

## Step Seven

"Humbly asked Him to remove our shortcomings."

Our 7th step: Humbly asked him to remove our shortcomings is short, to the point and a spiritual action; it is beautifully expanded with the 7th step prayer.

In looking at the first part of Step 7, Humbly asked... tells me I need help from a power greater than myself, I call God and that I need to do the work and not sit around waiting for the change to happen. In the 12 by 12 it says, "our crippling handicap has been our lack of humility" and it then says that humility is "the perspective to see that character building and spiritual values had to come first, and that material satisfactions were not the purpose of living" (page 71). Well, that took me a few years in the program to learn, understand and want.

I was told that I don't do the 7th step until I've completed the six steps ahead of it which makes sense when those steps prepare us to look at our defects of character, those behaviors and attitudes that have in ways helped us survive as well as hurt us and others. It's also dealing with the fears of facing who I am. The 12x12 says "we never thought of making honesty, tolerance and true love of man and God the daily basis of living"; my first struggle was getting to the realization that I didn't have a clue about real honesty, tolerance or love for others and to look at where God was in my daily walk. It took time... in the program, with sponsorship and working the steps and traditions to gain an understanding of character building, As I started understanding what those things were that needed changed and doing the work, I started seeing some changes in my attitudes and actions. I had an honest desire to do the right thing.

When I first sobered up material things were important to me, my ego (edging God out) was running the show; so much so that I ended up filing bankruptcy. I was in a place where I had graduated from college, had a good job and was spending money like I had an endless source of it. I was no longer drinking but I was immature, irresponsible but had no clue, so this was the start of the wake-up call. The lessons that come to us so we can continue to grow are always there, IF we are open to them or sometimes, they can be smack dab in our face. I remember going to an AA round up and they were doing a workshop on financial amends- a new look at that financial stuff I dealt with when I was newly sober and the character defects I still had around that area. UGH! I am so grateful that I developed that relationship with my Higher Power to prepare me for the work

on my shortcomings and working the rest of the steps. We often deal with fear, honesty and wanting acceptance; I remember making an error at my job and having a strength I had not known before (plus a nudge from my sponsor) to walk past the fear and own up to the error I had made- it turned out OK. I still had my job and the respect of my work, at work.

It still seems strange to me that step 7 in the Big Book of Alcoholics Anonymous ended up as only a paragraph yet is such a powerful one, it is the 7th step prayer that is a spiritual tool to use at anytime.

The 7th step prayer: "My Creator, I am willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character that 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.

It is a prayer that connects me with God, humbleness and hope. The 7th step prayer reminds me I have a source of strength (which is not me), I still have character defects that can cause harm, I have a purpose in life, and it helps me to stay "right sized". It reminds me that when I ask to have the defects that will stand in the way of my usefulness be removed, that I need to rely on and trust in my Creator who knows what lies ahead as I go through my day.

I resisted Alcoholics Anonymous as my purpose in life for a long time, the ego said it was not glamorous enough and there had to be more. I can honestly say today I am grateful for my sobriety, that I have a purpose to be of maximum usefulness to God and my fellows; I find peace and joy when I am living my purpose. ODAAT.

Jeanne B., Brooklyn Park



Greater Minneapolis Intergroup • Alcoholics Anonymous ®

### **Notes from your Service Office:**

### The General Service Theme for 2022 is:

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

An essential part of Greater Minneapolis Intergroup is its Board of Directors. The Board consists of twelve elected AA members serving a three-year tem and the Intergroup Office Manager (myself), who serves as an ex-officio member (I had to look this word up in the dictionary). The Manager serves on the Board as long as his or her position is held.

I have the privilege to work closely with all the Board members. Every one of them has much to contribute, whether management skills, business knowledge, or organizational skills, but more important and more impressive is the love and dedication for Alcoholics Anonymous that is demonstrated by taking on this very important service commitment.

