

# MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

December 2022 Step, Tradition, and Concept Twelve

## Step Twelve

***"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and practice these principles in all our affairs."***

After 9 years of attending sporadic meetings, not working the steps, choosing an indifferent sponsor, and simply failing to practice any aspect of the suggested program of Alcoholics Anonymous, I found myself in a hospital on deaths door; bewildered and riddled with fear. The good news is that for the first time I was in a state of complete defeat (Step 1). I was destroyed to a place of willingness and compliance. So began my journey into the steps and the spiritual experience necessary to stay in a state of recovery.

Now convinced that I was an alcoholic, and that my life had become unmanageable, I became willing to believe a power greater than myself could and would need to reverse the insanity that I had created (Step 2). Through a guided, disciplined practice of visualization of me walking into the arms of a Higher Power of my choice, feeling the love and hope, it became easier to make the decision to turn my will and life over (Step 3) to this revealed source of love and power. As I gained strength through prayer and meditation I described above. I powered through an inventory (Step 4) that revealed a life driven by fear and self-centeredness, and with the vigilant help of a great sponsor, we made the discovery of the character defects that were standing in the way of becoming the person I and God always wanted to be (Step 5). Progression through the steps became more exciting as I witnessed the continued presence of God in my life (Steps 6&7).

The ever growing proof of his existence was creating the spiritual awakening necessary to stay in a state of recovery. The conversion I had experienced in the working the next four steps (Steps 8-11). I changed from a self-driven person to someone who was daily recognizing and seeking the help and love of his higher power. It was at this point I received the gift that was the psychic change that the Big Book describes as what is necessary to recover, and is what is essential in order to carry the message to another suffering alcoholic (Step 12).

In reviewing my experience in working the steps with my sponsor and acknowledging the gratitude I had for God and others who helped guide me into this new life, I now knew that I was one of the uniquely equipped, with the obligation to share my experience, strength and hope with any who seemed my help.

The third part of the 12<sup>th</sup> step is the practicing of the principals in ALL our affairs. To everyday seek to practice honesty, hope, faith, courage, integrity, willingness, humility, brotherly love, justice, perseverance, spirituality, and service, is a clear design for living that brings about the many gifts of this program. Aspiring to assert these ideals into every area of my life is a full time job only done by committing to these actions on a one day at a time basis. My actions and desires of yesterday have little effect on what will happen in my life today.

In truth, practicing each and every step in the order they are presented, is the only path for a real alcoholic like me to experience the incredible gifts and revelations given to us in the 12<sup>th</sup> step. If you fail to follow this path, I'm afraid you might find yourself in a place that I floundered in, as described in the 9 years of half measures.

Richard M. Minnetonka



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**Greater Minneapolis Intergroup • Alcoholics Anonymous®**

7204 W. 27th St., Suite 113 • St. Louis Park, MN 55426-3112 • 952-922-0880 • [www.aaminneapolis.org](http://www.aaminneapolis.org) • email: [info@aaminneapolis.org](mailto: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.”**

I cannot believe that I am writing an article for December! That is the last month of the year, and I am not sure where the previous eleven went!!

What is going on in the world of Alcoholics Anonymous? Did you know.....

The literature committee at GSO currently has several projects including updating the pamphlet “A.A. for the Black and African-American Alcoholic”, development of a Fourth Edition of the Spanish, *Alcoholicos Anonimos*, and the development of a Fifth Edition of the book *Alcoholics Anonymous*. Selected chapters have been provided to TABB to review for the translation for the 4<sup>th</sup> Edition of the Big Book in Plain Language. Implementation has begun on the new jacket-less format for the next printing of the Big Book. This will streamline the turnaround time in printing and as well as be a cost savings. The first printing has been scheduled and expected to be completed in December.

Your GSO/AAWS is dedicated to serve our fellowship. We are in great hands!

