

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

July 2024 Step, Tradition, and Concept Seven

Step Seven

"Humbly asked him to remove our shortcomings."

When I was new in sobriety, my arrogance and delusion told me that I could think my way through this program, and this was definitely a step that was easily checked off as "completed" as I was reading the steps off the wall in *your* meetings. When I eventually saw the one paragraph in the big book for this step, that was further confirmation that this was a quick and easy step! It took me a while to admit that I did not have the answers and that I could not be successful in sobriety and life alone, despite having thoroughly thought through the 1st step. I have come across some experience, strength and hope while taking action in practicing *our* program since then. I will do my best to share some of that in a helpful way here in relation to step seven.

The first time I looked at this step with a sponsor I desperately needed to hear that there was hope for me to live a joyful, fulfilling, purposeful life despite everything that had been revealed to me in my 4th and 5th step. I was very exhausted of my patterns, and really of facing facts about myself, after finally working steps four, five, and six. There is an astonishing amount of hope in moving "out from ourselves toward others and toward God" after those steps are worked to the best of my ability. Today I rely on my higher power and strive for humility to bring me to a level of serenity and joy that happens when I am in harmony with my higher power.

When I tried to take action on this step, beyond saying some words, I found myself very confused and then very grateful to have my sponsor right beside me. I was following direction, contemplating, and then discussing what principled actions may look like in situations where my defects arose. This quickly was twisted into a list of demands for God that I expected to be fulfilled. I was telling from a pedestal instead of asking as a one flawed and limited human among many. I found myself single handedly battling my objectionable habitual actions, and had completely excluded any sort of Spirit of the Universe. I had defaulted into the old way of thinking that I needed to manage myself and my life. I was very quickly in emotional pain, experiencing guilt and had not felt so insecure in a long time. This was a situation where my sponsor kindly and lovingly redirected me. She suggested that I may want to

reinvite someone more qualified into the equation. I found that there is a much greater effectiveness for me in the seventh step when I seek opportunities to practice a spiritual way of life, am open to what that will look like, and have faith that intuition and sponsorship serve me well when I am connected to a higher power. My connectivity gains strength when I take purposeful action to build a conscious companionship with my higher power. I aim for dependance and reliance on a power greater than myself. An imperfect practice with prayer, meditation, and self examination has reaped rewards in this regard. I try to communicate with my higher power from a place of answers that are to be revealed and from the perspective that my thoughts are very often wrong. The seventh step places great emphasis on humility as essential. Looking at step seven in the 12 x 12, the word humility is listed a resounding 28 times (allow me room for human error in this number as I only counted once) so I would be remiss not to include this ingredient for growth. My most recent discovery and perspective shift on humility is one that I am enjoying integrating into practice in my daily life. I found it in a writing from the Language of the Heart. It reads, *"This is why I see humility for today as that safe and secure stance midway between these violent emotional extremes. It is a quiet place where I can keep enough perspective, and enough balance, to take my next small step up the clearly marked road that points toward eternal values."*

I have some fantastic situations for character building, and some strong emotions going on in my life today. I thank AA for the quiet moment with relief from guilt and pride, and the small step up the road that the opportunity to write this has granted me today. I am grateful I can walk beside my fellows and that I continue to build a relationship with The Most Qualified.

Emmy S., Minneapolis

Greater Minneapolis Intergroup • Alcoholics Anonymous ®

7204 W. 27th St., Suite 113 • St. Louis Park, MN 55426-3112 • 952-922-0880 • www.aaminneapolis.org • email: info@aaminneapolis.org
OFFICE HOURS: Monday, Wednesday, Friday 9 am-4:30 pm Tuesday and Thursday 9am-7pm Saturday 9 am-1 pm

Notes from your Service Office:

The General Service Theme for 2024 is: “Connecting with Love, Unity, and Service.”

July!! The middle of summer is here. I hope you are enjoying the land of 10,000 lakes, Minnesota!

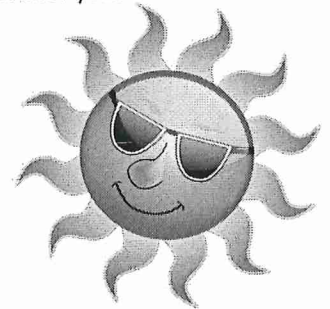
We are preparing for the Unity Open House that will take place on Saturday, August 10th at the Minneapolis Intergroup office in St. Louis Park from 9am to 1pm. For a moment we were looking at a park nearby that would offer some different activities, but we decided it would not be an open house any longer. We are working on something new to add to our favorite cake walk and other activities. We will also have a service table that will summarize the service commitment of being an Intergroup Board member and service opportunities such as adding your name to the 12th Step list, answering phones, the Treatment Contact program, and Corrections Contact Program.

