

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

Step Two

February 2023 *Step, Tradition, and Concept Two*

"Came to Believe that a Power Greater than ourselves would Restore us to Sanity."

When I came into the rooms of Alcoholics Anonymous 15 years ago, I had no knowledge of what AA was, what alcoholism was, or that there was a solution to my problem. All I knew is that I was miserable, and alcohol seemed to be causing it. I wanted to quit drinking but had no idea how to do that. I am eternally grateful to Intergroup because that was the first phone call I made. The very kind man I spoke to referred me to a couple of meetings in my area. The second one I attended was a large speaker meeting, and it was profoundly life changing for me. My preconceived conception of what alcoholics and alcoholism looked like were changed. My world and my ideas had gotten so small in my isolated world of drinking, I could not believe that all these people were openly admitting that they were alcoholics, that they were sober, and that they seemed to be happy about it!! I could not fathom this. How could these people be happy, joyous, and free without drinking?

Like everything in my recovery, I do not have the words to describe what is happening until after it happens. And often my step work tends to blur together rather than being a definitive goal to complete, Except for step one. I was told that alcoholism was a disease of the body, mind, and spirit. I was informed that I have a physical allergy to alcohol, an obsession of the mind, and a spiritual malady.

Step one identified the problem for me - that I, or any human power, was powerless over my alcoholism. Step two told me that there was a solution to this by finding a power that was Not me, and that gave me hope. Steps three through 12 continue to show me how to find the power I need to keep me sober and sane.

"Came to believe" has been true for me. I came into an AA waffling somewhere between agnosticism and atheism. I thought if there was a God, that surely, he would not have given me the life I currently had. Surely a God would not have taken my mother from me at such a young age. I was told to look at the group of alcoholics in AA as my higher power, after all they were staying sober. I started to hear other alcoholics tell their stories at speaker meetings and started to not only see that they were staying sober but could also really relate to their stories with the authentic language of the heart we speak with. This chink in my spiritual armor was the beginning of step two for me. I came to believe that there actually could be a power greater than myself out there. After all I was staying sober too.

This demonstrated to me that God does work through People. My sponsor told me to start a "God (evidence) box" and write down occurrences that I felt were God working in my life. I started to participate in life and pay attention to what was going on around me, and I started to acquire some amazing proof, always with God working through people.

I was also told that it is easier to Act my way into a new way of Thinking, then think myself into a new way of acting. This resonated with me because I had been trying all my life think out my problems. I also learned that alcohol was not my problem. It had been my solution to my inability to accept life on life's terms. What was the problem was Me- I was imprisoned by self-centeredness, selfishness, self-obsession, self-pity, and All things Self. When alcohol stopped working as a solution for me, that is when I got sober. I believe I had a moment of clarity from God that day I called Intergroup and have had several more throughout my recovery.

I continue to deepen my understanding of step 2 by being of service to other alcoholics, which has been crucial in my recovery. It is how I align myself with God's will, rather than mine. My will may have served me as a tool to get through my childhood, but as an adult, it no longer serves me well. My God today is a loving, accepting, kind, and benevolent God. The more action I take, the more prevalent these character assets become. And as this happens, the stronger my faith in my Higher Power becomes as I watch God do for me what I could never seem to do for myself. Recovery is a daily commitment for me, and the promises in the big book continue to come true for me when I suit up and show up. I know today that God's plans for me are bigger than I could every imagine, and that I am always exactly where I should be.

Teresa C. - Minnetonka

**Minneapolis
Intergroup Office
will be closed Monday
February 20th, 2023**



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 2023 is:

“A.A.’s Three Legacies— Our Common Solution.”

On Saturday, February 18th at 11:15 am we will have our service workshop, highlighting the many ways you can be of service through Minneapolis Intergroup. I hope you will have the opportunity to attend our workshop directly following the regular AA Orientation meeting at Bethlehem Lutheran Church, 16023 Minnetonka Blvd., Minnetonka. Lunch will be provided then eleven presenters share what its like to be of service as a night owl, be a member on the 12th Step list, answer daytime phones, etc. After the presentations, we will have a time for Q & A as well as opportunities to sign up.