Please join us for Minneapolis Intergroup’s Winter Open House on Saturday, December 17<sup>th</sup> from 9:00am to 1:00pm. It is all about the fellowship during what can be a very stressful or challenging time of the year. The Holidays! This can be the opportunity to take the time to celebrate recovery. Bring a newcomer to experience Minneapolis Intergroup and learn what vital services there are to help the still suffering alcoholic find recovery.

This month reach out to someone you haven’t seen for awhile. It is the little things that can move mountains. I love the saying the “The life you save may be your own”

In Love and Service

Gail S., Your Office Manager

## Notes from Your Board Chair:

The Responsibility Statement says “Whenever anyone reaches out for help, I want the hand of AA always to be there. And for that, I am responsible.” We, as members of AA are responsible, as is Minneapolis Intergroup.

At Minneapolis Intergroup that hand includes:

- Maintaining an online A.A. meeting directory
- Coordinating a phone service that is answered by a member of Alcoholics Anonymous 24 hours a day, 7 days a week, 365 days a year
- Arranging for 12-step calls
- Stocking and selling A.A. literature in many languages
- Printing and distributing a monthly newsletter the MIRUS
- Publishing a printed meeting directory
- Providing public information about A.A.
- Cooperating with outside agencies

For the above services to be provided we rely on our Intergroup staff of special workers as well as a host of A.A. volunteers. We currently have a full-time office manager, one full-time and two part-time employees. Additionally, Intergroup is overseen by a Board of Directors that serve three-years terms. Each year four Board members rotate off the Board and three new members are elected.

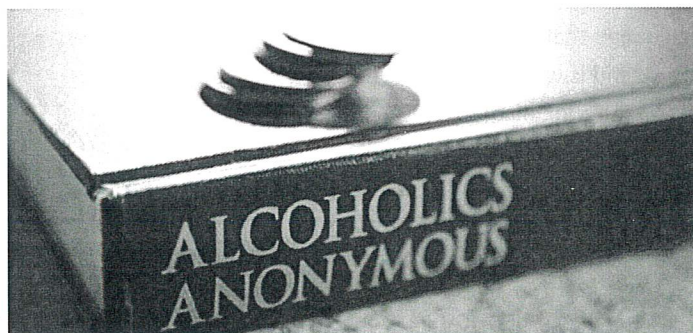
So, it is the above structure that is responsible for the above services.

In addition, the contributions made by groups and individual members are critical to the success of Minneapolis Intergroup.

Over the past several years Intergroup has been challenged by Covid, changing demographics and economic pressures. Your Board is absolutely committed to continue to meet the needs of the A.A. groups in Minneapolis and is looking for ways to continue to provide the above services in more efficient and innovative ways. We encourage your suggestions in this regard.

Best wishing to you all during the Holiday season.

Mike A., Board Chair





## Intergroup Board

### Board Officers

Chairperson	Michael A.
Co-Chairperson	Betsy G.
Secretary	Grace C.
Treasurer	John M.

### Board Members

Tanya L.	Steve S.
Jeff A.	Mark M.
Christina M.	Dan S.
Maverick M.	Kelli B.
Gail S.	Office Manager, Ex-Officio

### General Service District Board Liaisons

District 7	Grace C.
District 13	Maverick M.
District 14	Steve S.
District 17	Kelli B.
District 18	Betsy G.
District 19	Jeff A.
District 20	Doug H.
District 21	Dan S.
District 22	Mark M.
District 24	Tanya L.
District 25	Christina M.

### Intergroup Staff

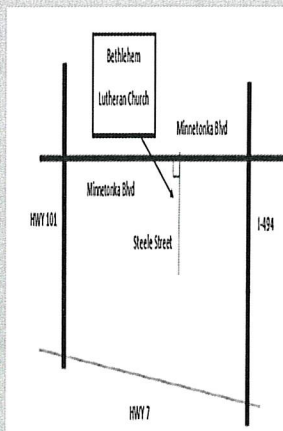
Gail S.	Office Manager
Erin D.	Office Assistant
Terri N.	Office Assistant
Scott F.	Office Assistant

