

Step Five

May 2022 Step, Tradition, and Concept Five

"Admitted to God, to ourselves, and to another human being the exact nature og our wrongs."

When I came into the rooms of AA I came in with a lot of baggage, as we all do. One of the heaviest pieces I was dragging around was "fear" and it was pretty all-encompassing. There was fear of failure with my job, fear of loss of financial security, fear of no longer having anyone love me, fear of trying new things, and fear of the unknown future. I'd become disgusted with the person I'd become and had actually started to think death might be the only way out of the mess of my life. Desperation saved me and I'm grateful for the 'gift' of my desperation. It created a small crack in the wall that alcohol had surrounded me with, allowing honesty to creep in, and enabling me to admit I was an alcoholic.

Desperation to honesty to the Twelve Steps of Alcoholics Anonymous. The first two steps were not hard. Yes, I was powerless over alcohol and my life was unmanageable, and yes, I certainly was not able to restore my sanity on my own. Step Three didn't slow me down much. At the beginning of my journey in AA I did not have any kind of relationship with God. I used the success of the program of AA, and the fellowship, to be my higher power, knowing that if I did what was suggested to me, I could have what they had. Step Four was a little more scary. I had avoided looking at my motives and behavior for years, but knew if I was to have that serenity they all seemed to have then I needed to recognize these defects of character and call them by name. But Step Five? Tell another human being all the selfish, nasty things I'd done, things that I never wanted anyone to know because they proved what an awful person I was? Again I was given the gift of desperation. If I wanted to keep this new found sobriety past when the Pink Cloud was no longer enough I would have to talk to my sponsor about the exact nature of my wrongs, and let go of that baggage load. And I did exactly that.

I'm far from
perfect, my
life is a
Message

One sunny late spring afternoon my sponsor and I met at the Eloise Butler Wildlife Garden and I told another living soul my secrets. My sponsor listened, nodded, told me some of her similar experiences. And the sun continued to shine, the earth continued in its orbit, the flowers did not wither up and die.

In the hours and days after doing my Fifth Step I didn't feel so altered that I was sure I was next on the list for sainthood, but, my steps seemed just a little bit lighter, laughter came a bit easier, and the birds—my gosh how did so many birds suddenly come to live outside my back door?

Step Five, followed by Steps Six and Seven, gave me the opportunity to recognize and name my less than admirable shortcomings and ask my Higher Power, who I now call God, for help in removing them.

The 12 Steps of Alcoholics Anonymous are in the order they are meant to be worked and we work them over and over again. Each time a challenge arises or my feelings are hurt, I know that the Steps are there waiting for me, guiding me over the rough spots of life.

I am a work in progress.

Karla B., Chaska



Notes from your Service Office:

The General Service Theme for 2022 is:

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

Do we dare reopen and gather together? Gratitude Night was a start! It has always been my favorite event, but this one was special and spectacular! Maybe because it has been two years since we were able to get together in person. Our attendance was as of April 12th was 650. There are many behind the scenes that made this happen. I want to express my gratitude to Matt Z., our Chair and Katie W., our Co-Chair that brought forth a great committee of members that made all of the arrangements. The photo booth was a great addition this year and the feedback on our DJ was great. Our speakers were amazing that brought us so much laughter and some tears. It was a beautiful night of fellowship with all of you. It is our way of saying thank you to everyone that has been of service to Minneapolis Intergroup.

Our annual Outreach Program kicks off on Saturday, May 7th and May 14th at 11:00am at the Mizpah UCC in Hopkins. (Following the regular AA Orientation meeting that begins at 10:00am.) Each year we randomly select 70 groups to visit in the city or surrounding suburbs. This year we will select groups in the areas of Minneapolis Downtown, NE, or SW areas. You will bring a packet of information on what Intergroup does to reach the still suffering alcoholic. Attend one of these two sessions to sign out one or two groups to visit. We will share with you the purpose of this outreach, the importance your service to Minneapolis Intergroup, and a volunteer's past experience of visiting a group. It is a great way to try a new meeting and be of service!

We now have the newest Grapevine book in the office, *Fun in Sobriety*. The personal stories in *Fun in Sobriety* describe how, freed from alcohol, people can and do live life to the fullest!

Do you remember your first Gopher State Roundup? My first one was when I was 11 months sober and not comfortable doing anything sober! I was in a halfway house and went on a Saturday night. I never knew there were so many alcoholics in this city. I could not believe they were having so much fun without alcohol. Who knew!

