

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

August 2022 Step, Tradition, and Concept Eight

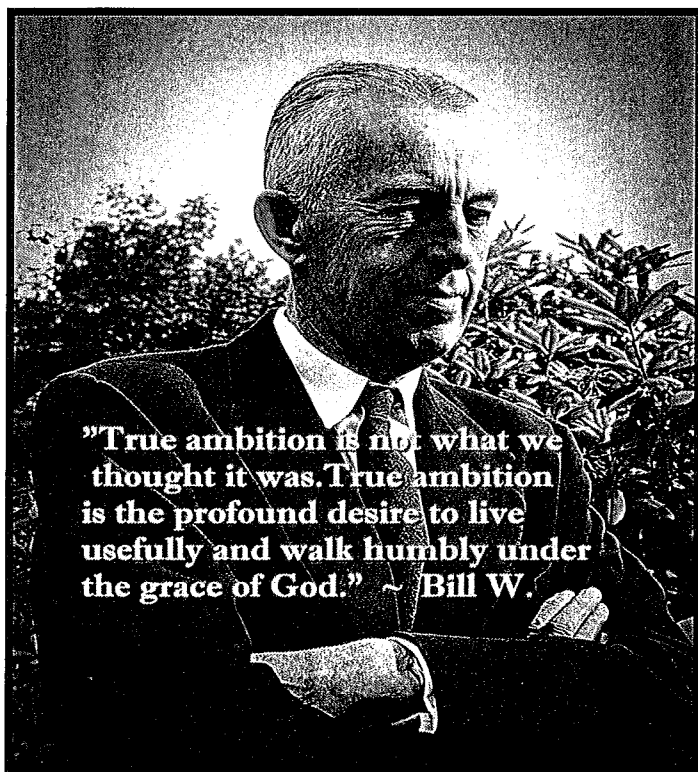
Step Eight

"Made a list of all persons we had harmed, and became willing to make amends to them all."

Sponsors are useful in creating a Step 8 list and planning the amends. Most of us will remember harms we've done to past girlfriends, employers, neighbors, close friends and family members. Sponsors can help us probe deeper into our memories, to also write names of police officers, union officials, judges, teachers, schools, classmates, sponsees, sponsors, the military, players on sports teams, etc.

A really good 8th step list can be written in a morning, and the idea is not to make a perfect list. The idea is to get a bunch of names of people and institutions on paper and then plan the amends with sponsors; how to make contact, how thorough, who might have the contact info for those who have moved away, etc. The day may come when you remember another person you owe an amend to, but let's get most of the obvious ones done now. The Big Book is very clear that step work should be prompt – days, not months, to work steps 1 – 9.

Robert S. Chanhassen, MN



As of July 1, 2022

**MINNEAPOLIS INTERGROUP
12 Step Service Opportunity**

GROUP PHONE COMMITMENTS

Open Shifts
1st Wednesday
4:15-7:00pm

4th Monday
7:00-9:30pm

4th Thursday
4:15-7:00pm

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

WILLINGNESS
is the
KEY 

Greater Minneapolis Intergroup • Alcoholics Anonymous®

7204 W. 27th St., Suite 113 • St. Louis Park, MN 55426-3112 • 952-922-0880 • www.aaminneapolis.org • email: 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.”

This email stays with me. And it is not the first one I have received like it. On 1/17/22 it read: Does this meeting still exist? I sat in Room 199 by myself from 7-7:20 tonight. Not a fun feeling walking out alone tonight (rather lonely and isolating) considering the courage it takes to walk into any meeting as a first timer?

Doing the annual Outreach Program can help avoid getting emails like the one above. Each year, starting in May and ending in June, we choose a different area and select 70 groups to visit. A volunteer will handpick a group to visit and bring a packet of information about Minneapolis Intergroup. This was the first year we signed out all 70 packets. We do this to inform members about opportunities to carry the AA message through Intergroup's 12 step services and update the group's meeting information listed on the aaminneapolis.org website meeting directory. Some of the changes we received were:

- 9 meetings were deleted because no one was there
- 3 have changed their meeting location
- 2 have changed the start time of their meeting
- 2 have changed the name of their meeting
- 4 have changed their meeting format

These results and many others make our meeting directory better and more accurate. Thank you to all the volunteers that gave of their precious time to visit a group or two. You are appreciated!!