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 NEW LOCATION\*



The Intergroup Rep Meeting will be held at  
**Bethlehem Lutheran Church**  
**16023 Minnetonka Blvd.**  
**Minnetonka, MN 55345**  
 This is a HYBRID meeting.  
**Thursday, December 15th 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 Vista Lutheran Church 4003 Wooddale Ave. St. Louis Park, MN 55416
District 24	First Wednesday, 6:30 pm HYBRID Shakopee Community Center 1255 Fuller Street Shakopee, MN Downstairs Zoom Meeting ID: 836 0086 5659 Passcode: h5XNU1
District 25	Second Wednesday, 7:30 pm Woodlake Lutheran Church 2120 W 76th St., Richfield, MN 55423

## \*\* NEW LOCATION\*\*

### Intergroup A.A. Orientation Open Meetings

The Saturday Orientation Open Meeting takes place every week at 10 A.M. In person at Bethlehem Lutheran Church 16023 Minnetonka Blvd. Minnetonka, MN

12/3	The History of A.A. & Its Founders Her Story
12/10	Step Six/ Tradition Six His Story
12/17	A.A. Literature—The A.A. Grapevine Her Story
12/24	Step Seven/ Tradition Seven His Story
12/31	Self Support and A.A.'s Vital Services Her Story



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

### Concept XII

***"General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action."***

The warranties in Concept Twelve provide important guidance to the Conference and to us. They were considered so important that changing them requires the written consent of three-quarters of all directory-listed A.A. groups. This ensures that change will only happen after a considerable amount of time is allowed for careful deliberation. The principles in Concept 12 protect us from being hasty, imprudent, or dictatorial. They set us apart from other entities.

This Concept begins ensures that the Conference will conform to A.A.'s Twelve Traditions just like the groups and individuals do. Conference members are charged with keeping the spiritual nature of the program uppermost in mind as they act on behalf of A.A. in the United States and Canada. In my two years at the Conference, that is what I saw. I encourage you to read the 12<sup>th</sup> Concept to become more familiar with this part of our history.

Whether you agree or disagree with the actions of a particular Conference, it is important to remember that the Conference, like the groups, is guided by a loving God that gets expressed in our group conscience. We do not take our jobs lightly. As I mentioned in my report backs, each conference committee spends an average of 9 hours discussing and debating the issues before their committee. Each committee forwards its recommendations to the Conference. Then Conference members spend about 18 hours discussing and debating the business put before them. All of this is after groups, districts, and areas have spent time discussing, debating, and informing their delegates on their views related to the agenda items put forth for the Conference members to consider. Finally, when we vote, we insist on achieving substantial unanimity on almost everything decided by the Conference. It is a rigorous process and one that helps us not be hasty or imprudent with our decisions.

The Conference is not a form of government. We do not dictate matters. Conference members are like the trusted

servants of Tradition Two. We are entrusted to act on behalf of A.A., but we are expected to remain democratic in thought and action. We don't rule by mandate. We don't have any power to inflict punishment on our members. Groups don't get involved in punishing members and neither does the Conference. This is important to note because A.A. members might not agree on any given year with the actions of the Conference. But we don't punish those with which we disagree. I've heard it said in A.A. to wait around and the issue will come up again. I have experienced that myself and you will too – if you haven't already.

This is my last Concept article as your Delegate. It has been a wonderful journey! I will end with a few words from Concept Twelve that remind me of our higher focus: "Freedom under God to grow in His likeness and image will ever be the quest of Alcoholics Anonymous. May our General Service Conference be always seen as a chief symbol of this cherished liberty. To a man, we of A.A. believe that our freedom to serve is truly the freedom by which we live – the freedom in which we have our being."

May God continue to bless you on this journey!

Stacy M.

