

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

Step Eleven

November 2022 Step, Tradition, and Concept Eleven

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

When I attended my first AA meeting, I was not looking for God. I was desperately trying to find a way to get and stay sober, but had no idea that a higher power would be key to my sober life. Little did I know that before long, God, prayer and meditation would become integral parts of my new life.

As I made my way through the stories of the Big Book, I couldn't fail to notice that prayer and meditation are fundamental to sober life in AA. I was not raised in a church, and spirituality was a foreign concept to me. I was, however, willing to at least attempt the prayers that were suggested in the Big Book and Twelve Steps and Twelve Traditions.

The 12 x 12 Chapter on Step 11 contains a prayer which reads, in part, "For it is by self-forgetting that one finds. It is by forgiving that one is forgiven." Today when I pray, it is not to ask for material items or specific outcomes for myself or those I love but for knowledge of God's will for me as stated in the Step 7 prayer.

I feel God's will in both small and large ways. For instance, I recently was the victim of a nasty mistake made by my bank. The amount of money in question was several thousand dollars. I made countless phone calls and spent hours on hold, and still the bank would not acknowledge their mistake and transfer my funds back into my account. I began to spiral in frustration, fear and, and true to form I began threatening to quit everything, including AA, in retaliation. Then quite suddenly the thought of a cold beer overtook all other thought – both positive and negative. Everything seemed a mere load of BS, so what difference would me getting buzzed make in the scheme of things?

Then my 22 years of AA kicked in and I knew with certainty that God – my higher power – did not want me to get drunk. All it took was a willingness to take a step back from the situation and sit in quietness for a time to know that throwing away all of those years of sobriety was not what was meant for me that day.

At the end of each day, I do a mini-inventory and review my behavior for the day to determine where I could have done better. Then I ask for God's direction if I am feeling troubled or disturbed by events, or if I can identify anyone who I have interacted with in a less than respectful way. In this way I find the ease of being Bill W. refers to in the 12 x 12: "They have

found a wisdom beyond their usual capability. And they have increasingly found a peace of mind which can stand firm in the face of difficult circumstances."

I have had one relapse since coming into the program 22 years ago. I believe it happened because I was not working my program even though I was still attending meetings. So, when that glass of wine was set before me, my armor of God and the program was not there to stop me from stepping into the abyss. And yes, I proved to myself that I am still a person living with alcoholism and always will be.

I was truly fortunate to be able to let my AA teachings shine their light on me in my darkness and was out for only a day. That one day taught me an invaluable lesson (or two), and one of those lessons was that the old saying "It works if you work it" is fundamentally true. Since then, I take my spiritual practice much less cavalierly.

I am a better person when I approach my life and my alcoholism in a spiritual way. To that end, I have finally added meditation to my daily practice. As Bill W. points out in the 12 x 12, "As the body can fail its purpose for lack of nourishment, so can the soul." I have a tattoo on one of my inner wrists that reads "Be still and know." Being still and opening myself to knowing God's will for me has never been an easy task, but I find the more I work at it through prayer and meditation, the easier it gets and the better my relationships get.

Lorene M., Eden Prairie



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.”

I hope you have experienced the spectacular fall colors we are blessed to have here in Minnesota. The fall landscape enhances my serenity. I hope it works for you too. Your Intergroup office has been busy.

We are happy to be done with our annual inventory. It turned out great. It having been my thirteenth year, it was actually bearable. It showed the Staff does an excellent job of ringing up sales, *and counting*. We want to thank our volunteers that endured it with us. That would be Gabe, Ben, Cory, Marcia and Dan.

We are excited for Founder's Day Minnesota 2022 that will be on Saturday, November 26th at the DoubleTree by Hilton Bloomington. Registration opens at 9:30 am. It will be a full day of speakers, meetings, archives, hospitality suites, dinner and a dance to top it off. **We are looking for groups to host a two hour time slot at the Minneapolis Intergroup Suite 115.** If you can help, please contact us at the office at 952-922-0880 during our office hours. For more details about the event itself, go to [www.FOUNDERSDAYMN.org](http://wwwFOUNDERSDAYMN.org). We hope to see you there.

