

Step Three

"Made a decision to turn our will and our lives over to the care of God as we understood Him."

Looking back on my early sobriety in taking this step of making the decision to give God my will, I would say this was actually the first step for me. I could not get through step 1 or 2 without first exploring my view of God or a Higher Power first. I had many false starts when I started (and quit) AA. Looking back, I realize it directly resulted from my lack of humility concerning the God I professed to believe. I didn't have the problem of a lack of belief in God, I was raised as a Christian and enjoyed, and still enjoy, church, Bible studies, and praying regularly. My problem was that due to my faith, I actually thought I could skip over some of the god-stuff that our Big Book and meetings so thoroughly covers and encourages. I skipped the chapter called "We Agnostics" – that just didn't apply to me, or so I thought. I had God and didn't need advice on my faith, thank you very much! No wonder it took me years to put together multiple days of sobriety! I had to take a really good look at what I believed and who I thought God was and what my role was. My days of addiction to alcohol were an endless cycle of waking with the thought of not drinking today, failing to make it through half the day without drinking, yelling at God for not delivering what I needed, and then begging for him to please make me sober. Along with this I tried reading self-help books (usually with a glass wine in my hand) and trying out AA with no commitment to it. Something was obviously missing. In my mind, I was just a victim of addiction and a miracle from God was what I needed. I could not be a "we" with anyone in AA or look at my own faulty thinking as insanity until I made a decision to let go of my will and life and allow God to take charge.



Step three asks us to MAKE A DECISION, meaning we come to a conclusion or resolution after considering our options. I was out of options and didn't and my only resolution seemed to be drinking more and more. Decisions of a drunk are not going to turn out well, alcohol was making my decisions and was also my true higher power. I loved the escape that alcohol allowed, life seemed easier and yes, I was creating more problems in my life, but that allowed me even more excuses to drink, as if an alcoholic ever needs more of that! Solving a problem with a bigger problem is insane and unmanageable and led to a spiritual bankruptcy that left me no choice but to realize that I needed a new outlook on God in order to understand who I was truly and how I was to live in relation to others. I was ready to consider that I had confused religion - rules and judgement, for spirituality - love, acceptance, and a relatable God. I thought I deserved to feel guilty and ashamed, after all, I was a horrible person for being addicted to alcohol and God was punishing me for my sins. I deserved it and just had to bear it. Thankfully AA is a spiritual program, not a religious one. We are free to make a decision to believe in any

Step Three continued on page 4



Notes from your Service Office:

The General Service Theme for 2022 is:

"A.A. Comes of Age 2.0: Unified in Love and Service."

Notes from your Service Office

"Every A.A. wants to make sure of his survival from alcoholism, and his own spiritual well-being afterward. This is just as it should be. He also wants to do what he can for the survival and well-being of his fellow alcoholics. Therefore, he is bound to have a vital interest in the permanence and well-being of A.A. itself."

Bill W., Language of the Heart, p. 166

Originally published in the April 1958 Grapevine

One way you can do this is become a "Faithful Fiver." Faithful Fivers are A.A. members who graciously contribute five dollars or more each month to support Minneapolis Intergroup service center. As a Faithful Fiver, you support efforts to carry the A.A. message of hope to still-suffering alcoholics.

Most Central Offices across the US and Canada use this program to help financially support their service center. The Faithful Fiver idea came about when a group of members remembered that they wasted much more than five dollars a month during their drinking days. (See the program form in this MIRUS for more information or to set up your monthly contribution.)

Did you know we have an EFT (electronic funds transfer) program? If you fill out the form one time, you don't have to think about it any more. Your contribution will automatically be deducted from whatever account you choose: credit card, checking account, savings, etc., each month. When we set up your deduction on a secure site, we cut out your account information so your number is no longer accessible on any paperwork in the Intergroup Office. Contribute any amount you would want. You can cancel anytime you like. You will get a receipt after each contribution is made by email or by US mail. If you choose, go directly to the Intergroup website and click on "Contribute" to skip the paper enrollment. Call Minneapolis Intergroup anytime if you have a question.

In Love and Service

Office Manager, Gail S.



Notes from Your Board Chair:

It is hard to believe it is March already. There are the high school tournaments, college basketball, snow melting, and of course spring vacation. This is the time of year where I start getting the itch. Weather keeps many of us couped up for months just waiting to get out. Looking back, it has been a long couple years, because 2 years ago, on March 6th, ,the epidemic hit Minnesota. Any sort of normalcy I then took for granted, became questionable. But, as spring is a symbolism of new life, challenges in life are also a time for growth. Changes can be hard. The fortunate thing is we don't and most of us didn't have to do it alone. It was amazing to see traditions put into action. As the Traditions were written through experience, we also grew through the epidemic experience. We have new ways of reaching the still suffering. Now, rather than 2 years ago when we were asking what and how we were going to do recovery, we have options. It also takes many of us to accomplish this.