Our wish is for all A.A. members to visit the Minneapolis Intergroup office. It is important for all AA members to know what we do and learn about the services we have available to reach the still suffering alcoholics. We are a service center that offers hope to those trying to find sobriety!

These same services create the opportunity for every A.A. member to do vital Twelfth Step work. We hope to see everyone at the Unity Open House for food and fellowship. Bring a newcomer. We would be happy to give a tour of the office.

Before long, the annual Board elections will be here. They take place at the September Intergroup Rep meeting. This year four positions will be available. Now is the time to think about serving on the Board. The only requirement is five years of sobriety and no more than two members from the same group can serve at one time. Board members will be available at the Unity Open House to share how it has worked for them. This is a great opportunity to learn how it can work for you!

Yours in Love and Service,
Gail S., your Office Manager



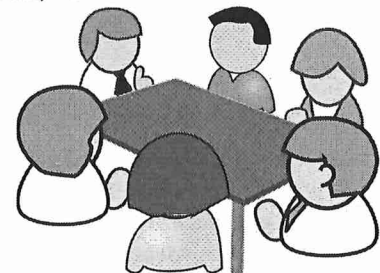
Notes from Your Board Chair:

Annual Board Elections take place the 4th Thursday in September which is right around the corner so I thought I would take a few moments to share a bit about my experience servicing on the Minneapolis Intergroup Board. This is my second year on the Board and this has been one of my favorite service commitments in my sobriety (which will be 23 years by the time you read this, God willing). I have had the opportunity to build relationships with the other 11 members of the Board as well as the Intergroup Office Manager, Gail, and some of the office staff. It has given me a new appreciation of Alcoholics Anonymous and the dedication and hard work everyone who came before us put in to ensure AA would be here for us today. Minneapolis Intergroup hosts and participates in many events throughout the year including Gratitude Night, Founder's Day, Gopher State, and the Winter and Summer Open Houses. These events are always a lot of fun and reminds me that we are “not a glum lot.” I have met many amazing AA members at these events as well as at the Intergroup Reps meetings that I would not have met otherwise as they do not live in my area or attend the meetings I go to regularly. Having a wider circle of AA members in my fellowship gives me a broader perspective on AA as a whole and helps us all as we share ideas on how to improve our meetings and ourselves so we can better fulfill our primary purpose of carrying the message to the

alcoholic who still suffers. Most of all, serving on the Board has kept me in the middle of Alcoholics Anonymous which is where I like to be.

For those who are interested in serving on the Minneapolis Intergroup Board I encourage you to fill out the resume which can be found on the Intergroup website under the About Intergroup tab under Intergroup Representatives. Board Members serve a three-year term and must have a minimum of five years of sobriety. If you have any questions about the commitment, feel free to reach out to any of the Board members. You can find us at the Intergroup Reps Meeting the 4th Thursday of every month or come to the Summer Open House on August 10th. We would love to share our experience with you!

Yours in Service,
Intergroup Board Chair, Kelli B.



Intergroup Board

Board Officers

Chairperson	Kelli B.
Co-Chairperson	Jeff A.
Secretary	Maverick M.
Treasurer	Christina M.

Board Members

John M.	Steve S.
Grace C.	Mark S.
Pam N.	Thomas D.
Andy D.	Gabriella R.
Gail S.	Office Manager, Ex-Officio

General Service District Board Liaisons

District 7	Pam N.
District 13	John M.
District 14	Steve S.
District 17	Christina M.
District 18	Gabriella R.
District 19	Jeff A.
District 20	Linda M.
District 21	Andy D.
District 22	Mark S.
District 24	Thomas D.
District 25	Grace C.

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: 851 2052 3806
Passcode: 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
Pilgrim United Methodist Church
4325 Zachary Lane, Plymouth, MN 55442
- 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

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

- 7/6 Step Eleven / Tradition Eleven
Her Story
- 7/13 Anonymity as a Spiritual Principal
His Story
- 7/20 Step Twelve / Tradition Twelve
Her Story
- 7/27 Importance of Having an A.A. Home Group
His Story

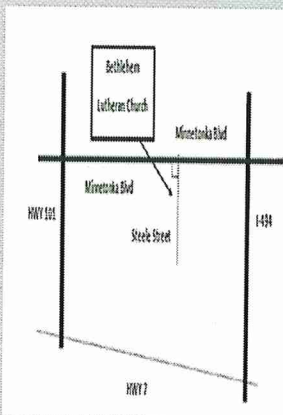
The Intergroup Rep Meeting will be held at

Bethlehem Lutheran Church
16023 Minnetonka Blvd.