Each year at the September Intergroup Representatives meeting (September 22nd this year), elections are held; four of the twelve elected Board members rotate off and four new members are elected. All AA groups that have an Intergroup Representative registered share in this important service to elect our new Board members. Each group has one vote.

Persons interested in serving on the Board can pick up a Board Resume form at our office or complete the form online on our website. The form can be found under the tab "About Intergroup". Have your resume into the office by September 8th. Note that there is a minimum five year sobriety requirement for these positions. The information on the back of the resume will help make your decision as to whether this service opportunity is right for you. Individuals may also be nominated by a registered Group Representative on the night of the election.

We are excited to invite everyone to our annual summer Unity Open House at the held at the Minneapolis Intergroup office in St. Louis Park on Saturday, August 6th from 9:00 am to 1:00 pm. We are bringing the dunk tank back this year. And no, I won't be going in it. But, believe me, that was an experience I will not forget. Join in the fun activities with great food (see the flyer for more details). If you are new to service, we will have an information table about opportunities available at Intergroup and in general service.

Yours in Love & Service,

Gail S., your office manager



### **Notes from Your Board Chair:**

Service work is the foundation of AA. Serving on the Board of Intergroup has not only allowed me to be part of a greater whole, but it has also allowed me to meet many people I otherwise would not have. The real backbone of Intergroup is the staff though. Through out the pandemic, Gail. Erin, Scott, and Terri worked relentlessly to ensure AA's message could still be carried to not only the still suffering alcoholic, but also active members of AA. Working with them has been amazing, and educational. I saw the Traditions in action during this time. In Sept. we will be holding elections to elect 4 new board members replacing the ones rotating off. If you have not served or know someone who is active in AA and has 5 years of continuous sobriety, then this 3-year commitment is encouraged. You are more than welcome to reach out with any questions about being on the Board, and I will be more than happy to talk to you. I can be reached at corysomlai@comcast.net. You can also come talk to me, any board member, come support Intergroup, or just come show your appreciation to the Intergroup Staff during the

Summer Open House on Aug. 6<sup>th</sup> from 9am to 1pm. Great time to also check out Intergroup if you never have been there. There will be sweets in the morning, and hot dogs in the afternoon. While there you might as well also try your hand at the dunk tank! Hope to see you there.

Thank you for letting me serve,

Cory S.

**Board Chair** 



### 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.
Betsy G. Steve S.
Gail S. Office Manager, Ex-Officio

### **General Service District Board Liaisons**

District 7 Tanya L. District 13 Steve S. District 14 Grace C. District 17 Jim R. District 18 Dwight C. District 19 Betsy G. District 20 Doug H. District 21 Mike A. District 22 Dan S. District 24 Deb W. District 25 John M.

### **Intergroup Staff**

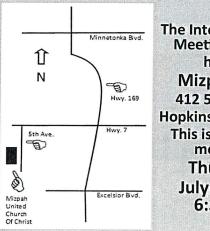
Gail S. Office Manager
Erin D. Office Assistant
Terri N. Office Assistant
Scott F. Office Assistant

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 Meeting will be held at Mizpah UCC 412 5th Ave N. Hopkins, MN 55343 This is a HYBRID meeting. Thursday, July 28th 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.

412 Juli Ave N. Hopkills, Will

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

7/2 A.A. Literature—The A.A. Grapevine

7/9 Step Seven / Tradition Seven

Her Story

7/16 Self Support and A.A> Vital Services
His Story

7/23 Step Eight / Tradition Eight Her Story

7/30 Local Service Office—Minneapolis Intergroup
His Story

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

### Concept VII:

Short Form: The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

The key to understanding this concept is to recognize that we are different from most other entities. There are legal aspects to how we function in the world. That is why we have a Board of Trustees that oversee our affairs and have legal rights and obligations. However, we are a spiritual society that operates under spiritual principles. We do not transact business the way other entities do. We place greater emphasis on the actions of the Conference – a body without legal power - than on our Board. It is another paradox in Alcoholics Anonymous.

