

Step One

January 2023 Step, Tradition, and Concept One

"We admitted we were powerless over alcohol—that our lives had become unmanageable."

I was a shy kid. Often called a 'sissy' as well as other derogatory names. I had hair like Keith Partridge and alien-like large blue eyes. I was a teacher's pet and liked to help the old lady across the street with her fall raking and winter shoveling in exchange for homemade cookies. I lived up the avenue from Leif Erikson park in Duluth, Minnesota and in the summer 1976, between sixth and seventh grade I came upon older people (late teens) drinking from one of those keg things. There was a huge boombox playing all my favorite music. For a quarter I bought a plastic cup and knew I'd be back. Two years later, when I was in eighth grade, my mother got calls from Mrs. Grunke down the street, her daughter Beth had parties. I was always the youngest. Beth's mom called to let my mom know that I was asleep, drunk in her snowbank again. I would have been roughly thirteen years old. A "potential alcoholic." Thirty years later, I was becoming accustomed to waking up on my bathroom floor. Often in my own vomit and/or urine. During those years I wouldn't have considered my alcoholism cunning, baffling or powerful. It was brazen, obvious and deliberate. I remember, in my early youth seeing a tee-shirt, on it a lanky bearded cartoon character stumbling down a street and the caption below saying, "I don't have a drinking problem. I drink. I fall down. No problem." I wanted one of shirts so bad.

In those thirty or so years, I built a life for myself, on a firm foundation comprised of liquor bottles. I tested into an accelerated course and got an electronics degree and moved to Minneapolis. I went on to get an undergraduate degree in Liberal Arts and studied in southern France. I started a career in debt recovery and bought a house for myself in the Twin Cities and another from my mother and brother in Duluth. I won awards in the collections industry as well as awards for my gardening from the City of Minneapolis. I took my mother on lavish trips abroad and hosted swanky yard parties in my garden in Uptown. I had arrived.

In 2006 my last relationship came to an angry, bitter end. The collapse of the housing market was putting a serious squeeze on my commission checks and my drinking (alcoholism) was no longer under control. I sold my house to avoid foreclosure and took a tiny apartment overlooking Loring Park. I no longer had the big mortgage payment and started resenting my greatly reduced income, so I quit my job at the law firm upon the strong

advice of my doctor. You see, I had stopped taking my HIV medication, wasn't eating well and was dying. He suggested a Medical Leave of Absence and encouraged me to seek Social Security Disability "while I still could."

My friend Bill D. had been in treatment and asked me to join him at one of his AA meetings. How could I say no? We had been drinking and using buddies for years in Uptown. It was the least I could do for him. The people at these get togethers shook my hand and hugged me. They treated me as though they'd been waiting a long time to see me. They asked me to help make coffee and set up chairs. They asked for my phone number and called to see how I was doing. This kindness went on for roughly six to nine months while I continued drinking. I couldn't stop drinking and didn't want to stop attending these friendly get togethers.

I watched others receive one, two and three and six month medallions. They had sponsors and were helping others. Their lives looked so calm and lovely. Around that time I destroyed my third car in four years and got a DUI. I walked home from a prison cell in dangerously cold weather early on a Saturday morning. I nearly froze to death. It was the saddest, loneliest and most painful morning of my life. The following Friday at a meeting in Uptown, when introductions went around at the beginning of the meeting, I believe I felt a force, a presence pull me up to my feet, where for the first time ever I said the words, "my name is Todd and I'm an alcoholic." There was unexpected applause. Those people had been watching me for months and never gave up on me. They presented me with a 24 Hour medallion that night and I haven't had a drink since.

Admitting I was an alcoholic that night was stepping onto the AA Twelve Step ladder for me. I was not free and clear from the conditions I was living in, but I had learned from all those who came before, with their one, two, three and six month coins that there IS a solution and that I better keep it simple. I came to believe in a power greater than myself. I still see my sponsor from time to time and continually sponsor at least one other alcoholic at all times. My health has improved and I "give back" to the world as a grateful recovering alcoholic. I am a survivor. Thank you Alcoholics Anonymous.