As Mike mentioned in his article, we have four new Board members beginning their three year term. We welcome Jeff A. Christina M., Kelli B., and Maverick M. The three Board members that just rotated off are Cory S., Dwight C., and James R. We thank them for their service.

We continue to receive calls on the 24 hour hotline from people asking for help. In August we tallied 14 and in September total

was 20. This only includes the daytime shifts and early evening Group phone shifts. Two of the coolest happenings recently, was when Mark T. convinced a caller to go to detox for his safety. He later called back from the Fairview Riverside detox. In the same week a man walked into the office a little shaky, looking for help. His grandfather passed away in 2020 with 40 years of sobriety, so he knew there was a better way of living. He looked us up online and came in. Erin talked to him for about 30 to 40 minutes and he left with a renewed sense of hope and a list of meetings to go to.

We invite you to stop in the office and visit whenever we are open. We always have coffee on.

Yours in Love and Service,

Gail S., Office Manager



Notes from Your Board Chair:

As you know Intergroup's fiscal year is from October 1 through September 30, so we began a new year on October 1. With a new year we have new Board members and a new Executive Committee. But before I get to the new I need to whole heartedly thank the members that have rotated off the Board. Cory S., Dwight C, and Jim R. we thank you for your dedicated service to Minneapolis Intergroup and the Alcoholics Anonymous.

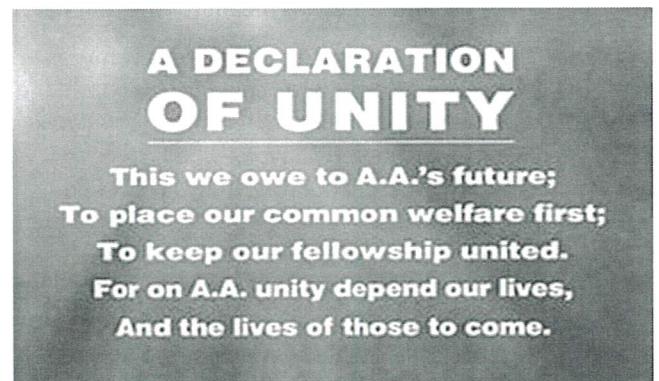
A big welcome to our new Board members: Jeff A., Christina M., Kelli B. and Maverick M. We look forward to working with you.

Our new Executive Committee is as follows: Betsy G. – Co-Chair, Grace C. – Secretary and John M. – Treasurer.

At the September Reps meeting we had a discussion on our proposed budget and Intergroup's finances in general. We are experiencing significant cost increases, as are many companies, and we will be searching for ways to be more efficient and to minimize our costs.

My parting message is that Intergroup will be there for the groups and the still suffering alcoholic. With the work of the Intergroup staff, the Board and the groups, we will overcome these financial problems. More than anything, Intergroup continues to need the support of our groups and the members of Alcoholics Anonymous.

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	Dan S.
District 17	Kelli B.
District 18	Betsy G.
District 19	Jeff A.
District 20	Doug H.
District 21	Steve S.
District 22	Tanya L.
District 24	Mark M.
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.

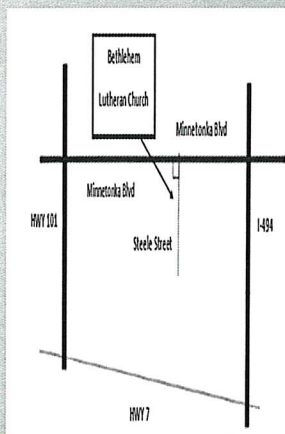
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The MIRUS represents the experience of A.A. members. Their thoughts, expressed herein, are not to be attributed to Alcoholics Anonymous as a whole, nor does publication imply endorsement by either Alcoholics Anonymous or Greater Minneapolis Intergroup.

