and Early Bird commitments are also available. Then there are the many events and functions Minneapolis Intergroup is involved in. If you have any questions of how you can be of service, just stop by the office and talk to any staff, or you can fill out a Contribute your Time Form. When I was using my resolutions were lose weight, work out more, make more money, I want to do this, that, me, me, me. Now my resolutions are, how can I be of service, because what I have experienced is when I am of service, I feel better, and when I feel better, the things I need arrive without demanding, and the things I want come when I least expect it. Even if they don't, I am ok, because this way I have a better chance of staying sober. This is how I understand that those that help others also help themselves.

Thank you for letting me be of service and looking forward to another great year ahead.

Your Board Chair, Cory S.

### This Month in A.A. History

**January 1st 1988:** West Virginia A.A. began the first statewide toll-free telephone hotline.

**January 4th 1940:** First A.A. group was founded in Detroit, Michigan.

**January 15th 1945:** First A.A. meeting held in Springfield, Missouri.

**January 19 1940:** First A.A. group met in Detroit, Mich.

**January 23 1961:** Bill W. sent an appreciation letter, which he considered long-overdue, to Dr. Carl Jung for his contribution to A.A.

**1938:** Jim B., author of *The Vicious Cycle*, a former atheist, gave A.A. "God as we understand Him."

**1940:** First AA meeting not in a home meets at Kings School, Akron, Ohio.

**1942:** *Drunks are Square Pegs* was published.

**1951:** The A.A. Grapevine published a memorial issue on Dr. Bob.

**1984:** *Pass It On*, the story of Bill W. and how the A.A. message reached the world, was published.



## Intergruop 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	Doug H.
District 21	Mike A.
District 22	Tanya L.
District 24	Brian C.
District 25	Betsy G.

### Intergruop Staff

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

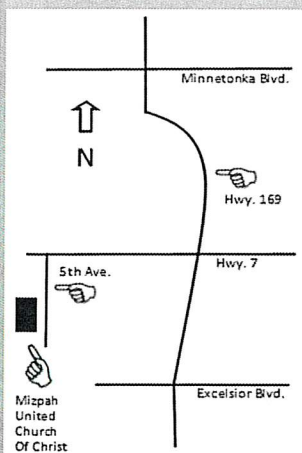
*Your Intergruop board meets every month at 6:30 pm on the Tuesday before the Rep's meeting in the Intergruop Office.*

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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 Intergruop.

## NOTICE

## NOTICE



**The Intergruop Rep Meeting will be held at**  
**Mizpah UCC**  
**412 5th Ave N.**  
**Hopkins, MN 55343**  
**This is a HYBRID meeting.**  
**Thursday,**  
**January 25th at**  
**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 Meeting on Zoom Please email dist18@area36.org for info
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 Mizpah United Church of Christ 412 5th Ave N. Hopkins, MN .
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

## Intergruop 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

1/1	The History of A.A. & Its Founders Her Story
1/8	Step Six / Tradition Six His Story
1/15	A.A. Literature— The A.A. Grapevine Her Story
1/22	Step Seven / Tradition Seven His Story
1/29	Self Support and A.A.'s Vital Services Her Story



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

Concept I: The final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

In 1951 Bill W. wrote that our Fellowship was “ready and able to take these responsibilities from us.” He was referring to the group of services that A.A. uses to function. He listed the General Service Office, A.A. World Services, Inc., A.A. Grapevine, Inc., and the General Service Board of Alcoholics Anonymous. Up until that point, he and Dr. Bob held primary responsibility for those functions along with a few old-timers and several nonalcoholic friends. They were all the “trustees” for Alcoholics Anonymous. The final responsibility and ultimate authority up to that point resided with them. But they knew that was not sustainable. They knew that we, the A.A. members, had to take responsibility for our own Fellowship. In today’s vernacular we might say that we need “skin in the game.” The question I pose to everyone who reads this is, have you and your group taken responsibility for A.A. world services? Do you have skin in the A.A. world services game?

Bill also wrote: “The average member, preoccupied with his group life and his own “twelfth stepping” knew almost nothing of A.A.’s world services. Not one member in a thousand could tell who our Trustees were. Not one in a hundred had the least idea what had been done for A.A.’s general welfare. Tens of thousands already owed their chance at sobriety to the little noticed activity of our Trustees and general services. But few realized that this was true.” Do you and your group know the current state of A.A.’s world services? Do you know who our Trustees are?