Board Elections will be held at next month's Intergroup Rep meeting. Of our twelve member Board, each year four rotate off and four new members will be elected to serve. All registered Intergroup Reps have a very important role in electing these four new members from the resumes we receive. Each group has one vote. The main requirement to serve on the Board is a minimum of five years of sobriety. That's it! If you love A.A., it is a very rewarding service opportunity. You can fill out the Board resume on our website. (see "About Intergroup.") We ask you to turn it in by September 8th. On September 9th we mail a copy of all resumes to the Intergroup Reps to view prior the the elections that will take place on Thursday, September 22nd at 6:30pm at the Mizpah UCC in Hopkins.

In Love and Service,

Gail S., your Office Manager

Notes from Your Board Chair:

Sharing stories of how AA works is what keeps our community going. One thing I must realize is I can only do my part, by carrying the message, and let God do the rest. Sometimes we may never know the outcome. I am also a night owl, and on the 12th step call list. A few weeks ago, I got a call from a phone volunteer at Intergroup at work asking if I would talk to a gentleman seeking help. I called this individual and spoke to him briefly and inquired if he was willing to go to a meeting that night. I gave him the information, told him to ask for. I called the contact person and told them about this individual. Later, I found out this gentleman showed up to the meeting, participated, and even went out to fellowship afterwards. This always brings me back to the responsibility statement: I am responsible when anyone, anywhere reaches out for help, I want the hand of AA always to be there; and for that I am responsible. Serving on the board and the AA community we don't always see or hear about the outcomes, but we follow the 12 Traditions so the hand of AA can always be there. On Sept 22 there will be elections held for the next rotation of 4 Intergroup board

members. This is a great opportunity to participate in making sure the hand of AA can continue locally. Please contact Intergroup or see the inserted flyer for details.

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

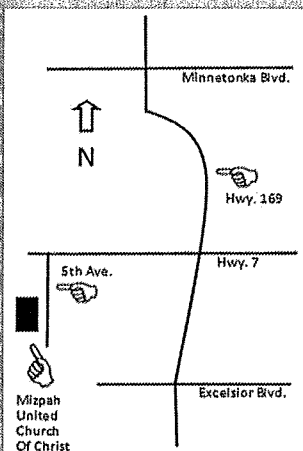
Gail S.	Office Manager
Erin D.	Office Assistant
Terri N.	Office Assistant
Scott F.	Office Assistant

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,
August 25th at
6:30pm

Metro District General Service Meetings

District 7	Second Monday, 6:30 pm Zoom Meeting ID: 894-9573-7082 Password: District7
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_ HYBRID Pilgrim United Methodist Church_ 4325 Zachary Lane, Plymouth, MN 55442 Zoom ID:88445082151 Password: D22
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

8/6	Step Nine/ Tradition Nine Her Story
8/13	A.A. Service Entities: District & Area His Story
8/20	Step Ten / Tradition 10 Her Story
8/27	A.A. World Services/ General Service Office His Story

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

Concept VIII

The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

There is a new Concepts video that was created by the General Service Board of Great Britain that I have been sharing in my reports. If you attended my annual conference report at the June Intergroup Reps meeting, you got the chance to view it. The 72nd General Service Conference voted to adapt it and use it here in the United States. It provides an example for explaining Concept VIII.

The video says that Concept VIII is one of the concepts that ensures that the decisions of the fellowship are carried out by the appropriate people at the appropriate level and that they have the appropriate skills and authority they need to carry out their work. Concept VIII grants the Trustees a “non-executive” authority to advise on overall policy and financial matters while also guiding the direction the fellowship should take. Their focus is on the big picture. They will make sure that the advisory action regarding the Concepts video gets implemented and that it we have the funds to pay for it.

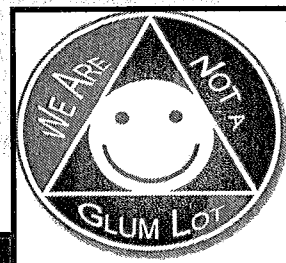
That running of day-to-day tasks to the General Service Office. Our General Service Office in New York houses both Alcoholics Anonymous World Services, Inc. and the A.A. Grapevine, Inc. These are our “separately incorporated and constantly active services.” Both have their own executives and report to their own respective boards. These executives focus on the minutia involved in the running of our services. They will do the adapting, producing, and distributing of whatever the Trustees decide to implement in response to the advisory action on the Concepts video.