Minnetonka, MN 55345

This is a HYBRID meeting.

Thursday,
July 25th
at 6:30pm



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

CONCEPT VII

The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

This Concept reminds us of the biggest difference between other corporate structures and Alcoholics Anonymous. Other corporate structures are focused on the bottom line, and returns for investors, based in dollars and cents. A.A., on the other hand, is focused on the alcoholic, with returns based in spiritual principles and sense. After a time, it makes sense to me, an individual alcoholic, to adhere to spiritual principles, and it makes sense, as well, for our trustees to do the same. Although they have full legal power to make decisions for our three corporate boards, they do so not for personal gain or glory, but for the good of A.A. as a whole, and for the still suffering alcoholic. There is likely no other board which serves not only the body it answers to, in our case the Fellowship, but also the ultimate authority — a loving God as He may express Himself in our group conscience. Given that, our trustees are called upon to practice the spiritual principles available to all of us, in all their affairs. Concept VII works for our Fellowship on several levels. By allowing the trustees the legal latitude to manage our funds and services, we ensure that the services that are important to us, those we have requested through the General Service Conference process, are available to us. It would be impossible for the Fellowship to undertake that work, so we ask our trustees to manage it, through our corporate boards.

The Concept VII article in the Service Manual tells us this: *This concept may appear to be contradictory; it may look like the collision of an irresistible force with an immovable object. On the one hand we see a Board of Trustees which is invested with complete legal power over A.A.'s funds and services, while on the other hand we find that A.A.'s General Service Conference is clothed with such great traditional influence and financial power that, if necessary, it could overcome the legal rights of the Board of Trustees. It can therefore give the Trustees directives and secure compliance with them—practically speaking Remember, our trustees serve us for fun and for free, there is no salary attached to these very big jobs. They study the Traditions and use them and guard them as we do.*

This concept invites all of us, wherever and however we participate in A.A., to embrace our spiritual principles, while assuring us that our trustees, and our corporate boards, are using the same principles to conduct our business. This gives full voice to 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.

Meg H.
Area 36 Delegate, Panel 73

The Twelve Traditions - How They Apply In Our Lives

These questions * were originally published in Grapevine in conjunction with a series of articles on the Twelve Traditions that ran from November 1969 to September 1971. While they were originally intended as suggestions for individual use, many AA groups have since adopted them and use them as a basis for wider discussion.

Tradition Seven: Every A.A. group ought to be fully self-supporting, declining outside contributions.

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new person who can't afford it yet? How generous was I when drunk in a barroom?
2. How do I (or my group) support our International Journals of Alcoholics Anonymous, Grapevine and La Viña?
3. If GSO runs short of funds some year, wouldn't it be OK to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important for a group to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. Does my group have a "prudent reserve"? If yes, do I know what that amount is?
7. If a family member, work colleague or close friend who is not an AA member wants to make a financial contribution to my group, should the group accept it? What if my group is short on funds?

Greater Minneapolis Intergroup
7204 W. 27th Street – Suite 113
St. Louis Park, MN 55426-3112
Fax: 952.922.1061 Email: info@aaminneapolis.org

Greater Minneapolis Intergroup
2024 Board Candidate Resume Form
Review Page 2 for Pertinent Information

Name:	
Address:	
Work Phone:	Home Phone:
Fax:	Email
Sobriety Date:	Home Group:
Education:	
Current AA Activities:	
Past AA Activities:	
Current & Past Activities Outside AA Including other boards, you may have served on	
Occupational Background	

2024 ELECTIONS
COMING SOON!

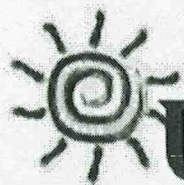
Annual Elections, Thursday, September 26, 2024 – 6:30PM

**Greater Minneapolis Intergroup
7204 W. 27th Street – Suite 113
St. Louis Park, MN 55426-3112
Fax: 952.922.1061 Email: info@aaminneapolis.org**