The 40th Annual Gratitude Night that will take place at the Minneapolis Convention Center in downtown Minneapolis on Saturday, March 25th beginning at 6:30 pm. We are extremely excited to have Rose E., from Spring Hill, FL be our AA speaker and Jim D, from St. Paul be our Al-Anon speaker. See the flyer in this newsletter or on the website event calendar for more details. This event has been known as the “AA Prom.” Make a night of it! Carpool with friends and go out to dinner downtown before the

event. This event is a way for us to show our gratitude to all our volunteers. Whether an hour a week or a couple of hours a month, we appreciate your service in helping newcomers who are seeking Alcoholics Anonymous. We could not do all we do without you!

If you have never been to Minneapolis Intergroup we welcome you to stop in and visit. This is your Intergroup office. We always have coffee on.

In Love and Service,

Gail S., your Office Manager



Notes from Your Board Chair:

We have discussed on a number of occasions the challenges we are facing regarding Minneapolis Intergroup’s financial status. This realization became clear when our budget for the current fiscal year (October 1, 2022 – September 30, 2023) was approved by our Board of Directors. To recap, as the result of inflationary expenses our budget projected a net loss of \$24,551.00. This comes on the heels of two years in which financial losses were also experienced. So, the point we have been making is that incurring another loss, especially of this magnitude, is not sustainable long term.

At a recent Intergroup Reps meeting the question was asked: What is the plan for dealing with this expected shortfall?

Although our budgetary prospects look better thanks to a very strong first quarter (October 1 – December 31) we believe the long- term challenges remain an issue. In short, our plan to address the forecasted budgetary shortfall is twofold, first we are committed to be as efficient as possible with respect to Intergroup’s expenses. And the second part of our plan is to encourage a modest increase of contributions.

Historically, Intergroup has done an outstanding job of controlling expenses. Gail and her staff should be commended for the excellent work in this regard. Nevertheless, we know that there remain opportunities to cut costs and be more efficient. We encourage suggestions along this line at any time.

Regarding enhancing contributions – first things first – we need to continue to communicate with our membership that we need their support in order to continue providing the services that have been expected. Suggestions that we have been considering include:

Faithful Fiver – should this been changed to encourage something greater than \$5 each month?

Birthday Plan – how could we re-energize this component?

Electronic contributions – what more should we do in this area?

We also need your contributions in other than monetary ways. This brings up the idea of service and we have a great opportunity in this vein with the upcoming Intergroup Service Workshop on February 18, 2023. This will take place at the Bethlehem Lutheran Church from 11:15 AM to 3:PM. You will hear a panel of AA members share their experience on such things as answering phones, being on the 12th step list, speaking at non AA facilities and many other service topics. Hope to see you there and thank for your support.

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	Cory S.
District 21	Dan S.
District 22	Mark M.
District 24	Tanya L.
District 25	Christina M.

Intergroup Staff

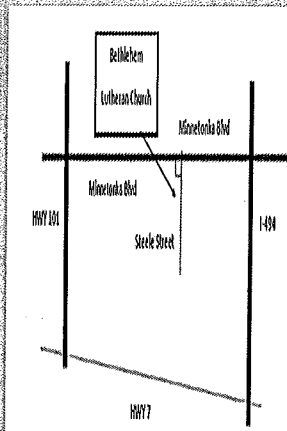
Gail S.	Office Manager
Erin D.	Office Assistant
Terri N.	Office Assistant
Scott F.	Office Assistant

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, February 23rd 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

2/4	Step Ten/ Tradition Ten His Story
2/ 11	A.A. World Service/ General Service Office Her Story
2/18	Step Eleven / Tradition Eleven His Story
2/25	Anonymity as a Spiritual Principal Her Story

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

Concept II

Short form - *The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.*

In his essay on Concept II Bill W. has this to say: *"It is self-evident that the thousands of A.A. groups and the many thousands of A.A. members, scattered as they are all over the globe, cannot of themselves actually manage and conduct our manifold world services."*

It had become clear to Bill that the Fellowship would have to take responsibility for the continuation of A.A. Decisions would have to be made by the Fellowship, for the Fellowship. While the Trustees would continue to act in the best interest of A.A. in our day-to-day business, the Fellowship needed to have a voice. The question was how? How to delegate this authority to the members of A.A. in such a way to ensure a representative and thoughtful voice?