The General Service Conference provides the process by which you and your group stay connected to the rest of A.A. in the United States and Canada. It is the unique tool by which you can take responsibility for our Fellowship. The Conference acts on behalf of our membership. But Delegates to the Conference rely on the participation and feedback from A.A. members to help inform what actions are needed. In Area 36 we have established a process to allow members and groups to become informed on current issues that will be before the conference so we can hear as many viewpoints as possible. All are welcome to participate in this process and I think it is important to review it here.

Each year, in February, the agenda for the upcoming conference is distributed. Our agenda consists of agenda items that have been submitted by individuals, groups, districts, and areas. These items are suggestions or ideas that the submitters felt warranted consideration to better serve Alcoholics Anonymous, its members, and/or the still suffering alcoholic. The list is disseminated first to the Area Delegates, then to the Area Committee and ultimately to the General

Service Representatives (GSRs). You and your group can access them from several sources. They are posted online at [area36.org](http://area36.org). Districts distribute them to their GSRs and other members/groups. There are typically two months we all have to read and review the list and background information connected to each item, discuss them in our groups, and provide feedback to the Delegate. We talk about the items at the West Central Regional Service Conference the first weekend of March (in 2022 it will be here in St. Louis Park at the DoubleTree Park Place the weekend of March 4-6). In Area 36 we talk about them at an annual Delegate’s Workshop which will be on April 2nd in 2022. They are also discussed at local District meetings. Sometimes there might be additional opportunities provided as well.

This is our process. It is important. Please plan to participate this year whether you have done it before or not. And please pass this information along to others so our “collective conscience” can be as broad as possible.

In service,  
Stacy M., Delegate  
Panel 71, Area 36

## GROUP PHONE COMMITMENTS OPEN

1<sup>st</sup> Wednesday 7-9:30pm

2<sup>nd</sup> Thursday 7-9:30pm

2<sup>nd</sup> Saturday 12:45-3:15pm

4<sup>th</sup> Saturday 12:45-3:15pm







Sponsored by  
**Greater Minneapolis Intergroup**  
of Alcoholics Anonymous  
Welcome Al-Anon & Alateen

# **39th Annual Gratitude Night**

**SAVE THE DATE**  
**Saturday, April 2nd, 2022**  
**7:00 pm - 9:00 pm CST**  
**Minneapolis Convention Center**

About Intergroup/Volunteer Countdown  
Sobriety Countdown  
Al-Anon Speaker  
AA Speaker  
Speakers ASL Interpreted

Minneapolis Intergroup - 7204 W 27th Street Suite 113 - St Louis Park MN 55426  
952.922.0880 [aaminneapolis.org](http://aaminneapolis.org)

“Why should not each of us tell himself: ‘Yes, we were once a burden on everybody. We were ‘takers.’ Now that we are sober, and by the grace of God have become responsible citizens of the world, why shouldn’t we now about-face and become ‘thankful givers’! Yes, it is high time we did.”

Bill W., *Language of the Heart*, p. 86  
originally published in the April 1958 Grapevine  
*reprinted with permission of The A.A. Grapevine, Inc.*

**The Central Office helps carry the A.A. message to the alcoholic who still suffers by coordinating the following services:**

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



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

**TRADITION ONE:** Our common welfare should come first; personal recovery depends upon A.A. unity.

*I went to a meeting last week that taught me the importance of the First Tradition. Some time ago this group had decided to discuss one Step every month. They were on the Tenth Step that month, and I was looking forward to hearing everyone's experience, strength and hope.*

*The chairperson started the meeting in the usual way, but then introduced his own topic. I asked him about the group's decision to discuss a Step every month. He said he knew about that, but he wanted to talk about something else. The rest of the people in the meeting didn't seem to care, and it wasn't my home group, so I didn't feel in a position to argue. The chairperson went on to talk about a relative who had checked into a treatment center. As I sat there pouting, I began to think about Bill W.'s analogy in Twelve Steps and Twelve Traditions. He said that the AA group is like a lifeboat. If everyone in the lifeboat is to survive, then everyone needs to stick together. I carried the analogy further. If a group follows the past experiences of our Fellowship (the Steps and the Traditions), it will be following in the wake of other boats. It will have a smoother ride.*