Minneapolis is fortunate to have an excellent recovery community, and Intergroup, one that I am proud to be part of. On April 2nd we will be acknowledging everyone who has helped with this accomplishment by hosting the 39th Annual Gratitude Night. Please see the information in this month's Mirus, or on the event section at www.aaminneapolis.org. There are also

plenty of volunteer opportunities for this event. Hope to see you there!

Thank you for letting me serve,

Cory S. Board Chair

3rd Step Prayer

God, I offer myself to Theeto build with me and to do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love, and Thy Way of life. May I do Thy will always!

Intergroup Board

Board Officers

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

Board Members

Jim R. Dwight C. Brian C. Grace C. Dan S. John M. Betsv 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 Jim R. District 18 Dwight C. District 19 Grace C. District 20 Doug H. 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.

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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 Minnetonka Blvd. Û N 1 Hwy. 169 Hwy. 7 5th Ave. 1 Excelsion Blvd Church Of Christ

The Intergroup Rep Meeting will be held at Mitzpah UCC 412 5th Ave N. Hopkins, MN 55343 This is a HYBRID meeting. Thursday, March 24th 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

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

3/5 Step Ten / Tradition Ten

His Story

3/12 A.A. World Services/ General Service Office

Her Story

3/19 Step Eleven / Tradition Eleven

His Story

3/26 Anonymity as a Spiritual Principle

Her Story

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

Concept III: As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of Decision."

This Concept is a lot easier to understand in practice than it is on paper. Each of these three service entities – the groups, the Conference, and the A.A. General Service Board (and service corporations, staffs, etc.) have been granted authority in place of our founders to take care of Alcoholics Anonymous. This concept outlines how the balance of power functions between the three so that our work gets done efficiently and effectively with all three having the ability to exercise their authority but not be stymied by the others.

The groups have final authority. There are certain aspects of the A.A. program that simply cannot be changed without the authority of the groups. Article XII of the Conference Charter is one of those things. The warranties of Article XII cannot be changed without the written consent of ¾ of the registered groups. They also hold the power of the purse. Groups are at the top of the service structure for Alcoholics Anonymous.

The Conference has delegated authority to act for A.A. as a whole and they have practical authority over the trustees. As I mentioned in a previous article, A.A. representatives represent a majority of Conference. Trustees are in the minority. The delegates give the trustees their marching orders. In essence, delegates have the very practical ability to chart the course for Alcoholics Anonymous on an ongoing basis. Groups share their opinions and viewpoints but they trust the delegates and the Conference to make the best decisions for A.A. based on all of the information and their own experience. Groups don't actually tell their delegates how to vote.

The Trustees are also delegated authority to act for A.A. as a whole and they have full authority over the service corporations. They are told what to do but not necessarily how to do it. We delegate to them the implementation of our decisions. The delegates chart the course, and we tell them to "make it so." But we don't get in the weeds about how to implement our wishes. We trust that they will do necessary research and vetting of each situation to arrive at the most prudent pathway to get the job done.

One of the essential elements to making this system work is mutual trust. Groups trust that the Conference is looking out for the best interests of A.A. The Conference trusts that the

Trustees will take the Advisory Actions they are presented each year and implement them in the best way possible. The Trustees trust that we know what is best for A.A. My sponsor told me years ago that if I give someone a job to do, I should trust that it will get done and give them the Right to Decide how to do it. It always provides for a smoother working relation.

In Service,

Stacy M Area 36 Delegate

Please contact Minneapolis Intergroup Staff with any group updates or meeting changes.

Help us keep an accurate updated meeting list of both in person and online meetings so the newcomer can find us.

952-922-0880

Step Three continued from page 1

God or Higher Power we choose and I owed it to God and myself to get to know the true God, not one that someone else told me about when I was a child. Finally, one day, I heard God's message to let go and let God and to only focus on right now – doing only what I could at that moment and living in that day alone. This one decision was the start of sobriety for me, my mind had been opened to the possibility that I needed help from others who had been where I was now. Thankfully I have learned to handle difficult times by working the 12 steps with a sponsor and God, attending regular meetings, and reading the Big Book. I now know that there is not anything too difficult for God, that I can hear God's guidance through others. The true gift of the 12 steps is that giving up actually gives us power, this seems contradictory, but surrendering our will allows our time and energy to be spent on helping others, in other words, living as we were meant to. I am truly grateful for the blessings of honesty, open-mindedness and willingness gained through working the 12 steps of Alcoholics Anonymous.

Suz G.

Eden Prairie

Yes! Please enroll me as a Faithful Fiver!