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

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, October 27th at 6:30pm

** 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

11/5	Importance of Singleness of Purpose Her Story
11/12	Step Four/ Tradition Four His Story
11/19	What are A.A.'s Three Legacies? Her Story
11/26	Step Five/ Tradition Five His Story

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

Concept XI *"While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore, the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern."*

Concept 11 explains that even though the General Service Board (GSB) has responsibility for our world services, they rely heavily on directors, committees, staffs, and consultants to implement the business of the Conference. For that reason, at all levels we want to attract people who are qualified in the area of focus along with experienced AA members. To illustrate I will use an example from the recent General Service Conference.

The Conference Public Information Committee put forth a recommendation to the 72nd General Service Conference to move forward with a request to do an A.A. Membership Survey. The Conference approved the recommendation, so it became an Advisory Action. It was then added to the Trustees list of things to do. The item was assigned to the Trustees Public Information Committee. This committee is made up of experts in the field of public relations.

The Trustees Public Information Committee also engaged a professional consultant who works in this space to help us with the results of the survey and making sense of the data. This individual is highly respected with the special qualifications we need to make sure the data is meaningful for our efforts.

The Public Information Desk is staffed by a member of Alcoholics Anonymous who brings their experience as an AA member and their experience working with the daily functioning of our public information efforts. The staff member was responsible for implementing the membership survey. They are the person who asked the delegates for our assistance and who distributed the materials and information as it became available.

The delegates are uniquely qualified to reach out to the groups in their area and to travel in person whenever possible to them. There were 13 groups selected from Southern Minnesota Area 36. Of the 13, three no longer exist, two were virtual, and the remaining groups were visited in person by either me or the Alternate Delegate, Roy.

Concept XI gives the trustees a system for managing the workload, utilizing various levels of the service structure, to ensure the work gets done.

Stacy M.
Area 36 Delegate, Panel 71

As of May 27, 2022

**MINNEAPOLIS INTERGROUP
12 Step Service Opportunity**

GROUP PHONE COMMITMENTS

Open Shift

4th Thursday
4:15 pm-7:00

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

I found that my experience can be
of help to other
people.



(AA Big Book 374:1)

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



Greater Minneapolis Intergroup

(FAQ) Frequently Asked Questions

What is Intergroup?

Intergroup is a service office dedicated to supporting its members in helping newcomers who are seeking Alcoholics Anonymous.

How is it operated?

A small staff of “special workers*” which includes Office Manager & Staff Assistants who manage daily office activities. There are over 500 regular volunteers and a 12-member elected board. Each person is a member of Alcoholics Anonymous. (*Tradition Eight)

Who pays for it?

AA Group and member personal contributions, the sale of publications from AA World Services, Inc. and publications from the A.A. Grapevine.

Does my group have a voice in its affairs?

Yes, each A.A. Group should have an Intergroup Representative. In addition to participating in the affairs of Intergroup, they inform their home group about Intergroup and the local service opportunities available.

We have our own meeting place. Why do we need Intergroup’s help?

Intergroup phone volunteers help newcomers find your meeting location. Your Intergroup phone lines are the permanent link to connect members to A.A. Groups in the Greater Minneapolis Intergroup service area.

How can my group be of service?

You can start by seeing that your group has a voice at the monthly Intergroup Reps meeting. Additionally, your group members can contribute their time for 12th Step opportunities ensuring that the A.A. message reaches the still-suffering alcoholic.