Last month we looked at the beginning of the General Service Conference, which, it was decided, would carry the voice of the Fellowship to the Trustees. How does the group conscience get from the group to the Trustees, so they can carry it out?

Alcoholics Anonymous has a unique structure in that the members and groups hold power in ways not seen in corporate structures. Each member of A.A. has a voice in A.A. and it is heard at the homegroup. Each A.A. group has the opportunity, and the responsibility, to elect a General Service Representative or GSR, who carries the group conscience to the District Committee Member and to the Area Delegate. Such matters affecting A.A., as a whole, are then brought to the General Service Conference, in the form of conference agenda items, which are discussed at committee meetings and potentially forwarded to the full conference for a vote. While, of necessity, we "delegate" authority to one Delegate per Area to the General Service Conference, your voice is important and needs to be heard prior to the Conference.

Bill continues in his Concept II article in the Service Manual: *"But the groups' acceptance of ultimate service authority and responsibility was not enough. No matter what authority the groups had, they could not meet their new responsibilities until they had actually delegated most of the active ones. It was precisely in order to meet this need that the General Service Conference of Alcoholics Anonymous was given the general responsibility for the maintenance of A.A.'s world services and so became the service conscience for A.A. as a whole."* At the Conference it is our job as Delegates to be the voice of A.A. Delegates gather at the General Service Conference to carry out the duties assigned to "the service conscience for A.A. as a whole." We will bring the conscience of our Areas, and the ultimate decisions will be made on behalf of the entire Fellowship. This is the authority allowed us, as your Trusted Servants.

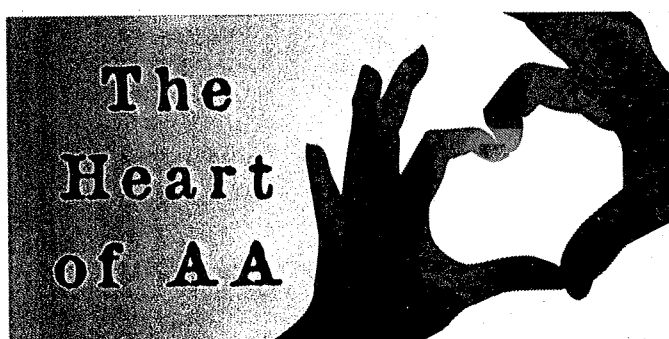
In Area 36 we have several ways to consider and discuss these conference agenda items, including the group conscience at your homegroups, the West Central Regional A.A. Service Conference (March 3-5), and the Delegate's Workshop (April 8). All A.A.s are welcome. Some of you have attended these events in the past, and I encourage everyone to attend this year. The WCRAASC will be virtual, so if traveling to Omaha, NE is out of the question, participating doesn't have to be! These are opportunities for all of us to participate in A.A. as a whole. All across the U.S. and Canada members will be gathering to discuss these agenda items in order to share their views and hear the thoughts of others. As your Delegate I will listen to you thoughtfully and provide background information to help you with your discussions.

I am privileged to serve you in this way and looking forward to hearing your voices as we carefully consider the conference agenda items prior to the General Service Conference held in late April.

In love and service,

Meg H.

Area 36 Delegate, Panel 73





Sponsored by
Greater Minneapolis Intergroup
of Alcoholics Anonymous
Welcome Al-Anon & Alateen

40th Annual Gratitude Night

“ Also known as the A.A. Prom”

Saturday, March 25th, 2023

6:30pm - 12:00am

Minneapolis Convention Center

1301 Second Avenue South, Minneapolis
Ballroom A-Across from Dunn Bros

Al-Anon Speaker, Jim D., St.Paul, MN

AA Speaker, Rose E., Spring Hill, FL

(Speakers ASL Interpreted)

*About Intergroup/Volunteer Countdown/Sobriety
Countdown/Area 36 Service Committees Info
Tables/DJ and Dance/Photo Booth*

***Tickets: \$12.00 in advance/\$15 at the door**

Available at the Intergroup Office and IG Representatives

***This Intergroup event is self-supporting through the sale of
tickets**

“Why should not each of us tell himself: ‘Yes, we were once a burden on everybody. We were ‘takers.’ Now that we are sober, and by the grace of God have become responsible citizens of the world, why shouldn’t we now about-face and become ‘thankful givers’! Yes, it is high time we did.”

