

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

September 2022 Step, Tradition, and Concept Nine

Step Nine

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

After I started going to A.A. and working the steps, it took a couple of years before I would start my 9th Step. I had been convinced that "...there is a long period of reconstruction ahead," as it says in the Big Book. But I would get stuck on the next sentence, "We must take the lead. I was full of fear and wasn't getting past that fear."

My drinking life had been filled with running away. I spent all my time trying to latch onto someone who I just knew would take care of me and everything else. This never worked out very well so I would run away and find someone else. But in A.A. I was learning how to take care of myself and what I was responsible for. I finally started to grow into an adult. So I had slowly worked the steps with a sponsor and had completed an 8th Step list. Then I stalled.

It wasn't until after I was arrested for shoplifting at the age of 37 that I was compelled to start the 9th Step in earnest. Prior to my arrest, I hadn't felt the need to change this behavior because I wasn't drinking. When I got home from the police station I called my sponsor and told her what had happened. She said "Go to your bedroom, get on your knees and thank god that this happened." I thought she must not have heard what I said!

But I was sober enough to DO what she said. And while it took about three years to actually feel gratitude for this, it did make me start actually doing the 9th Step and that was the first thing I felt grateful for.

My first amend was about the shoplifting, because it was in front of my mind. And while I had to do a certain number of hours of community service, that wasn't an amend, that was a consequence. The amend was demonstrating that I could admit my fault by making things right and changing my behavior. I had no idea how to pay back money because I had been shoplifting for years and from any store I went into. My sponsor and I talked this out and I took her suggestion to pick three organizations and contribute regularly to them for a number of years. I was scared to do this because I was in the middle of a difficult divorce and didn't have a job or a place to live yet. But I eventually picked three organizations that help children of incarcerated people and contributed to them monthly for five years. And to this day I've never stolen anything again and I really am grateful that I got caught.

That amend was probably the easiest one I did. It made perfect sense and I changed my behavior. But my other amends involved talking to people face-to-face and admitting my faults, expressing remorse, and changing my behavior regarding this person; that sounded impossible. Going through the list with my sponsor was essential. I am sure I would have lied and pretended to act if I hadn't been able to talk things out with her. I moved to a different city in the middle of Step 9 so I had another sponsor to talk through the rest of the list. These two women gave so much wisdom and experience and time to me, I am forever indebted to them.

When we started, I would pick a name that I sort of thought, maybe, sometime I would be able to make amends to. We would talk through what exactly I did that needed making right. This was useful because I learned that I didn't have to take responsibility for everything that happens, just my part in it. I practiced out loud what I would say and sometimes I had to write it down and read it out loud to the person. I was so scared to do this that all thoughts would just leave my head, so I needed to read it.

Doing this got easier the more I practiced. It was easier to see what my part was, what needed saying, what behavior needed changing.

I became aware on a deep level how I had lived my life as if I were performing a part in a play. The thought of anyone, from my parents to the cashier at the grocery store, seeing who I really was petrified me. But the action of being honest, especially with someone I loved, like my family, and letting them see me being honest was transforming. I simultaneously felt like an honest person on the inside, and I became less scared of what other people thought of me.

The gifts of Step 9 have been awesome and life-changing. Because I had good sponsorship, I was painstaking about this step. I felt like a human being that was a part of the world and could navigate my responsibilities and feel relatively grown-up! Because I have an alcoholic brain, I realize there are other actions I need to do to continue to keep these gifts. I have not always done them. But I know what to do any time I am ready to have these gifts again. I stay close to the people and the program of A.A. and they show me how.

Lynn B., Minneapolis

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.”

September is the last month of our fiscal year. Our year begins October 1st and ends September 30th. It is a time for us to look back at the 11 previous months to see how we weathered the ups and downs of our “new normal.” For starters we budgeted for this year a deficit and with 10 months completed, and 2 months still to add (Aug/Sept) to the budget we are better than half of that deficit. We are on track to have a better year financially than planned. Once we get through September 30th we will share with you the results. We present the financial results for fiscal year 2022 in December at the Intergroup Rep meeting, after our CPA completes our audit.