*The chairperson of that meeting was steering the boat. When he introduced his own topic, it was as if he took out a chainsaw and cut off his portion of the boat. He set the boat adrift. The next person talked about her concern for the way her daughter-in-law was raising the grandchildren. She took out another chainsaw and cut off her portion of the boat. The boat continued to break up as people brought up topics that had little to do with the common welfare of the group. As a group, they not only lost their ability to stay afloat, but they also lost their effectiveness in pulling in others who were still suffering.*

*After the meeting, I talked with a lady who had been sober and coming to meetings for nine months, but was about to check herself into an outpatient treatment program. Apparently she wasn't getting what she needed to stay sober in Alcoholics Anonymous.*

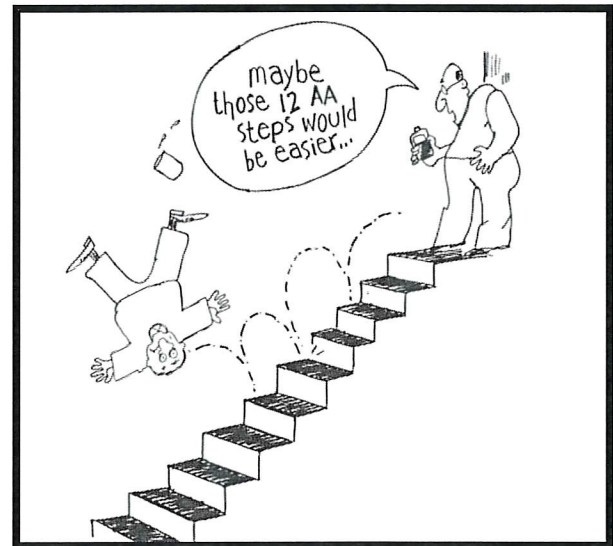
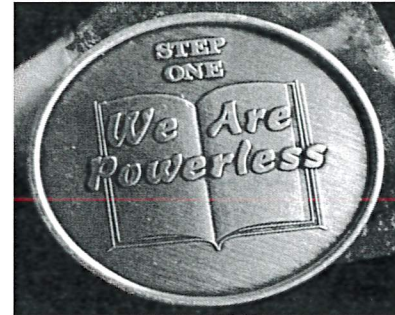
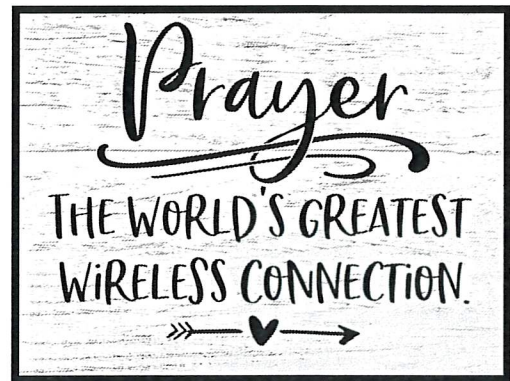
*My home group has a group conscience statement that's read at the beginning of every meeting. Part of it reads, "The format for our meeting tonight will be the discussion of a Step or Tradition of Alcoholics Anonymous. In keeping with AA's First Tradition, we respectfully ask that you confine your remarks to only the Step or Tradition being discussed. Other problems may be discussed after the meeting if you wish."*

*When I first started attending my home group, that statement really bothered me—because I wanted to talk about whatever moved me.*

*Today I see that statement as saying, "Please check your chainsaw at the door."*

—Brian H., Eau Claire, Wis.

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Please contact Minneapolis Intergruop Staff with any group updates or meeting changes. Help us keep an accurate updated meeting list of both in person and online meetings so the newcomer can find us.