There are several principles at play in Concept 7. The first is balance of power. The Trustees have some power, and the Conference has some power. Legally speaking, the Trustees have the legal power to conduct our world service affairs. They are delegated the ability and discretion to keep our world services functioning under the Charter and Bylaws of the General Service Board. Their legal authority is complete. But they are not compelled to use it and historically they rely on the advice and direction of the Conference. The Conference, on the other hand, maintains practical and traditional power. The annual conference makes decisions on behalf of Alcoholics Anonymous that direct the Trustees on how to conduct our affairs. The Trustees take that advice and direction and put it into action.

The power remains balanced, and our process works because of the rest of the principles found in this Concept - trust, brotherly love, acceptance, and humility. It works because we are a spiritual society. We place tremendous value on our Traditions. The membership trusts the Conference. Everyone who serves at this level wants what is best for A.A. There might be disagreement about what is best, but we have a common goal. Our traditions guide us to extend brotherly love

to those who serve us when we interact with each other. That includes when we perceive a mistake has been made. Rather than throwing people under the proverbial bus, we seek to understand and provide a different perspective or guidance as we see fit. And our tradition is to be open to differing perspectives or guidance! The group conscience provides opportunities to practice acceptance. When the group conscience speaks, it is our spiritual practice to act on and be supportive of that group conscience. And finally, we practice humility in our affairs. Each trusted servant plays only a limited role in the ongoing success or failure of any decision made on behalf of Alcoholics Anonymous. We are in this together. If a decision later becomes clear to not be in the best interests of A.A. we can make a different decision.

I hope to see you at the upcoming Intergroup Rep's meeting where I will be making my report on this year's annual conference. It might provide more insight into Concept 7.

Stacy M., Delegate

Area 36, Panel 71



Why did the accountant do so well in A.A.? He was already a friend of bills.

Two alcoholics decided to write a song together, they couldn't get past the first two bars.



# INTERGROUP'S 22ND ANNUAL UNITY OPEN HOUSE

# JOIN US IN CELEBRATING 54 YEARS OF SERVICE

SATURDAY AUGUST 6, 2022

9AM - 1PM

9AM-11AM DOUGHNUTS & COFFEE \* 11AM-1PM HOT DOGS & CHIPS **DUNK TANK—GAMES—CAKE WALK** 







### NEED A SERVICE OPPORTUNITY? LEARN ABOUT...

Phone Volunteering: Daytime Phones, Group Phones, Early Birds and Night Owls Southern Minnesota Area 36 Temporary Contact Program Southern Minnesota Area 36 Correctional Facilities Contact Program "An opportunity for all AA members to connect into service"



























## **GREATER MINNEAPOLIS INTERGROUP**

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

map & directions at www.aaminneapolis.org

## Yes! Please enroll me as a Faithful Fiver!

# become a Fiver Faithful Fiver

"Every A.A. wants to make sure of his survival from alcoholism, and his 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

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### **O** Contact Information

Name				
Address				
CityS				
Phone Number				
Email Address				
Amount & Frequency				
Amount: \$				
Frequency: (check only one)				
$\square$ Bi-Weekly $\square$ Monthly $\square$ Quarterly	☐ Annually			
Start On://				
<b>©</b> Choose a Payment Method				
Option A: Automatic Payments				
Contribute through Electronic Funds Transfer (EFI) from a C	Checking/Savings account	or a Credit Card account		
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□ Visa □ MasterCard □ AmEx				
Account Number://	/			
Expiration Date:/				
Name on Card:				
* 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.				
Signature	_ Date	-		
Option B: Direct Payment				

Contribute using cash or check by stopping in the office or mailing your check payable to:

### Minneapolis Intergroup

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

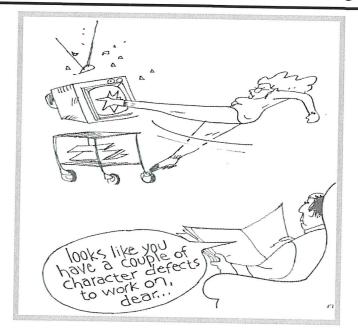
# The Twelve Traditions - How They Apply In Our Lives

Tradition Seven: Every AA group ought to be fully self-supporting, declining outside contributions.