Every A.A. member is welcome to come into the Intergroup office and see our financial reports anytime. They are open for anyone to view. We would be happy to show you where and how your contributions support your service center.

We have the Board elections this month at the Intergroup Rep meeting, on September 22nd. The reps will vote in the next four new Board members. We have three special members rotating off. Cory S., our Board Chair did such a great job facilitating our Board and Rep meetings. That took extra care with the Rep meeting being a hybrid meeting. Dwight C. and Jim R. did not hesitate when asked to step up mid year to serve the remainder of two member's terms that were not able to complete their term. We are fortunate to have them in our A.A. community.

Our Unity Open House was Saturday, August 6th. There was a very wet start of the event, dealing with the rain. It was painful. We got a chance to live life on life's terms. About 10:30 the rain stopped and we still had the opportunity to utilize the Dunk Tank. Thanks to the ten brave AA volunteers, Lonnie W, Rich, Steve S, Cory S, Amber S., Danielle J, Lisa K, Terry L, Bennie J, and Bob B. They took service to a new level. Thank you all so much! At least ten people went home with a cake, Carla N, Stacy M and Roy E stayed busy cooking hot dogs and many took advantage of the 20% discount on all items in the office.

We are thankful to everyone who came and shared in fellowship, food and a lot of fun.

Yours in Love and Service,

Gail S., Office Manager



Notes from Your Board Chair:

I really would like to thank everyone that supported us at the Open House on Aug. 6th. While there was some rain, we were still able to get some dunkies into the dunk tank. Thank you to all that were willing to and those that were able to volunteer. This is why I am so grateful to have been able to serve Minneapolis Intergroup. This Sept and Oct is a couple months of change, but change can be good. In the spirit of rotation, I am fulfilling my 3 year term on the board, and my term as Board Chair. At the Sept. Board Meeting we will be electing a new Executive Committee, which consists of a Board Chair, Co-Chair, Treasurer, and Secretary. These positions will start in October and will be introduced at the Sept Reps meeting. Intergroups Representatives will also be electing 4 new members to the board at that September Reps meeting. Minneapolis Intergroup

Facilities Committee is also looking for a new space for the Reps Meeting, and the Sat Orientation meeting. I am grateful to Mizpah to allow us into their space for so long; I have many good memories of meetings there. A thank you to all for letting me serve and hope to see you at meetings around town.

Yours in service,

Cory S., Outgoing 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.

Metro District General Service Meetings

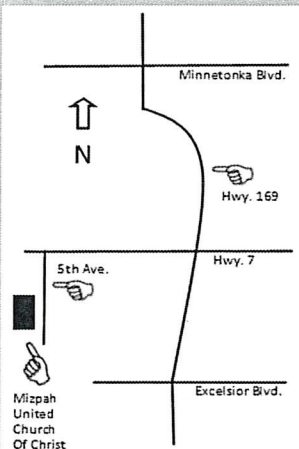
District 7	Second Monday, 6:30 pm Zoom Meeting ID: 894-9573-7082 Password: District7
District 13	First Tuesday, 7:00 pm United Methodist Church 10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
District 14	First Monday, 7:30 pm United Methodist Church 609 8th St NW, Buffalo, MN 55313
District 17	Second 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

9/3	Step Eleven/ Tradition Eleven Her Story
9/10	Anonymity as a Spiritual Principle His Story
9/17	Step Twelve / Tradition Twelve Her Story
9/24	Importance of Having an A.A. Home Group His Story

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,
September 22nd
at 6:30pm

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

Concept IX “Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.”

Good leadership in A.A. is vital to our ongoing success. In a 1959 essay on leadership in the A.A. Grapevine, Bill W. wrote “no society can function well without able leadership in all its levels, and A.A. can be no exception.” What makes a good leader in A.A.? There are four qualities referred to in the essay that I want to highlight.