Delegate, Area 36, Panel 71

**As of May 27, 2022**

**MINNEAPOLIS INTERGROUP  
12 Step Service Opportunity**

**GROUP PHONE  
COMMITMENTS**

**Open Shift**

**4<sup>th</sup> Thursday**  
**4:15 pm-7:00**

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



## The Twelve Traditions - How They Apply In Our Lives

### Traditions Checklist

Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

1. Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to *me* if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is *my* part?
6. Does my personal behavior reflect the Sixth Tradition—or belie it?
7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs' behavior—especially if they are paid to work for AA? Who made *me* so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?

What is the real importance of *me* among more than a million AAs?

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## GREATER MINNEAPOLIS INTERGROUP ANNUAL WINTER OPEN HOUSE

**Celebrating the Gift of Recovery**  
**Saturday, December 17, 2022**

9 a.m.-11 a.m. Breakfast Goodies  
11 a.m. - 1 p.m. Appetizers

Drawings for Door Prizes!

Greater Minneapolis Intergroup  
7204 West 27th Street, Suite 113  
St. Louis Park, MN 55426  
map & directions at [www.aaminneapolis.org](http://www.aaminneapolis.org)



## This Month in A.A. History

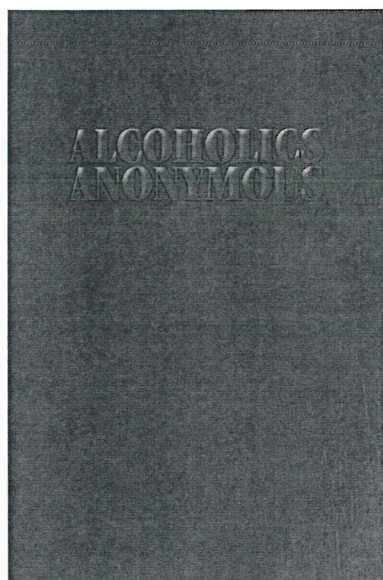
**Dec 1934** – Bill & Lois start attending Oxford Group meetings.

**Dec 1934 to May 1935** – Bill works with alcoholics, but fails to sober any of them. Lois reminds him HE is sober.

**Dec 1938** – Twelve Steps written.

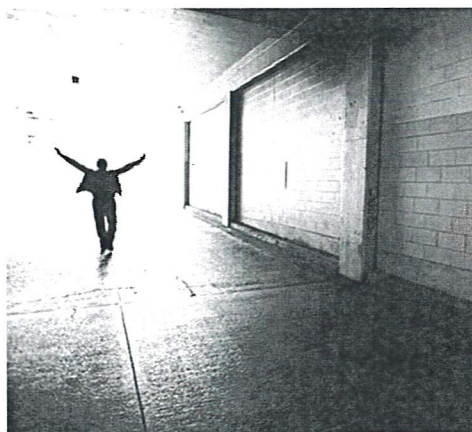
**Nov/Dec 1939** – Akron group withdraws from association with Oxford Group. Meetings moved from T. Henry & Clarence Williams' home to Dr Bob and other members' homes.