Bill W., *Language of the Heart*, p. 86
originally published in the April 1958 Grapevine
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The Central Office helps carry the A.A. message to the alcoholic who still suffers by coordinating the following services:

- ✓ **Answer Phones 24 Hours a Day**
- ✓ **Information & A.A. Meeting Location Calls**
 - ✓ **A.A. 12-Step Calls**
- ✓ **A.A. Literature—English & Spanish**
- ✓ **A.A. Grapevine Publications**
- ✓ **A.A. Orientation Meeting**
- ✓ **A.A. Group Evening Phone Answering**
- ✓ **MIRUS Newsletter...the Shared Voice of IG**
 - ✓ **Public Information/CPC Resource**
 - ✓ **Intergroup Information Committee**
 - ✓ **Intergroup Sponsored Events**
 - ✓ **Meeting Directories**
 - ✓ **Daytime Office Volunteers**
- ✓ **Night Owl/Early Bird Phone Committee**
 - ✓ **Cooperation with Outside Agencies**
- ✓ **Web Site—Meetings Updated Weekly**
 - ✓ **Special Event Information**

The Twelve Traditions - How They Apply In Our Lives

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.

Article By Bill W. 1948

Sooner or later, every AA comes to depend upon a Power greater than himself. He finds that the God of his understanding is not only a source of strength, but also a source of positive direction. Realizing that some fraction of that Infinite resource is now available, his life takes on an entirely different complexion. He experiences a new inner security together with such a sense of destiny and purpose as he has never known before. As each day passes, our AA reviews his mistakes and vicissitudes. He learns from daily experience what his remaining character defects are and becomes ever more willing that they be removed. In this fashion he improves his conscious contact with God. Every AA group follows this same cycle of development. We are coming to realize that each group, as well as each individual, is a special entity, not quite like any other. Though AA groups are basically the same, each group does have its own special atmosphere, its own peculiar state of development. We believe that every AA group has a conscience. It is the collective conscience of its own membership. Daily experience informs and instructs this conscience. The group begins to recognize its own defects of character and, one by one, these are removed or lessened. As this process continues, the group becomes better able to receive right direction for its own affairs. Trial and error produces group experience, and out of corrected experience comes custom. When a customary way of doing things is definitely proved to be best, then that custom forms into AA Tradition. The Greater Power is then working through a clear group conscience.

We humbly hope and believe that our growing AA Tradition will prove to be the will of God for us.

Many people are coming to think Alcoholics Anonymous is, to some extent, a new form of human society. In our discussion of the First Tradition, it was emphasized that we have, in AA, no coercive human authority. Because each AA, of necessity, has a sensitive and responsive conscience, and because alcohol will discipline him severely if he backslides, we are finding we have little need for man-made rules or regulations. Despite the fact that we do veer off at times on tangents, we are becoming more able to depend absolutely on the long-term stability of the AA group itself. With respect to its own affairs, the collective conscience of the group will, given time, almost surely demonstrate its perfect dependability. The group conscience will, in the end, prove a far more infallible guide for group affairs than the decision of any individual member, however good or wise he may be. This is a striking and almost unbelievable fact about Alcoholics Anonymous. Hence we can safely dispense with those exhortations and punishments seemingly so necessary to other societies. And we need not depend overmuch on inspired leaders. Because our active leadership of service can be truly

rotating, we enjoy a kind of democracy rarely possible elsewhere. In this respect we may be, to a large degree, unique.

Therefore, we of Alcoholics Anonymous are certain that there is but one ultimate authority, "a loving God as he may express himself in our group conscience."

Bill W.