The first is dedication. In A.A. we learn to do what we say we are going to do. We are taught to give back what is freely given to us. That is essentially what dedication is! Staying sober one-day-at-a-time and being of service to others requires dedication. We take daily actions that make it possible to not drink anymore. We help others because our life and theirs depends on it. We dedicate ourselves to carrying the message to others because we can help where no one else can. This is how an A.A. leader begins to be formed.

Next is stability. One of the synonyms for stability is steadiness. Before A.A., I was tremendously unstable. Thanks to the steps, traditions, service, and sponsorship, I have been described as a “steady as she goes” member of Alcoholics Anonymous. Service in A.A. brings stability to our lives. As I became accountable to my home group, to sponsees, to a sponsor, and later to the district and area, my life stabilized in other areas too. I learned how to show up for work and pay my bills on time. If I focus on being of service in A.A. the other areas of my life are more stable and when something tries to rock the boat, service to others helps calm the waters.

The third quality is vision. Another word for vision is dream. It is good to have dreams for A.A. We dream that our meetings will stick around for the next generation. We have ideas on how to make our meeting better or how to be a better sponsor. We also might have suggestions on how to better carry the message to the still-suffering alcoholic. All of this is vision for the future well-being of us and our Fellowship.

The last quality referred to is “special skills.” Each A.A. leader brings something to the table. It might be enthusiasm or strong public-speaking skills. It could be a background in typing or publishing that lends itself well to the district or area newsletter. It could be keen math skills that lend themselves to a treasurer position. There are too many skills that are helpful in A.A. to list them all. Bill once remarked “it is said that leaders are born not made, but in A.A. paradoxically, we do make them.” We need a variety of skills to keep our Fellowship strong.

Tradition Two says our leaders are but trusted servants. We make leaders by trusting our members to use their unique qualities and our principles to serve us well. I hope you will take the opportunities you are presented to use your skills and help lead A.A. into the next phase of our development.

Stacy M. Area 36 Chair

**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 July 1, 2022

**MINNEAPOLIS INTERGROUP
12 Step Service Opportunity**

**GROUP PHONE
COMMITMENTS**

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

**4th Thursday
4:15-7:00pm**

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

Our Third Legacy is Service. Be one of a twelve member Board. Term is 3 years, Only requirement is minimum 5 years of sobriety.

Board Elections

Thursday, September 22rd
6:30pm

Resumes are due in the office on September 9th. Copies of all candidates will be mailed to all registered Intergroup Reps for their group's to review. Each Intergroup Rep has one vote.

Does your group have a Rep?

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 8th.
- 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 22, 2022 – 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, 2022 and ends September 30, 2025.
- 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: Mizpah United Church of Christ, 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.

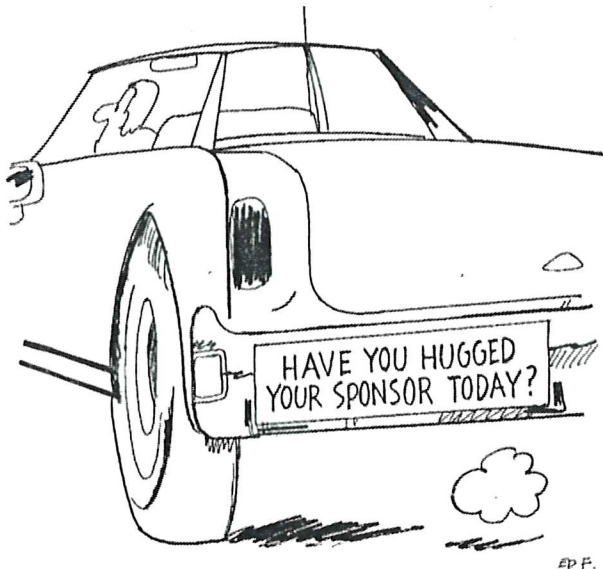
The Twelve Traditions - How They Apply In Our Lives

Tradition Nine: A.A. as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

Ninth Tradition Checklist

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I try to exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

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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.