As a result, we have our own system of checks and balances. Our trustees lead by keeping watch over the larger matters and our managers manage all the smaller details. If you want to learn more about the details surrounding the structure of our service entities, please pick up a copy of the A.A. Service Manual.

I look forward to seeing many of you at the Open House on August 6th!

Stacy M.,

Area 36 Delegate



Ever since I was a kid I wanted to be good enough at skating, biking, surfing, or running to be chosen to represent a brand like Nike, Red Bull, or Under Armour. Recently the pandemic has allowed me to double down on recreation and hone my craft, and I finally got a sponsor.

Thanks Alcoholics Anonymous!

Greater Minneapolis Intergroup
7204 W. 27th Street – Suite 113
St. Louis Park, MN 55426-3112
Fax: 952.922.1061 Email: info@aaminneapolis.org

Please review all information listed below

- Submissions due at Intergroup Office by September 9th.
- In accordance with the IG by-laws all candidate resumes should be submitted to the Intergroup Office 10 Business Days prior to elections. **Nominations will also be accepted from the floor on the night of election.**
- Annual Elections, Thursday, September 23, 2021 – 6:30PM
- Because of the time commitment, it is suggested that you discuss this service opportunity with your family and AA sponsor. (10-12 hours per month)
- You will be expected to; attend all Board and Rep meetings, attend a monthly General Service District meeting, serve on a Board sub committee, participate in functions that are sponsored by Greater Minneapolis Intergroup.
- Your Home Group should be located within the confines of the Metro Minneapolis Suburban Area.
- The Intergroup by-laws require each candidate to have 5 years of continuous sobriety on the date the election is held.
- A business background can be helpful. However experience at your Home Group, Intergroup, or General Service brings value to the mission of Greater Minneapolis Intergroup.
- No more than (2) two members from the same Home Group can serve on the board at the same time.
- As an elected board member you are serving all the groups in the greater Minneapolis AA community not just your AA Home Group.
- The AA 3rd Legacy procedure is the voting process used for our annual election.
- There are (4) four (3) three year term openings. Term begins October 1, 2021 and ends September 30, 2024.
- Minneapolis Intergroup is a non-profit Minnesota Corporation 501(c) (3) and is subject to all State and Federal laws.
- The IG by-laws require that copies of all submitted resumes be sent to the Intergroup Representatives of record by U.S. Mail 7 business days prior to the annual election.
- The Board elections are held annually at the Intergroup Representatives meeting, the 4th Thursday in September.
- Location: Spirit of Peace Church, 412 5th Ave North, Hopkins, MN 55343
- Reps meeting and annual elections begin at 6:30PM.

For directions see map in current MIRUS or on our website, www.aaminneapolis.org.

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7204 W. 27th Street – Suite 113
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Greater Minneapolis Intergroup
2021 Board Candidate Resume Form
Review Page 2 for Pertinent Information

Name:	
Address:	
Work Phone:	Home Phone:
Fax:	Email
Sobriety Date:	Home Group:
Education:	
Current AA Activities:	
Past AA Activities:	
Current & Past Activities Outside AA Including other boards you may have served on	
Occupational Background	

Annual Elections, Thursday, September 23, 2021 – 6:30PM

The Twelve Traditions - How They Apply In Our Lives

Tradition Eight: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward – even if not money – for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition.
7. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition – How It Developed?

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Anonymous or the A.A. Grapevine, Inc.

**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.**



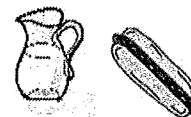
INTERGROUP'S 22ND ANNUAL UNITY OPEN HOUSE

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

This Month in A.A. History

August 1981: Sales of the Big Book passes 3 million.

August 18, 1988 – 1st Canadian National AA Convention in Halifax, Nova Scotia.