Minneapolis Intergroup has again registered for Suite 215 at the Gopher State Roundup XLIV on Friday, May 27th and Saturday, May 28th at the DoubleTree by Hilton in Bloomington. (See flyer for details). Twenty-four groups sign up and host a two hour time slot with food and fellowship. It is a great way to make a presence without the cost of renting your own suite. Your group name will be posted during your time hosting. There are two groups per shift to share the food with and greet newcomers and your fellow AA members. If your group is interested, just call the Intergroup office and talk to any staff member to sign up. We have a sheet of guidelines that will help your group to plan what food you want to bring. We appreciate all the groups that support Minneapolis Intergroup.

Yours in Love and Service,

Gail S., Office Manager

Notes from Your Board Chair:

Since I am entering my last 6 months of being on the board, and your current board chair, I can't help but look back at the last 2.5 years with gratitude. We just celebrated Gratitude night, and it was an outstanding event and very well participated. Thank you all! What a remarkable recovery community Minneapolis and St. Paul area has. One of the services that makes us so strong is that Intergroup maintains an updated meeting directory. To do that, sometimes, we must go and reach out to meetings. We do this by visiting meetings that have little to no contact or activity. If you are interested in helping all you need to do is show up to one the training sessions on either May 7th or May 14th at 11am at the Mizpah UCC in Hopkins and sign out a group to visit. See the flyer in this issue for details or on the website on the event calendar. This is especially important with all the changes our meetings have gone through because of the pandemic. Also, if you have any changes to your meeting, please let Intergroup

staff know so they can update it. Then, at the end of May, Gopher State Roundup XIV will be happening, and as always Intergroup will have a hospitality suite #215. There will be opportunities for your group to host a 2-hr. slot. If your group is interested, please have your Intergroup Rep sign you up or just call the Intergroup office staff. We are looking forward to seeing you there, and the Summer Open House on August 13th.

Yours in Service,
Cory S., Board Chair



Intergroup Board

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

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

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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 The Intergroup Rep Minnetonka Blvd. Meeting will be Û held at N Mizpah UCC (B) Hwy. 169 412 5th Ave N. Hopkins, MN 55343 Hwy. This is a HYBRID 5th Ave 旬) meeting. Thursday, May 26th at Excelsion 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

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

5/7 Importance of Having a Sponsor
 His Story
 5/14 Step Three/ Tradition Three
 Her Story
 5/21 Importance of Singleness of Purpose
 His Story

5/28 Step Four / Tradition Four

Her Story

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

Concept V: Concept V: Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

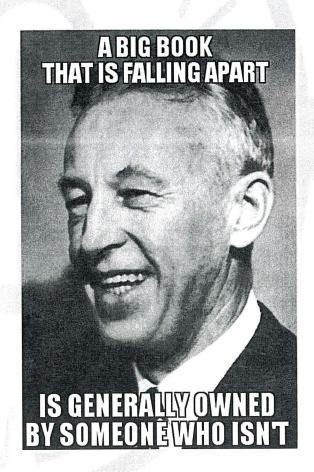
In Alcoholics Anonymous, we place tremendous value on the minority opinion. Concept V says it is our chief protection against an uninformed, misinformed, hasty, or angry majority. Why do we need protection against those things? Because these characteristics are a normal part of human nature. It is easy to get on bandwagons or react to sound bites without having all the information. It is also tempting at times to make decisions in haste based on emotions - whether out of momentary excitement or anger. But we are a spiritual program rooted in spiritual principles. We have our Traditions and Concepts to help us stay focused on making decisions that are guided by these principles in all that we do individually and collectively. When we discuss something in AA we talk about it over a long period of time. We strive to allow ample opportunity for groups, GSRs, Delegates, etc. to discuss, debate, and provide feedback. We listen to others' viewpoints. After allowing for discussion and debate a vote is taken. Most things we vote on require substantial unanimity meaning that more than two thirds of the people voting agree. If complete unanimity is not reached, the minority gets to speak to the minority. This is how we go to great lengths to respect the opinion of each individual member.

The "petition" aspect of Concept V offers another safeguard. It protects against a majority taking actions that might not in the best interests of AA or are contrary to our Traditions and Concepts. I would like to illustrate this by using a fictitious example.

Mickey Mouse, delegate for the Looney Tunes Area and a member of some future Conference, introduces an idea to change the name of our fellowship from "Alcoholics Anonymous" to "Be Sober" (BS). The proposal adds that our General Service Office should be renamed Business Office for Be Sober (BO BS). Almost everyone present thinks it is a great idea and one that should be acted on immediately. No one seems to consider the ramifications — that we would have to change all our literature to reflect the name change, or that we might want to get feedback from the groups. The Conference votes in favor by a large majority. The minority speaks and raises several issues, but no one changes their vote. The proverbial train is in motion...