This Month in A.A. History

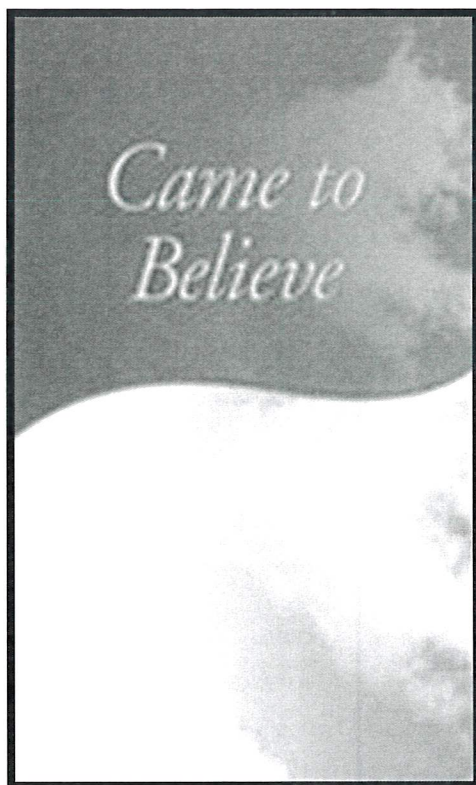
2001 – 30 Vesey St, New York.

Location of AA's first office is destroyed during the World Trade Center attack.

1946 – First A.A. group in Mexico

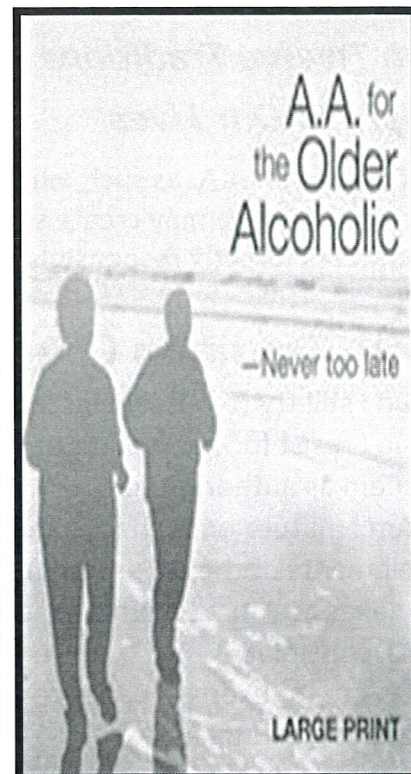
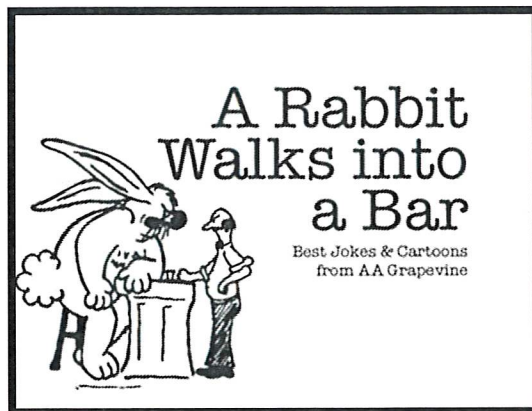
1949 – First issue of *A.A.*

Grapevine published in "pocketbook" size.