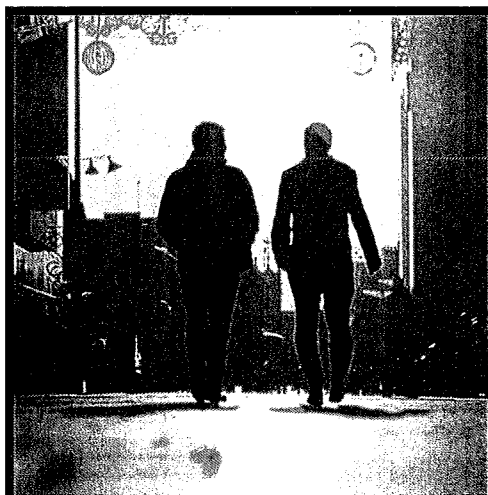
August 25, 1943 – AA group donates Big Book to public library in Quincy, MA.

THE A.A. SERVICE MANUAL

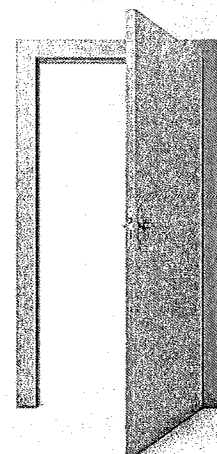
combined with

**TWELVE CONCEPTS
FOR WORLD SERVICE**

by Bill W.

2021-2023 Edition
REVISED AND UPDATED**Grapevine Book of the
Month:
One On One****ONE ON ONE**
AA Sponsorship in Action

EXPERIENCE, STRENGTH AND HOPE

Access to A.A.
Members share
on overcoming
barriers

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

AA Book of the Month:
The A.A. Service Manual**A.A. Pamphlet of the
Month:**
Access to A.A., Members
share on overcoming
barriers**Group Contributions** - June 2022 Thank you all, in the Spirit of Hope.

A Way Out Sunday Men's
Amazing Grace
Andover Alano - Squad 10
Annandale Lakers
Anoka Today Alano Squad 164
Basic 12 Group
Basic Principles
Better than Gold
Bridges AA Group - Prior Lake
Bryant Lake Group
Clay City AA
Crushed Grapes
First Class
Foundation Stone Group of AA
Foxhall Chapter 7 Group
Free At Last

Fridley Alano Squad 19
Golden Valley Group
Gratitude Group
Happy Destiny
Hope AA - Richfield
It Might Have Been Worse
Joe and Charlie Big Book Meeting
Kozy's Noon Men's AA
Ladies Night Happy Hour-Sahara Club
Lakers Alano Wednesday Group
Mainstreeters AA (Plymouth II Alano)
Minnetonka Senior AA
Monday Night Group Hanover
Monticello Wed AA
New Hope Alano-Squad 16
Nuevo Amanecer

Progress Not Perfection
Promises at Knox
Rich/Blmngtn Alano Squad 7G
Rich/Blmngtn Alano Sun Spkr Mtg
Ridge Runners I Group
Ridge Runners II Group
River Valley AA Group
Rule 62 Cavalier
SAK's Thursday Men's Meeting
Saturday Morning Fever
Saturday Night Live Group
Senior Men's Barn Group
St. Louis Park Sunday Night AA Group
St. Lukes Saturday Mens Group
St. Martin's Mon Nite Group
Sunday Morning A.M. Grp Prior Lake

Sunrisers (Thursdays)
The Becker Group
The Hand of AA
The Way Out Group
There Is A Solution-Sahara 430pm
Third Tradition Group of AA Northfield
Three Legacies
Thursday Night Womens Group
Wayzata Women's - Thursday Group
Wednesday Night Biltmore Group

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 June 2022**

****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 Intergrupp. 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

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

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



UPCOMING Events

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

August 20th

Sahara Club 50th Anniversary Celebration

11:00 am to 3:00 pm

Oak Hill Park-Main Picnic Shelter

3201 Rhode Island Ave S.

St. Louis Park

(see flyer for details on event page)

General Service Announcements

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

Founder's Day Minnesota 2022

November 26, 2022

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

Register Online at: [www.FOUNDERSDayMN.org](http://wwwFOUNDERSDayMN.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 \$25.00
Registration required and must be paid to
attend Founder's Day Minnesota events.

Registration & Banquet \$75.00
(limited seating)
The Banquet begins at 6:00 PM Saturday
evening.

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

- A.A. Call Up Meetings
- Al-Anon Breakout 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.

LET GO & LET GOD

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.

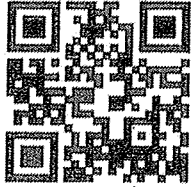
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