- 1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
- 2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
- 3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
- 4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
- 5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
- 6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

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Carver, Scott, and
Hennepin County jail AA
12th Step Opportunities.
Now looking for
volunteers!! Please see the
Service Opportunities tab
on aaminneapolis.org for
details.



As of June 1, 2022

MINNEAPOLIS INTERGROUP
12 Step Service Opportunity

# GROUP PHONE COMMITMENTS

# Open Shifts 1st Wednesday

4:15 pm-7:00 &

4th Thursday

4:15-7:00

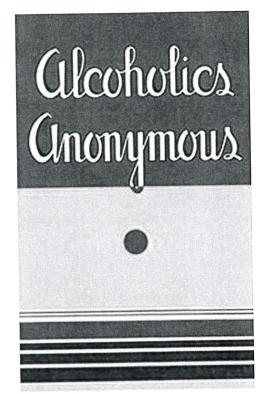
IF INTERESTED STOP BY OR CALL INTERGROUP STAFF (952) 922-0880

### This Month in A.A. History

July 2, 1965 – Best of Bill and pocket-sized 12 & 12; first sold.

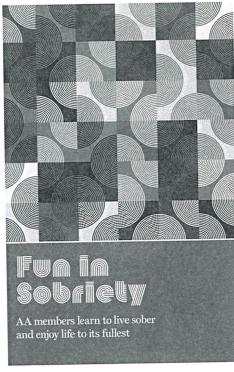
July 2-3, 1955 – 5000 attend 20th Anniversary at our St Louis Convention; Bill W. turns "the fellowship over to the fellowship" at 4:00 PM

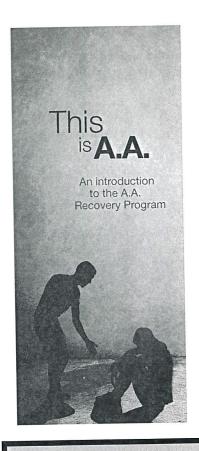
July 2-4, 1965 – 10,000 attend 30th Anniversary of AA in Toronto, our Responsibility Declaration is adopted.



### **Grapevine Book of the** Month:

Fun in Sobriety





A.A. Pamphlet of the Month: This is AA

# AA Book of the Month:

75th Anniversary Edition Big Book

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

As Bill Sees It Medina Better than Gold Blaine Alano Squad 10 Breakfast Club **But A Symptom** Cavalier West Thursday Men's Group Clearwater Groups Common Solution Big Book Study Continuous Action Coon Rapids Alano Squad 3 Crushed Grapes Dakota Alano Thurs Men's Group Elk River Squad 7 **Excelsior Wednesday Night Group** Foxhall Chapter 7 Group Good Samaritan Group

Gratitude Group **Groveland Group** Happy Destiny Isanti AA Squad 3 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 Lakeville Sat Big Book Meeting Lynnhurst AA Group Mainstreeters AA (Plymouth II Alano) Minnetonka Big Book Study Group Monday Morning Women's Big Book New Hope Alano Squad 7 New Hope Alano-Squad 16

Parkway AA Group Polaris Group Rich/Blmngtn Alano Sun Spkr Mtg River Valley AA Group Rojo Group Rule 62 Cavalier Sahara Men's Closed Group Saturday Night Live Group Senior Men's Barn Group Serenity Sisters Shoulder to Shoulder Group Sisters' Shoulder to Shoulder Southeast Community Squad 20 Step Sisters of Anoka Steps Forward Group **Sunday Sobriety** 