Todd M. Minneapolis

Notes from your Service Office:

The General Service Theme for 2023 is:

"A.A.'s Three Legacies-Our Common Solution."

"Our Twelfth Step—carrying the message—is the basic service that the A.A. Fellowship gives: this is our principal aim and the main reason for our existence. Therefore, A.A. is more that a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die." by Bill W.

If you were like me, I was scared to sign up for service. I was afraid I would do it wrong or I didn't think I qualified. An orientation on what to do and what to expect is always provided. Minneapolis provides many service opportunities for the A.A. community. The willingness to serve must come from within you.

On Saturday, February 18, 2023 we will present a workshop on *service*. All services listed are designed to carry the A.A. message to the newcomer and are available through Minneapolis Intergroup.

Answering daytime phones

Group Phone Shifts

Service as an Intergroup Rep Speaking at non-A.A. facilities 12th Step List volunteer Night Owl & Early Bird phones Daytime office volunteer Special Event Committee

Area 36 Temp Contact for Corrections

Area 36 Temporary Contact for Treatment

A panel of members will share their experiences having served in a particular area. There will be time after all presentations for any questions or comments you may have.

Many times over I have heard a volunteer say after a service event, they received so much more than they gave.

In Love and Service

Gail S., your Office Manager



Notes from Your Board Chair:

"By being self-supporting, I can give back to A.A. what A.A. gave me! Giving back to A.A. not only ensures my own sobriety, but allows me to buy insurance that A.A. will be here for my grandchildren." – Daily Reflections, July 30.

I have discussed in this column the financial challenges being faced by Minneapolis Intergroup as well as the many services that we provide to our A.A. community. To compliment our efforts to be more efficient and economical in meeting our expenses, it will be important that we also explore ways in which we can enhance growth to Intergroup's revenue.

Minneapolis Intergroup receives its revenue from essentially two sources: (1) the sale of literature and related items and (2) contributions from groups and individuals.

One avenue for individual contributions is the Faithful Fiver plan. The original concept was for A.A. members to use this plan to contribute \$5 each month to Minneapolis Intergroup. Times have changed and \$5 a month doesn't fund what it did years ago when this plan was first established.

I would encourage our membership, especially if they value the services being provided, to continue to utilize the Faithful Fiver program but to be more generous in the amount that is provided each month.

Your support of Intergroup and our programs is very much appreciated. Our grandchildren will appreciate it too.

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

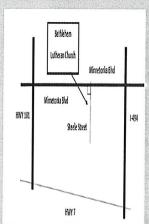
Gail S. Office Manager
Erin D. Office Assistant
Terri N. Office Assistant
Scott F. Office Assistant

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



Meeting will be held at Bethlehem Lutheran Church 16023 Minnetonka Blvd.
Minnetonka, MN 55345
This is a HYBRID meeting.
Thursday,
January 26th at 6:30pm

The Intergroup Rep

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

1/7 Step Eight/ Tradition Eight

His Story

1/14 Local Service Office—Minneapolis Intergroup

Her Story

1/21 Step Nine/ Tradition Nine

His Story

1/28 A.A. Service Entities: District & Area

His Story

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

Concept I

Final responsibility and ultimate authority for AA world services should always reside in the collective conscience of our whole Fellowship.

I remember when I first heard about the Concepts, and I thought "There's twelve *more*??!? What could those early AAs have been thinking?" Gradually though, over time, I have come to appreciate and understand The Concepts, and the part they play in ensuring that our Fellowship remains strong and focused on our primary purpose; to carry the message to the still suffering alcoholic.