952-922-0880

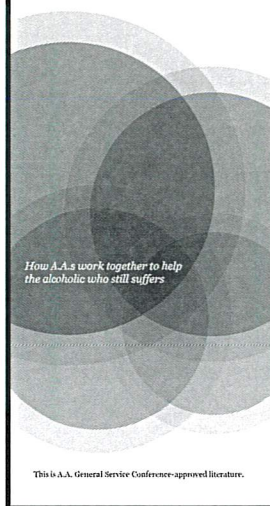


## Grapevine Book of the Month:

Take Me to Your Sponsor

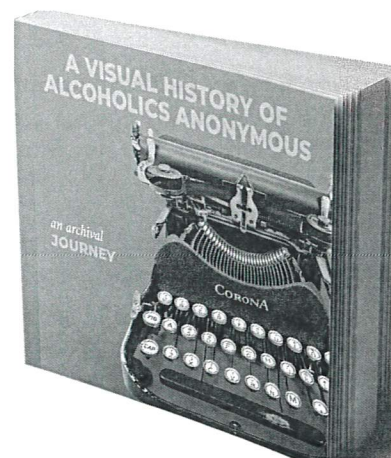


## Circles of Love and Service



## AA Book of the Month:

A Visual History of Alcoholics Anonymous



## A.A. Pamphlet of the Month:

Circles of Love and Service

## OPEN GROUP PHONE SHIFTS

2nd Tuesday 4:15-7:00pm  
2nd Saturday 12:45-3:15pm

2nd Tuesday 7:00-9:30pm  
4th Saturday 12:45-3:15pm

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

Andover Alano - Squad 11  
Andover Squad 8  
Annandale Lakers  
As Bill Sees It - Delano  
As Bill Sees It - Medina  
Basic 12 Group  
Basic Principles  
Beltline Groups  
Better than Gold  
Big Book and Meditation at Peace  
Blaine Alano Squad 99  
Bryant Lake Group  
By The Book AA  
Cavalier West Thursday Night  
Clay City AA  
Clearwater Groups  
Cliffhangers VI at St. Ed's  
Common Solution Big Book Study

Continuous Action  
Crushed Grapes  
Dry Dock  
Excelsior Wednesday Night Group  
First Class  
For Today Group  
Foundation Stone Group of AA  
Foxhall Chapter 7 Group  
Golden Valley Group  
Gratitude Group  
Groveland Group Squad 49  
Happy, Joyous and Free-Shakopee  
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 GROW Group  
Lakeville Sat. Big Book Meeting  
Minnetonka Big Book Study Group

Monday Morning Women's Big Book  
NE Recovery Room 12X12  
Pax Christi Thursday Night  
Plymouth 2 Monday Night Group  
Progress Not Perfection  
Rich/Blmngtn Alano Sun Spkr Mtg  
Ridge Runners II Group  
Rule 62 Cavalier  
Sahara Thurs 730 Men's  
Saturday Morning Buffalo 12 X 12  
Senior Men's Barn Group  
Serenity Squad at West Sub. Alano  
Silver Lake New Brighton  
Sinking Ship AA  
Southwest Women's Group  
Squad A - Depth and Weight  
St. Louis Park Sunday Night AA Group  
St. Lukes Saturday Men's Group  
Steps Forward Group

Stepsisters of Northfield  
Sunrisers (Thursdays)  
TBD (To Beat Drinking)  
The Path-Robbinsdale Alano  
The Way Out  
There Is A Solution-Sahara 430pm  
Third Tradition Group of AA Northfield  
Three Legacies  
Thursday Night Women's Group  
Tonka Alano Society  
Tradition Five  
Tuesday Morning Step Group  
Turning Point  
Turning Point Women's

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\*\* November 2021

### None Received For This Month

\*\*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

## UPCOMING Events

#### January 18th

4th Step Workshop – Virtual

Register by email:

4thStepWorkshopTC@gmail.com

7:00pm to 8:30pm

#### General Service Announcements

##### January 29th

Trusted Servant

Leadership Training

9:00am to 1:00pm

TBD

#### February 19th

Area Committee Meeting

Committees 9:30am to 11:30am

GSR/Alts 10:30 to 11:30 optional

Area Committee 12:30 to

5:00pm

Remote Zoom Meeting

Go to area36.org



## Changes For Mailing Contributions Effective Immediately

### Pink Can Plan

P.O. Box 41633

Plymouth, MN 55441

### ( G.S.O.) General Service Board Contributions

P.O. Box 2407

James A Farley Station

New York, NY 10116-2407

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

**Friday,  
December 31st,  
New Year's Eve Holiday  
January 1st,  
Saturday,  
New Year's Day**

*Closed* BUT STILL  
**AWESOME**

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.



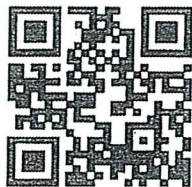
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Hopkins, MN

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Please make checks payable to Intergroup Association and send to:

**7204 West 27th Street-Suite 113 St. Louis Park, MN 55426-3112**

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