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Minneapolis Intergroup thanks you for your generous supporti

OFFICE HOURS:

9:00am - 1:00pm 9:00am - 4:30pm 9:00am - 7:00pm M-W-F:

HOTLINE NUMBER:

952-922-0880

ANSWERED 24 HRS A DAY

www.aaminneapolis.org **MEETING INFORMATION:**

Intergroup Association

St. Louis Park, Minnesota 55426-3112 of Minneapolis and Suburban Area, Inc. 7204 West 27th Street, Suite 113

phone 952-922-0880 fax 952-922-1061 www.aaminneapolis.org info@aaminneapolis.org

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"Every A.A. wants to make sure be. He also wants to do what he Therefore he is bound to have a of his survival from alcoholism, and his spiritual well-being vital interest in the permanence and well-being of A.A. itself." afterward. This is just as it should can for the survival and wellbeing of his fellow alcoholics.

Bill W., Language of the Heart, p. 166 originally published in the April 1958 Grapevine

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^{*} I authorize Minneapolis Intergroup to automatically bill the account listed under "Option A" as specified. I understand that I may cancel this authorization by contacting Intergroup.

What are Faithful Fivers?

or more* each month to support Minneapolis Intergroup. Faithful Fivers are A.A. members who graciously contribute five dollars

As a Faithful Fiver, you support efforts to carry the A.A. message alcoholics in the of hope to still-suffering Minneapolis Area. Greater

and evidence that we are eager we are being prudent. But when "When we meet and defeat the with all those who still suffer." temptation to take large gifts we are generous with the hat to share what we have found we give a token that we are grateful for our blessing

Bill W., Language of the Heart

Minneapolis Intergroup provides the following "Vital Services" to all A.A. groups and their members:

- 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

Your Faithful Fiver contributions go directly to supporting these services!

Faithful Fivers receive a subscription to Minneapolis Intergroup's monthly newsletter, the MIRUS.

Yes! Please enroll me as a Faithful Fiver!

Complete the form on the opposite side.

Submit the form:

If choosing an Automatic Payment Option, Office Manager or drop off the form to: enclose the form in an envelope to mail

c/o Minneapolis Intergroup St. Louis Park, MN 55423-3112 7204 West 27th Street, Suite 113

If choosing direct payment, mail or drop off the payment and keep the form for your

costly, these agencies are absolutely essentia everywhere function in full strength—and that obligation that rests squarely upon all of us a Fellowship. Their costs are a collective to our continued expansion—to our survival as going to foot the bill." under our Tradition of self-support, we are al recognition on our part that A.A. must Our support of services actually amounts to a Bill W. wrote of Intergroup Offices, "Though not

"Self-Support: Where Money and Spirituality Mix" pamphlet

per year \dagger and are tax deductible under Internal Revenue Code §501 (c)(3).

* Contributions are limited to \$5,000 per member

[†]Page 9—Self-Support Pamphlet

The Twelve Traditions - How They Apply In Our Lives

TRADITION THREE: The only requirement for A.A. membership is a desire to stop drinking.

Traditions Checklist

These questions were originally published in Grapevine in conjunction with a series of articles on the Twelve Traditions that ran from November 1969 to September 1971. While they were originally intended as suggestions for individual use, many AA groups have adopted them and use them as a basis for wider discussion.

Tradition Three

- 1. In my mind, do I prejudge some new AA members as those who likely will not make it?
- 2. Is there some kind of alcoholic whom I privately or publicly do not want in my AA group?
- 3. Do I set myself up as a judge of whether a newcomer is sincere or not?
- 4. Do I let language, religion (or lack of it), race, education, age, sexual identity or other such things interfere with my carrying the message?
- 5. Am I over impressed by celebrity, a doctor, clergyman, an exconvict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
- 6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what they so for a living? Where they live? What their domestic arrangements are? Whether they have been to AA before? What their problems are?

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GROUP PHONE COMMITMENTS

4 Shifts Open to Choose From 2nd Tuesday

4:15 pm-7:00 & 7:00 pm-9:30pm

2nd & 4th Saturday

12:45 pm-3:15 pm

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

This Month in A.A. History

March 1, 1941 – Jack Alexander's Saturday Evening Post article was published and membership jumped from 2,000 to 8,000 by year's end.

March 5, 1945 — Time Magazine reported first of a series of Detroit radio broadcasts by AA members.

March 7, 1941 — Boston newspaper reported that any drunk who wanted to get well was more than welcome at the AA meeting at 115 Newbury St., at 8 PM Wednesdays.

March 10, 1944 — New York Intergroup was established.

March 15, 1941 — First AA group in New Haven, CN, was formed

1936 – AA had 10 members staying sober. At end of 1936 AA had 15 members.

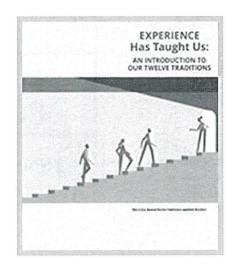
1941 - 1st Prison AA Group was formed at San Quentin.