Appendix VII in our book, Alcoholics Anonymous says this of the Concepts: "Written by Co-Founder Bill W. in 1962 the Twelve Concepts for World Service provide a group of related principles to ensure that various elements of A.A.'s service structure remain responsive and responsible to those they serve". Some years before this Bill had the foresight to know that he and Dr. Bob wouldn't be around forever, and that something or someone else needed to step in to be that link between the Fellowship and our Trustees. In 1948 Dr. Bob did indeed become ill, and he would pass in 1950. At that point in time the Trustees were relying on Bill and Dr. Bob for advice and guidance. While the Trustees needed to run policy decisions by someone. At the same time the groups were relying on Dr. Bob and Bill for advice on their own service efforts. A way needed to be found to bring the groups together with the Trustees, to open communication up, so the day-today affairs of A.A. could be managed and run in a timely manner. Thus was the General Service Conference idea floated and finally realized, in 1951. The road was far from smooth, but Bill held the vision.

Bill had begun formulating the idea of a General Service Conference, involving AA members, Trustees, as well as A.A. office staff, back in 1946, and in 1947 he produced a proposal entitled "The Alcoholic Foundation of Yesterday, Today and Tomorrow" in which he writes: "Perhaps the best suggestion for closing the gap between our Alcoholic Foundation and the A.A. Groups is the idea of creating what we might call The General Service Conference of Alcoholics Anonymous.... The Conference, we think, ought to be composed of a fair number of good A.A. members meeting annually, at which time we would seat our present Headquarters down in their midst. Our Service Headquarters people... would be members of the Conference also.... The Conference would then hear the reports of each headquarters department, making whatever recommendation it chose in that connection."

This then, was the genesis for our current day General Service Conference, which all of us individual A.A.s can participate in through our General Service structure. Returning to Concept I we are reminded that we are each a part of the great whole, and each voice is vital in arriving at the "collective conscience" of the whole Fellowship. While only Delegates can attend the General Service Conference, along with Trustees and GSO staff, we can all participate in these very important decisions in our homegroups, through our GSRs.

Our GSRs serve us well in attending District Meetings, Area

Committee Meetings, and Area Assemblies to gather information and report back to us what's going on in A.A. They not only report back, but they also give us a chance to weigh in on issues at all the service levels. When decisions are needed it is imperative that we participate. Concept I is linked closely with Tradition Two "For our group purpose, there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.". Some of the other trusted servants our GSRs rely on for information include our District Committee Members, our District Standing Committee Chairs, as well as our Area Officers, and Area Committee Chairs. All of their work gets reported back and can help us come to informed group consciences on the proposed projects, and the progress made.

In February the General Service Conference agenda items will be released to the Fellowship. There are multiple ways to become informed of these topics, and to have our voices heard. Did you know that all A.A. members can attend our Area Assemblies, Area Committee Meetings, and District Meetings? Your You can also attend various Committee meetings. After the agenda items are announced we begin the process of discussing them and learning what they mean and how they affect A.A. as a whole. In Southern Minnesota Area 36 we hope all GSRs will take these items to their groups for discussion and bring that discussion and the group conscience to the Delegate's Workshop, to be held on April 8, 2023, in Rosemount. In March we gather for the West Central Regional A.A. Service Conference, held this year in Omaha, NE over March 3-5, 2023. During this event we go over each Agenda Item with trusted servants from all over our region. This gives us a great way to hear what other members of the Fellowship think about the items up for discussion.

All this ties right in to Concept I, as it gives us many opportunities to participate in the "Final responsibility and ultimate authority for AA world services should always reside in the collective conscience of our whole Fellowship." The collective conscience includes each of us as individuals, as we come together to form that whole. A.A. can't do it without us. The A.A. Groups are at the top of the pyramid for good reason; that's where we all gather.

I am reminded of Betty P., who was a past Delegate in Area 46, New Mexico, as I was beginning my service journey some years ago. She would tell me "You gotta know what you're a part of! It's bigger than you, bigger than your homegroup, bigger than your district, bigger than your area. You gotta know what you're a part of!" Betty was right, we do need to know what we're a part of. I hope to see all of you at various upcoming service opportunities, so we can continue to learn together. In love and service,



Service Workshop Sponsored by: Greater Minneapolis Intergroup of Alcoholics Anonymous

"It is through service that the greatest rewards are found."