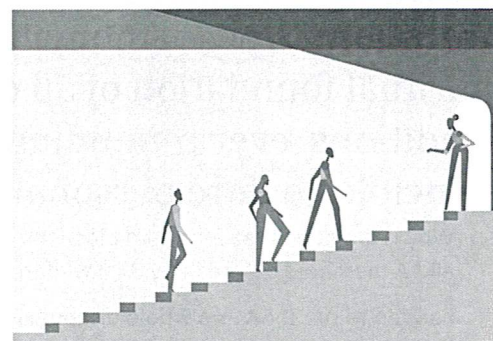


### Grapevine Book of the Month:

No Matter What, Dealing with Adversity in Sobriety



### EXPERIENCE Has Taught Us: AN INTRODUCTION TO OUR TWELVE TRADITIONS



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

**AA Book of the Month:**  
Alcoholics Anonymous Big Book (Pocket size) (abridged)

### NO MATTER WHAT DEALING WITH ADVERSITY IN SOBRIETY

*Stories from AA Grapevine*

### A.A. Pamphlet of the Month:

Experience Has Taught Us: An Introduction To Our Twelve Traditions

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

A Hundred Forms of Fear  
A New Day Lakeville  
A New Freedom - W.S. Alano  
As Bill Sees It - Delano  
Back To Basics Women's Group  
Basic 12 Group  
Basic Twelve & Twelve  
Better than Gold  
Breakfast Club-Saturday A.M.  
But A Symptom  
By The Book AA  
Cavalier West Men's Group  
Chaska River Valley AA  
Complete Defeat AA Group  
Continuous Action  
Crushed Grapes  
Dynamic Women's Group  
Elim AA Tuesday 730  
First Class  
Gloria Dei AA  
Golden Valley Group  
Happy & Sober

Happy Destiny  
It Might Have Been Worse  
It's Noon Somewhere  
Joe and Charlie Big Book Meeting  
Kozy's Noon Men's AA  
Ladies Night Happy Hour-Sahara Club  
Lakers Alano Wednesday Group  
Life is Good AA Group  
Lynnhurst AA Group  
Mainstreeters AA  
Meditation At Peace  
Minnetonka Big Book Study Group  
Monday Women's Big Book  
NERR-Sunrise Women's Meeting  
New Beginnings Women's  
New City Women's AA Group  
New Freedom - Chanhassen  
New Hope Alano Squad 10  
New Hope Alano-Squad 16  
New Hope Squad 3

New Life AA  
Open Door Thurs Group  
Pax Christi Thursday Night  
Polaris Group  
Prospect Park AA Group  
Regent AA - St Gerards  
Relapse Enders Tues. Womens AA  
Rich/Blmngtn Alano Sun Speaker  
Ridge Runners II Group  
River Valley AA Group  
Rule 62 Cavalier  
Sahara Tues 8pm Men's  
Saturday Night Live Group  
Saturday Sisters - Pax Christi  
Senior Men's Barn Group  
SOS AA - Minneapolis  
Squad A - Depth and Weight  
St. George Thurs Night AA Group  
SLPSNAAG  
St. Lukes Saturday Men's Group  
Step by Step - Long Lake

Step Sisters Mon PM  
Suburban North Alano Squad 7  
Suddenly the Thought  
Sunday Morning Prior Lake Group  
Sunrisers (Thursdays)  
TGIF Women's AA Group  
There is a Solution  
Third Tradition Group  
Thursday Night Big Book-Northfield  
Thursday Night Womens Group  
Tonka Alano Society  
Tradition Three Group Waconia  
Turning Point  
Turning Point Women's  
Watertown AA - Wednesday  
Wayzata Womens Group  
We Think Not  
Wed Knight Avenue Group  
Women of Hope  
Women's 12 x 12 on Central  
Women's Exprnce, 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\*\* October 2022

### Foxhall Chapter 7

**\*\*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  
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

Bethlehem Lutheran Church

16023 Minnetonka Blvd., Minnetonka, MN 55345

**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

#### December 14th

District 15 Sponsorship Forum

6:30 pm

Christ Lutheran Church

11194 36th Street N.

Lake Elmo, MN

Or Listen Only On ZOOM

883 4038 0283 / Pass: 0ER2gc

### General Service Announcements

#### December 10

Area Committee Meeting

Committees 9:30 am – 11:30 am

GSR/Alts 10:30 am-11:30 am optional

Area Committee 12:30 pm-5:00 pm

Remote ZOOM Meeting

#### January 21

Trusted Servant Leadership Training

Remote ZOOM Meeting

9:00 am - 1:30 pm

Rotation Meeting 1:45 pm – 3:00 pm

#### February 4

Area Committee Meeting

Committees 9:30 am – 11:30 am

GSR/Alts 10:30 am – 11:30 am optional

Area Committee 12:30 pm – 5:00 pm

Remote ZOOM Meeting



Most Area 36 events have a map on how to find the location @ [www.area36.org](http://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.

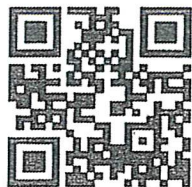
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