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Grapevine Book of the Month:
One On One – AA Sponsorship
in Action



ONE ON ONE
AA Sponsorship in Action

EXPERIENCE, STRENGTH AND HOPE
Behind the Walls:
A Message
of Hope



A.A. Pamphlet of the Month:
Behind the Walls:
A Message of Hope

AA Book of the Month:
Dr. Bob and the Good
Oldtimers

DR. BOB
and the Good Oldtimers

A biography, with recollections
of early A.A. in the Midwest

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

4th Step Workshop
Andover Alano Squad 4
Back to Basics
Better than Gold
Blaine Alano Squad 3
Blaine Alano Squad 99
Blaine Alano Squad 10
Buffalo Tuesday Morning Group
Burnsville Friday Night AA Group
Cavalier West Men's Group
Central Pacific Group
Common Solution Big Book Study
Complete Defeat AA Group
Crushed Grapes
Design for Living @ HAUMC
Desire Meeting
Eagan/Burnsville/Savage Groups
Edina Open Speaker Meeting
Foreword XIX Group
From the Heart Friday Delano

Golden Valley Group
Gratitude Group
Great Blessings
Halfway There
Happy Destiny
Happy, Joyous and Free-Shakopee
Happy, Joyous, Free-Columbia Hts
Hope AA - Richfield
Hope's on Penn
It Might Have Been Worse
Kozy's Noon Men's AA
Ladies Night Happy Hour-Sahara
Lourdes AA Group
Lynnhurst AA Group
Mainstreeters AA
Medina AA Group
Meditation At Peace
Minnetonka Big Book Study Group
Minnetonka Senior AA
NE Recovery Room Primary Purpose

Plymouth 2 Groups Squad 2
Rich/Blmngtn Alano Sun Speaker
Rule 62 Cavalier
Saturday Night Live Group
Senior Men's Barn Group
Serenity Seekers
Sinking Ship AA
SOS AA - Minneapolis
Southeast Community Squad 20
Southwest Women's Group
St. Louis Park Sunday Night AA
Group
Stepsisters of Northfield
Suburban North Alano Squad 86
Suddenly the Thought
Sunday Night Happy Hour
Sunrisers (Thursdays)
The Hand of AA
The Way Out @ Hen. United
The Way Out Group

Third Tradition Group of AA
Thursday Night Big Book-Northfield
Thursday Night Women's Group
Tonka Alano Society
Trinity New Life
Victory AA
Voices Of Recovery
Waconia Friday Nite AA Group
Wayzata Women's Group
Westwood AA Group
Women's AA Group at Elim
WomensExperience,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 December 2022**

Kozy's Noon Men's AA, Foxhall Chapter 7, Dynamic Women – X2, N.E. Sunrise Women's

****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

February 16th through 19th

59th International Women's Conference

Dallas, Texas

Register: internationalwomensconference.org

February 18th

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

Sponsored by Greater Minneapolis Intergroup

11:15 am to 3:00 pm – Lunch provided

Bethlehem Lutheran Church

16023 Minnetonka Blvd

Minnetonka, MN

General Service Announcements

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

Register Online: Bit.ly/WCR23Reg

April 8th

Area Assembly / Delegate's Workshop

9:00 am – 5:00 pm

Rosemount Community Center

13885 South Robert Trail

Rosemount, MN (Banquet Room)

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

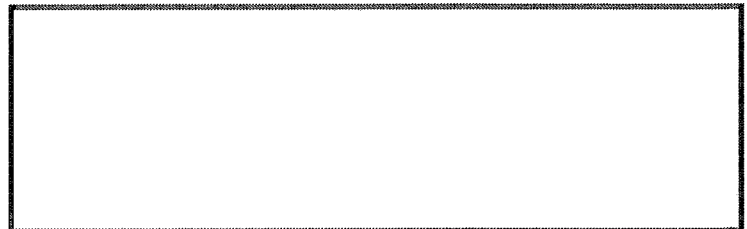
*Area 36 Temp Contact

for Treatment

*Speaking at non AA Facilities

Q & A Time Following the Panel

Workshop



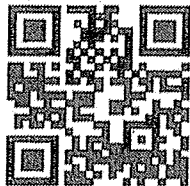
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