When: Saturday, February 18, 2023

Where: Bethlehem Lutheran Church

16023 Minnetonka Blvd., Minnetonka, Mn 55345

Lunch Provided

Time: 11:15am to 3:00pm

Hear panel of members share first hand experience having served in the following areas:

*Answering Phones

*Being on the 12th Step List

*Group Phone Shifts

*Serving as an Intergroup Rep

*Area 36 Temp Contact

for Corrections

*Special Event Committees



*Night Owl Monthly Shift

*Early Bird Weekly Shift

*Daytime Office Volunteer

*Area 36 Temp Contact

for Treatment

*Speaking at non AA Facilities

Q & A Time Following the Panel



Contribute Your Time

"Help Carry the Message"

Revised March 23, 2021

Personal Information all information is confidential						
То	oday's Date:	☐ New Volunteer	☐ Information Update			
Fir	rst Name:	Last Name:				
Ad	ldress:					
Cit	ty:	State:	Zip:			
E-I	Mail Address:					
Te.	lephone-Primary #:	Telephone -Secondary #:				
Но	ome Group Name:	Do you have	a sponsor? 🛮 Yes 🔻 No			
Sol	briety Date: Bir	rth Year:	□ Male □ Female			
INTERGROUP SERVICE OPPORTUNITIES - Check All That Apply						
	Intergroup 12 Step List 6 months sobriety required— <u>may receive calls at all hour</u> Serve as contact for new members who call Intergroup for help Language Fluency Other than English-Please Specify:					
	Daytime Office Phone Volunteers 30 days sobriety required					
	Night Owl Phones 2 years sobriety required					
	Early Bird Phones 2 years sobriety required					
GENERAL SERVICE OPPORTUNITIES Area 36 Temporary Contact Program: AA Member Contact 1 year sobriety required Serve as contact for new members leaving treatment						
	Area 36 Correctional Temporary Contact P Serve as contact for new members leaving cor	rogram: AA Member Contact 1 year rectional facilities	sobriety required			
	Submit this form in person at the Inte	ergroup Office or to your GSR or Int	ergroup Representative			

The Twelve Traditions - How They Apply In Our Lives

Tradition One Our common welfare should come first; personal recovery depends upon AA unity.

Our whole AA program is securely founded on the principle of humility--that is to say, perspective. Which implies, among other things, that we relate ourselves rightly to God and to our fellows; that we each see ourselves as we really are--"a small part of a great whole." Seeing our fellows thus, we shall enjoy group harmony. That is why AA Tradition can confidently state, "Our common welfare comes first."

"Does this mean," some will ask, "that in AA the individual doesn't count too much? Is he to be swallowed up, dominated by the group?"

No, it doesn't seem to work out that way. Perhaps there is no society on earth more solicitous of personal welfare, more careful to grant the individual the greatest possible liberty of belief and action. Alcoholics Anonymous has no "musts." Few AA groups impose penalties on anyone for nonconformity. We do suggest, but we don't discipline. Instead, compliance or noncompliance with any principle of AA is a matter for the conscience of the individual; he is the judge of his own conduct. Those words of old time, "judge not," we observe most literally.

"But," some will argue, "if AA has no authority to govern its individual members or groups, how shall it ever be sure that the common welfare does come first? How is it possible to be governed without a government? If everyone can do as he pleases, how can you have aught but anarchy?"

The answer seems to be that we AAs cannot really do as we please, though there is no constituted human authority to restrain us. Actually, our common welfare is protected by powerful safeguards. The moment any action seriously threatens the common welfare, group opinion mobilizes to remind us; our conscience begins to complain. If one persists, he may become so disturbed as to get drunk; alcohol gives him a beating. Group opinion shows him that he is off the beam, his own conscience tells him that he is dead wrong, and, if he goes too far, Barleycorn brings him real conviction.

Japp Joyous FREE So it is we learn that in matters deeply affecting the group as a whole, "our common welfare comes first." Rebellion ceases and cooperation begins because it must: we have disciplined ourselves. Eventually, of course, we cooperate because we really wish to; we see that without substantial unity there can be no AA, and that without AA there can be little lasting recovery for anyone. We gladly set aside personal ambitions whenever these might harm AA. We humbly confess that we are but "a small part of a great whole." Bill W.