Is there no recourse in this crazy example? Thankfully, there would be. The Right of Petition allows any member of the service structure, whether paid or volunteer, to petition for redress of a personal grievance. They could complain directly to the General Service Board without prejudice or fear of reprisal. Actions could be taken to stop the train before it got too far out of the station. Concept V provides tools that help us slow down and consider things carefully so that AA can continue to be the best fellowship we can be.

Blessings in the month of May! Stacy M. Delegate, Panel 71



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

Group & Member Services Committee Greater Minneapolis Intergroup Annual Outreach Program

An Invitation to join our Committee!
This Spring help carry the Intergroup Service message to those who may not be informed what services IG provides.

Become a part of the 2022 GMSC Group Outreach

We ask that you have some idea as to how Intergroup serves the AA community.

So you can be better informed, we ask members who want to serve on this committee to attend the Group Assignment & Kick Off Meeting.

KICK OFF MEETING and Group Assignments

When: Saturday, May 7 or May 14

(Pick one Saturday to attend)

Time: 11:00 am to 11:30 am

Where: Mizpah Church

412 – 5th Ave North Hopkins, MN 55343

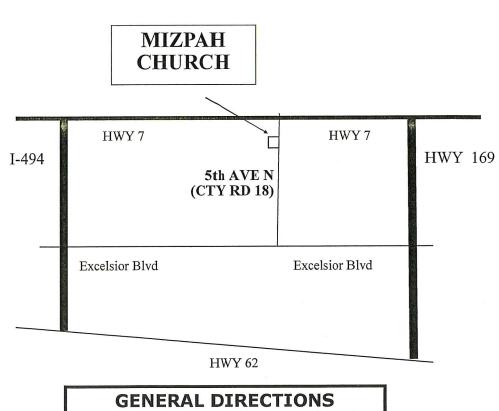
(After the Saturday Orientation Meeting)

In 30 minutes we will explain what is expected and assign a group for you to visit.

Group Visits to be completed by June 30th, 2022. Turn in Group Update Form to the Intergroup Office.

Meeting Location:

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



From Hwy 7 (0.4 miles West of 169)
Turn South onto 5th Ave N,
Go 1/2 block to 412 5th Ave N,
Mizpah Church is on the right
Map: www.aaminneapolis.org
Intergroup: 952.922.0880

The Twelve Traditions - How They Apply In Our Lives

From the Traditions Checklist

Tradition Five: Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

- 1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
- 2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
- 3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
- 4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
- 5. Do I help my group in every way I can to fulfill our primary purpose?
- 6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

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PLEASE POST ON BULLETIN BOARD

"Rocketed Into a 4th Dimension!"



GOPHER STATE ROUNDUP XLVII

May 27th, 28th, and 29th, 2022



Activities and Accommodations at: DoubleTree by Hilton Hotel, Highway 100 & 494, Bloomington, MN

MEETINGS • SPEAKERS • FELLOWSHIP • HOSPITALITY ROOMS • A.A. FILMS

REGISTRATION – \$30.00 Contribution (ages 13 & over) Scholarships available onsite

Visit www.gopherstateroundup.org for registration

Guaranteed Special Room Rates Register early for the best rate. Details at
www.gopherstateroundup.org
or directly with DoubleTree by Hilton at 800-222-8733.
Mention Gopher State Roundup for a special rate.

Gopher State Roundup is a special A.A. conference with Al-Anon participation, Gopher State Roundup is self-supporting.

No contributions from A.A. groups are used to pay for this event. Expenses such as hotel fees, travel & lodging for the speakers, and printed material are paid through registration fees. No baskets are passed during this ev

SPEAKERS
FRIDAY, MAY 27th
7:30 PM Clif G., A.A., Oklahoma City, OK 7:30 PM 10:00 PM Jack W., A.A., Carbondale, CO

SATURDAY, MAY 28th

Rick J., Al-Anon, Ontario, CA 9:30 AM 11:30 AM Deborah K., A.A., Durham, NC Lynda B., Al-Anon, St. Paul, Bill D., A.A. Detroit, MI 2:00 4:00 Bob B., A.A., St. Paul, MN Micki B., A.A., Austin, TX

SUNDAY, MAY 29th 10:00 AM Bill C., A.A., Naples, FL

Gopher State Roundup Request for Volunteers

VOLUNTEERS NEEDED

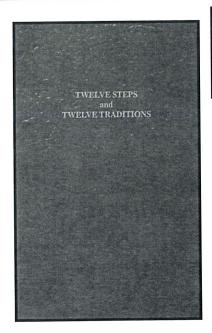
Gopher State Roundup 2022, which will be held over Memorial Day weekend May 27, 28, 29, 2022, takes an incredible amount of work to make it the exciting spiritual weekend that it is. If you would like to become a part of making it all happen, just check the committee you would like to work on and return the form to the address listed below. You will be contacted for your assignment as the