What services does your AA Intergroup Office provide? Intergroup provides the following “Vital Services” to all A.A. Groups and their members:

Answer Phones 24Hours a Day

Publish & Distribute MIRUS Newsletter

AA 12-Step Calls

Public Information

Information & Meeting Location Calls

Special Events

AA Literature—English & Spanish

Meeting Directories

AA Non-English Literature

Daytime Office Volunteers

AA Grapevine Publications

AA Orientation Meeting

Cooperation with Outside Agencies

Website Updates/Announcements

Information to Outside Agencies

Media Requests

Communication Link for General Services - Area 36, Metro General Service Districts & AA World Services

The Twelve Traditions - How They Apply In Our Lives

Traditions Checklist

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

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This Month in A.A. History

- Nov 1934 – Ebby T. carries message to Bill.
- 1940 – First AA group formed in Minneapolis.
- Nov 1941 – “First mass AA meeting” in Oklahoma City, 8 present, 1 was drunk.
- Nov 1986 – Big Book published in paperback.
- Nov 2001 – First of 400,000 4th Edition Big Books arrives in the mail


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. (Waukesha, 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:**
Butch M. (Barrie, Ontario, CA)
 - 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 banquet seating)
The Banquet begins at 6:00 PM Saturday.

Banquet Table (for eight) \$400.00

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
- Hospitality Suites
- 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.



As Bill Sees It

THE A.A. WAY OF LIFE
(selected writings of A.A.'s co-founder)

LARGE PRINT

Grapevine Book of the Month:

The Best of Bill: Reflections on Faith, Fear, Honesty, Humility, and Love



THE BEST OF BILL

Reflections on Faith, Fear, Honesty, Humility, and Love

Plus Bill's Classic Essay on Anonymity

A.A. Tradition How It Developed

— by Bill W.

A tour of the historical events that led to our unique Twelve Traditions

AA Book of the Month: As Bill Sees It (LP)

A.A. Pamphlet of the Month: A.A. Tradition How It Developed by Bill W.

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

4th Step Workshop
8 to 80 Group
Amazing Grace
Andover Squad 8
Anoka Today Alano Squad 164
Bar None Tues/Thurs Groups
Basic 12 Group
Belle Plaine AA Group
Beltline Groups
Blaine Alano Squad 3
Bridges AA Group - Prior Lake
Bryant Lake Group
Cedar Lake Women's Group
Central Pacific Group
Common Solution
Crushed Grapes
Desire Meeting
District 19
Fairview Riverside AA

Foreword XIX Group
Foxhall Chapter 7 Group
Gratitude Group
Halfway There
Happy Destiny
Hayden Lake Rd. AA
Hit Squad - H-2
It Might Have Been Worse
Kozy's Noon Men's AA
Ladies Night Happy Hour-Sahara
Lakers AA GROW Group
Mainstreeters AA Plymouth II
Meditation At Peace
Monticello Alano Squad 3
Oasis Group -- Shakopee
Parkview Group
Plymouth II Big Book Sun Morning
Practical Experience

Promises at Knox
Ramsey AA (NowThen AA)
Rich/Blmngtn Alano Squad 3C
Rich/Blmngtn Alano Squad 6E
Rich/Blmngtn Alano Sunday Spkr
Ridge Runners III Group
River Valley AA Group
Riverlyn AA Group
Rule 62 Cavalier
Sahara Thurs Men's Closed Group
Saturday Morning Buffalo 12 X 12
Saturday Night Live Group
Senior Men's Barn Group
Sisters of Service
Spiritus Contra Spiritum
St. George Thurs Night AA Group
St. Louis Park Sunday Night AA
Stepsisters of Northfield

Suddenly the Thought
Sunrisers (Thursdays)
Temple Wed. AA Group
The Hand of AA
Third Tradition Group
Thursday Open Mtg Isanti Alano
Tonka Alano Society
Voices Of Recovery
Women's Serenity-Good Shepherd
Worthy Women's Big Book Study

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** September 2022

None

**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

November 26th

Founder's Day Minnesota 2022

DoubleTree by Hilton Bloomington

Opens 9:30am to 10:00pm

Register OnLine at: wwwFOUNDERSDAYMN.org

General Service Announcements

November 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

**Minneapolis
Intergroup Office will
be closed**

**Friday Nov. 11th
Veteran's Day
&**

**Thurs-Sat.
Nov. 24th-26th
Thanksgiving &
Founder's 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.

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

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