December Grapevine 1947

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Lunch Provided
Time: 11:15am to 3:00pm

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- *Answering Phones
- *Being on the 12th Step List
- *Group Phone Shifts
- *Serving as an Intergroup Rep
- *Area 36 Temp Contact
 - for Corrections
- *Special Event Committees



- *Night Owl Monthly Shift *Early Bird Weekly Shift
- *Daytime Office Volunteer
- *Area 36 Temp Contact
 - for Treatment
- *Speaking at non AA Facilities

Q & A Time Following the Panel





A.A. Pamphlet of the Month: It Happened To Alice What Happened To Joe....

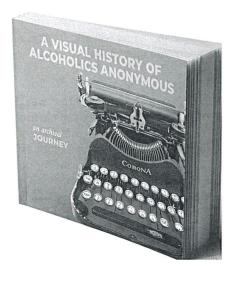


Grapevine Book of the Month:

Take Me To Your Sponsor



AA Book of the Month: A Visual History of **Alcoholics Anonymous**



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

Excelsior Wednesday Night Group 12 Steppers Audubon Park 2218 Squad 72 2218 Squad 61 7-Hi Group A New Freedom - Excelsior Andover Alano Squad 5 **Annandale Lakers** Anoka AA Group Basic 12 Group Bridges AA Group - Prior Lake Cavalier West Sat Night Group Cliffhangers 1 - Thurs 7 30 Group Common Solution Big Book Study **Continuous Action Crushed Grapes** Dead On Arrival Edina Thurs Men's Group I

Flight Plan Foxhall Chapter 7 Grp Friday Night Shift Home Boyz Squad Isanti Alano Squad 12 It Might Have Been Worse Joe and Charlie Big Book Meeting Kozy's Noon Men's AA Ladies Night Happy Hour-Sahara Club Lakers Saturday Morning AA Minnetonka Big Book Study Group Monday Primary Purpose Group Monticello Alano Squad 10 New Freedom - Chanhassen New Hope 2 pm Newcomers New Hope Alano - Squad 12 New Hope Alano-Squad 16

New Hope Squad 59 Nicollet AA Group North Road AA Parkway AA Group Pax Christi Thursday Night Rich/Blmngtn Alano Squad 4E Rich/Blmngtn Alano Sun Mtg Richfield/Bloomington Squad 1y Ridge Runners I Group River Valley AA Group Rule 62 Cavalier Saturday Morning Fever Saturday Morning Men's AA Saturday Night Live Group Senior Men's Barn Group Serenus AA Group Silver Lake AA Group SPD-Tuesday Night Group St. Louis Park Sunday Night AA

Step Brothers Sunday Night Grace Sunlight of the Spirit Sunrisers (Thursdays) The Becker Group Third Tradition Group of AA This Simple Program Thursday Night Women's Group Tonka Alano Society Tradition One Turning Point Women's Voices Of Recovery Wayzata Sunday Night Step Group We Are Not Saints-Richfield Women on the Wagon-WOW

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 ends a contribution will be listed in the MIRUS. Upon inquiry your AA group can request a contribution summary

Group Contributions/Birthday Plan** November 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:

<u>Central Pacific Group</u>, 7:30 PM Hybrid Meeting 511 Groveland Ave., Minneapolis, MN 55403 <u>Foxhall Chapter 7 Group</u>, 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

Minneapolis
Intergroup Office
will be closed both
Monday January
2nd and Monday
January 16th





January 17th

4th Step Workshop
Register by Email Required:
4thStepWorkshopTC@gmail.com
In Person Location!!
2051 Killebrew Drive, Bloomington

February 16th through 19th

59th International Women's Conference Dallas, Texas Register: internationalwomensconference.org

General Service Announcements

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

March 3rd through 5th

West Central Regional AA Service Conference Omaha, Nebraska

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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