Sunrisers (Thursdays) Temple Wed. AA Group The Hand of AA There is a Solution Third Tradition Group of AA Northfield This Simple Program Three Legacies Tonka Alano Society **Tradition One Turning Point** Wayzata Step Sisters Wayzata Women's Group Women's AA Group at Elim Women's Big Book Study Thurs Buffalo Women's Experience, Strength, & Hope

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\*\* May 2022 Minnetonka Big Book Study

\*\*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 Hybrid Meeting 511 Groveland Ave., Minneapolis, MN 55403 Foxhall Chapter 7 Group, 7:30 PM Hybrid Meeting

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

Saturday Night Live 7:30 PM

Basilica School 3rd floor (behind the church) 1601 Laurel Ave W., Minneapolis, MN 55403

Saturday Night Open Speaker Meeting, 8:00 PM

2218 1st Ave. S., Minneapolis, MN 55404

Sunday:

Open Speaker Meeting, 11:00 AM Richfield Bloomington Alano 9321 Bryant Ave. S., Bloomington, MN 55420



Celebrating 82 Years of AA in the Upper Midwest and Honoring AA Members with One Year of Sobriety!

Register Online at: www.FoundersDayMN.org

Saturday, November 26

9:30 AM Registration opens

10:30 AM \*AA Speaker Meeting: Sloan B. (Madison, WI)

12:00 PM - A.A. Call up Meetings (Steps 1,2.3)

- Al-Anon Breakout Meeting

- YPAA Panel

1:00 PM History Panel

2:00 PM - A.A. Call up Meetings (Steps 1,2.3) - Al-Anon Breakout Meeting

- YPAA Panel

3:00 PM \*Al-Anon Speaker Meeting: Sarah C. (Phoenix, AZ)

4:30 PM - A.A. Call up Meetings (Steps 1,2,3)

Al-Anon Breakout Meeting - YPAA Speed Sponsorship

6:00 PM Banquet

7:30 PM \*AA Speaker Meeting:

Harold L. (St. Louis, MO)

9:00 PM Dance

\*These meetings are ASL Interpreted

Registration

Registration required and must be paid to attend Founder's Day Minnesota events.

Registration & Banquet (limited seating)

The Banquet begins at 6:00 PM Saturday

Celebrate sobriety with great speaker meetings, history panel and A.A., Al-Anon and YPAA activities.

> A.A. Call Up Meetings

Al-Anon Brenkout Meetings

YPAA Breakout Meetings

> Archives

> History Panel

Banquet

> Dance

Activities and Accommodations at

DoubleTree by Hilton Bloomington - Minneapolis South - Bloomington, MN 7800 Normandale Blvd, Bloomington, MN 55439 • 952.835.7800 or 800.222.8733

Special Room Rates are available with early reservations. Please make reservations directly with the DoubleTree by Hilton Bloomington Hotel. Indicate they are for Founder's Day Minnesota.



July 16, 2022

North/South Forum about Remote Communities Beyond Language, Culture & Geography: Sobriety Within Everybody's Reach Contact: Regional Forums at GSO: northsouthconnections@aa.org or 212-870-3400

### August 6th

Unity Open House Minneapolis Intergroup in St. Louis Park 9:00am to 1:00pm Games, Dunk Tank, Cake Walk, Hot Dogs Food, Fellowship, Service Information

### General Service Announcements July 16th

Recovery, Unity & Service Get Together 9:00am - 9:30pm Info Coming

### August 13th

Area Committee Meeting REMOTE ZOOM MEETING Committees 9:30am to 11:30am GSR-Alts 10:30am to 11:30am (Optional) Area Committee Meeting 12:30 - 5:00pm

Minneapolis Intergroup will be closed Monday July 4th in observance of Independence Day .

Most Area 36 events have a map on how to find the location @ www.area36.org. Open Speaker Meetings are isted 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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