Roundup date nears.								
I would like to work on the following committee:								
Greeters	Ushers	Registration	Tickets					
Chair Room to Grow	***************************************	Staff Information Booth	Security					
Al-Anon								
Name								
Address	······································							
City, State, ZIP		e-mail						
Phone Number with Area Code								

Please return completed form to:

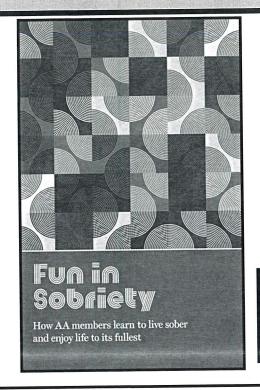
Gopher State Roundup P.O. Box 390533 Minneapolis, MN 55439-2026

Complete electronically at gopherstateroundup.org



Grapevine Book of the Month:

Fun in Sobriety-How AA members learn to live sober and enjoy life to its fullest





A.A. Pamphlet of the Month:

A.A. for the Native North

American

AA Book of the Month:

Twelve Steps & Twelve Traditions (Gift Edition)

Easy does it—but do it!!!

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

Friday Night AA in Rockford

Amanecer Nuevo **Amazing Grace** Anoka Today Alano Squad 164 Basic 12 Group **Retter than Gold** Big Book and Meditation at Peace Blaine Alano Squad 3 Bridges AA Group - Prior Lake Bryant Lake Grp Cavalier West Thursday Mens Group Central Pacific Grp Cliffhangers III - Burnsville Colfax AA Group Thurs. Night Complete Defeat AA Group Continuous Action Crushed Grapes Elk River Alano Squad 10 Foundation Stone Group of AA Foxhall Chapter 7 Group

From the Heart Friday Delano Gloria Dei AA **Great Blessings** Groveland Grp Squad 49 Hanover Tuesday AA Happy Hour Squad 27 Happy, Joyous, and Free Isanti Alano Sunday It Might Have Been Worse Kozy's Noon Men's AA La Nueva Esperanza Lakers AA Thurs 6 30 Lynnhurst AA Group Mainstreeters AA Medina AA Group Minnetonka Big Book Study Group Minnetonka Senior AA Monticello Alano Club

NE Recovery Room Primary Purpose New Freedom - Chanhassen New Hope Alano Squad 24 New Life AA Squad 14 No Decaf Promises at Knox Ramsey AA (Now Then AA) Rich/Blmngtn Alano Sun Speaker Rule 62 Cavalier Saturday Morning Buffalo 12 X 12 Saturday Night Open Speaker Meeting Senior Men's Barn Group Serenity Seekers at Ridgewood Church Sisters of Service Sisters Shoulder to Shoulder Solution Seekers Southwest Women's Group St. George Thurs Night AA Group St. Louis Park Sunday Night AA Group

Steps to Freedom Group
Suburban North Alano Squad 17
Suburban North Alano Squad 7
Sunday Morning AA Relapse Prevention
Sunrisers (Thursdays)
The Path-Robbinsdale Alano
This Simple Program
Thursday Night Big Book-Northfield
Thursday Night Womens Group
Tonka Alano Society
Tradition Five
Tradition One
Tuesday Morning Step Group (Buffalo)
Victory AA
Women's AA Group at Elim

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** March 2022 Minnetonka Big Book, Monticello Alano, Foxhall Chapter 7, Thurs Night Women's 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 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 Hybrid Meeting 511 Groveland Ave Minneapolis, MN 55403

Foxhall Chapter 7 Group, 7:30 PM Hybrid Meeting ASL 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 Hybrid Meeting Cross of Glory Church 4600 Shady Oak Rd Hopkins, MN 55343

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, MN 55404

Sunday:

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



TPCOMING -Events

May 6th, 7th, 8th

50th Annual Iron Range Get-Together Grand Rapids, MN Contact: Jack 218.341.7367 or Jake 218.263.1510

May 14th

St. Cloud Roundup City of Hope Church www.stcloudroundup.org

General Service Announcements May 7th

Area 36 Committee Meeting Committees 9:30am-11:30am GSR/Alts 10:30am-11:30am optional Area Committee 12:30pm-5:00pm Online-go to Area36.org for details

June 18th

Area Assembly

Committees – 9:30am-11:30am

GSRs/Alts – 10:30am-11:30am (optional)

Area Committee – 12:30pm-5:00pm

Online-go to Area36.org for details

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)

Minneapolis Intergroup
Office will be closed for
Memorial Day
Saturday, May 28th &
Monday, May 30th.

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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