Grapevine Book of the Month:

A Rabbit Walks into a Bar



AA Book of the Month:

Came to Believe



A.A. Pamphlet of the Month:

A.A. for the Older Alcoholic—Never too late

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

4111 Group
7-Hi Group
A New Freedom - W.S. Alano
Albertville Camels
Amigo's Group
Andover Alano Squad 9
As Bill Sees It - Delano
Basic 12 Group
Basic Principles
Basic Twelve & Twelve
Candlelight Group--Chaska
Cavalier West Thursday Men's Group
Central Pacific Group
Common Solution Big Book Study
Continuous Action
Coon Rapids Fri Night Group
Crushed Grapes
Design for Living @ HAUMC
Dry Dock
Dunn Sober AA Groups

Dynamic Women's Group
Excelsior Wednesday Night Group
Extravagant Promises
Foreword XIX Group
Foxhall Chapter 7 Group
From the Heart Friday Delano
Golden Valley Group
Halfway There
Happy Destiny
Hillside AA Group
Hope's on Penn
It Might Have Been Worse
It's Noon Somewhere
Kozy's Noon Men's AA
Life is Good AA Group
Lynnhurst AA Group
Medina AA Group
New City Women's AA Group
Prospect Park AA Group
Relapse Enders Tues. Women's AA

Rich/Blmngtn Alano Speaker Meeting
Rojo Group
Rule 62 Cavalier
Sahara Tues 8pm Men's
Saturday Morning Buffalo 12 X 12
Saturday Night Fever-Sahara
Saturday Night Live Group
Saturday Sisters - Pax Christi
Senior Men's Barn Group
Serenity Group - Maple Grove
Serenity Seekers - St. Hubert's AA
Serenity Sisters
Sisters In Sobriety
Sisters in Step
SOS AA - Minneapolis
Squad A - Depth and Weight
St. George Thurs Night AA Group
St. Louis Park Sunday Night AA Group
St. Therese Thursday Nite Group
Step Sisters Mon PM

Stepsisters of Northfield
Suburban North Alano Squad 7
Suburban North Alano Squad 86
Sunday Night AA Group in Buffalo
Sunlight of the Spirit
Sunrisers (Thursdays)
Three Legacies
Thursday Night Big Book-Northfield
Tonka Alano Society
Turning Point Women's BB Mizpah
Victory AA
Voices Of Recovery
Waconia Friday Nite AA Group
Watertown AA - Wednesday
We Think Not
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** July 2022

Promises Group ~ Foxhall Chapter 7 ~ Tradition Five

**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 Intergruip. 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

September 9th – 11th

76th Annual Roundup Shoulder to Shoulder

Holiday Inn, Duluth

For details: duluthroundup.org

September 10th

2218 Pat Cronin Birthday Bash and Bike Run

Starts 7:30 am – Pancake Breakfast, Bike Run

BBQ, Speakers, dance

See flyer on Event Calendar for details.

General Service Announcements

October 22

Area Assembly/ Election and Budget Assembly

9:00 am – 5:00 pm

New Ulm Conference Center

2101 South Broadway

New Ulm

November 5

Area Inventory

9:00 am – 1:00 pm

Remote Zoom Meeting

December 10

Area Committee Meeting

Committees 9:30 am – 11:30 am

GSR/Alts 10:30-11:30 optional

Area Committee 12:30 pm-5:00 pm

Remote Zoom Meeting

Annual Board Elections

Held at the Intergroup Reps Meeting

Thursday Sept. 22 at 6:30

There will be 4 openings
that are a 3-year term

Board Resume forms available at
the Intergroup Office or at
aaminneapolis.org

**CLOSED ON
LABOR DAY**

**The Minneapolis
Intergroup Office Will Be Closed
Monday September 5th
in Observance of
Labor Day**

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.

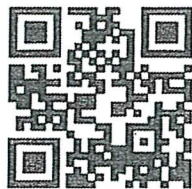
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7204 W. 27th St., Suite 113
St. Louis Park, MN. 55426

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Hopkins, MN

Change Service Requested



Annual MIRUS subscription: \$10 by mail, or \$5 via email.

Please make checks payable to Intergroup Association and send to:

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

Please print:

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Address _____

City _____ State _____ Zip _____

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