1941 - Second printing of Big Book appeared.

Grapevine Book of the Month:

Forming True Partnerships

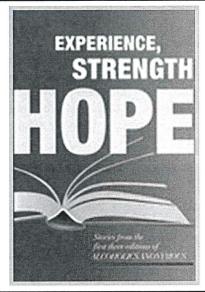




A.A. Pamphlet of the Month:

Experience Has Taught Us: An Introduction to Our Twelve Traditions

AA Book of the Month: Experience, Strength & Hope



Alcoholics Anonymous "Big Book" Quotes

"There I humbly offered myself to God as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my new found Friend take them away, root and branch. I have not had a drink since." Page 13



Group Contributions - January 2022 Thank you all, in the Spirit of Hope.

4111 Group 4th Step Workshop 7-Hi Group 8 to 80 Group

8 to 80 Group
Andover Alano - Squad 11
Andover Alano Squad 5
Back To Basics Women's Group

Basic 12 Group
Basic Principles
Basic Twelve & Twelve
Cause for Hope AA

Cavalier West Thursday Mens Group

Cliffhangers 1 Cliffhangers VI

Common Solution Big Book Study

Continuous Action
Crushed Grapes
Design for Living
Design for Living BB Study
Dunn Sober AA Groups
Dynamic Women's Group
Eternal Vigilance

Extravagant Promises

First Class
Foreword XIX Group
Foxhall Chapter 7 Group
Friday Night Shift
Gratitude Group
Groveland Group Squad 49
Home Boyz Squad
Isanti AA Squad 3
Isanti Alano Squad 12
It Might Have Been Worse

It's Noon Somewhere 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

Lakers Friday 6.30 Life is Good AA Group Living Sober AA Group

Lucky Squad at West Suburban Alano

Lynnhurst AA Group

Mainstreeters AA (Plymouth II Alano)

Medina AA Group NE Recovery Room 12X12 Norwood Young America AA
NuWay House Inc.
Pearls of Wisdom
Plymouth II Alano Society, Inc
Plymouth II Big Book Sun Morning
Polaris Group
Primary Purpose Group
Promises at Knox
Prospect Park AA Group
Rich/Blmnetn Alano Squad 7G

New Freedom - Chanhassen

Prospect Park AA Group Rich/Blmngtn Alano Squad 7G Rich/Blmngtn Alano Sun Speaker River Valley AA Group

Rule 62 Cavalier Sahara Club Founders Group Sahara Saturday AM Mens Saturday Night Live Group Saturday Sisters - Pax Christi Senior Men's Barn Group Serenus AA Group

St. Louis Park Sun Night AA Group St. Luke's Mon Nite AA Group St. Lukes Saturday Men's Group

Step Sisters Mon PM Suburban North Alano Squad 7 Sunday Morning Relapse Prevention Sunday Serenity Group Sunrisers (Thursdays) Temple Wed. AA Group TGIF Women's AA Group The Way Out Group Third Tradition Group of AA Northfield Three Legacies Tonka Alano Society **Tradition One** Turning Point Women's Big Book Twelve West AA Group Waconia Friday Nite AA Group Wayzata Women's Group We Think Not Wed Knight Avenue Group Wed Women's Serenity-Good Shepherd Women's Big Book Study Thurs 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** January 2022

Minnetonka Big Book

**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:

<u>Central Pacific Group</u>, 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.

Friday:

Hopkins, MN 55343

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

> Minnetonka Big Book Study Group of Alcoholics Anonymous

> > presents its

28th Annual Serenity Breakfast Sunday May 22, 2022

at the Minnetonka Community Center 14600 Minnetonka Blvd ~ Minnetonka, MN 55345



Guest AA Speaker Beth H. from Destin, FL

Speaker will be ASL interpreted

Breakfast: 8:00 am to 10:25 am Speaker Meeting: 10:30 am to Noon

Only \$10.00 in advance ~ \$15.00 at the door (Speaker only = Seventh Tradition)



March 25, 26, 27th

35th Aim for Ames Roundup Ames, IA Preregister: www.aimforames.org Hotel Info: www.aimforames.org

April 22nd, 23rd, 24th

28th Sunlight of the Spirit Weekend
Best Western, Fairmont, MN
Email: sotsweekend@gmail.com
See flyer on event calendar at aaminneapolis.org

General Service Announcements

March 4th, 5th, 6th

West Central Regional AA Service Conference DoubleTree Minneapolis-Park Place, St. Louis Park Info at Area36.org

April 2nd

Area Assembly/Delegates Workshop 9:00 am to 5:00 pm Rosemount Community Center 13885 South Robert Trail (Banquet Room)

Gopher State Roundup

2022 is happening!

Memorial Day weekend: May 27-29, 2022

Doubletree by Hilton, Bloomington, MN

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

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