Please review all information listed below

- Submissions due at Intergroup Office by September 12th.
- In accordance with the IG by-laws all candidate resumes should be submitted to the Intergroup Office 10 Business Days prior to elections. **Nominations will also be accepted from the floor on the night of election.**
- Annual Elections, Thursday, September 26, 2024 – 6:30PM
- Because of the time commitment, it is suggested that you discuss this service opportunity with your family and AA sponsor. (10-12 hours per month)
- You will be expected to; attend all Board and Rep meetings, attend a monthly General Service District meeting, serve on a Board sub committee, participate in functions that are sponsored by Greater Minneapolis Intergroup.
- Your Home Group should be located within the confines of the Metro Minneapolis Suburban Area.
- The Intergroup by-laws require each candidate to have 5 years of continuous sobriety on the date the election is held.
- A business background can be helpful. However, experience at your Home Group, Intergroup, or General Service brings value to the mission of Greater Minneapolis Intergroup.
- No more than (2) two members from the same Home Group can serve on the board at the same time.
- As an elected board member you are serving all the groups in the greater Minneapolis AA community not just your AA Home Group.
- The AA 3rd Legacy procedure is the voting process used for our annual election.
- There are (4) four (3) three year term openings. Term begins October 1, 2024 and ends September 30, 2027.
- Minneapolis Intergroup is a non-profit Minnesota Corporation 501(c) (3) and is subject to all State and Federal laws.
- The IG by-laws require that copies of all submitted resumes be sent to the Intergroup Representatives of record by U.S. Mail 7 business days prior to the annual election.
- The Board elections are held annually at the Intergroup Representatives meeting, the 4th Thursday in September.
- Location: Bethlehem Lutheran Church, 16023 Minnetonka Blvd., Minnetonka, MN 55345
- Reps meeting and annual elections begin at 6:30PM.

For directions see map in current MIRUS or on our website, www.aaminneapolis.org.



INTERGROUP'S 24TH ANNUAL UNITY OPEN HOUSE

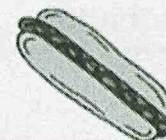
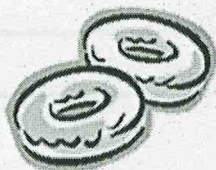
JOIN US IN CELEBRATING 56 YEARS OF SERVICE

SATURDAY AUGUST 10, 2024

9AM - 1PM

9AM-11AM DOUGHNUTS & COFFEE * 11AM-1PM HOT DOGS & CHIPS

*AXE THROWING—LADDER BALL—BAG TOSS
CAKE WALK—PRIZES*



NEED A SERVICE OPPORTUNITY? LEARN ABOUT...

Serving on the Intergroup Board, Phone Volunteering, Early Birds and Night Owls

Southern Minnesota Area 36 Temporary Contact Program

Southern Minnesota Area 36 Correctional Facilities Contact Program

"An opportunity for all AA members to connect into service"

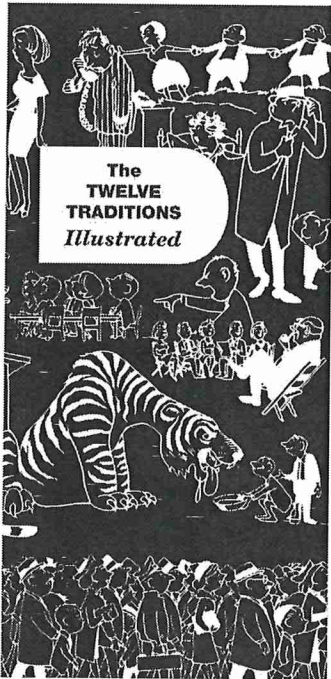


GREATER MINNEAPOLIS INTERGROUP

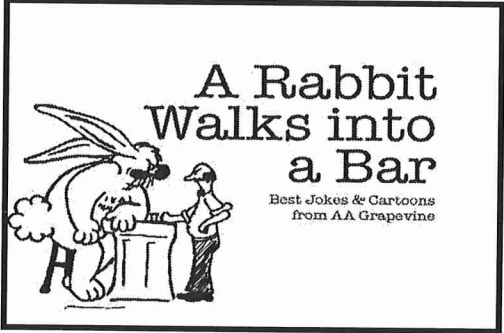
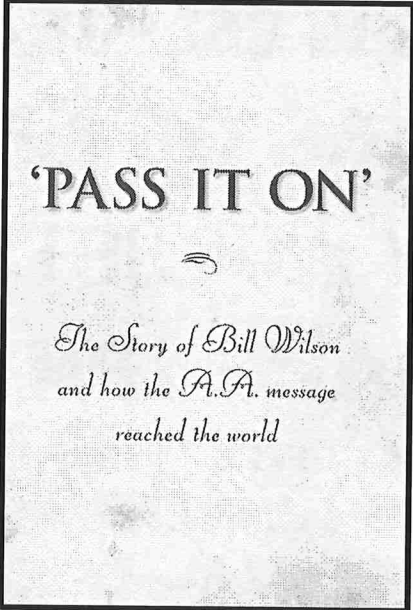
7204 West 27th Street, Suite 113

St. Louis Park, MN 55426

map & directions at www.aaminneapolis.org



AA Book of the Month:
Pass It On,
 The Story of Bill Wilson and how
 the A.A. message reached the
 world



Grapevine Book of the Month:
A Rabbit Walks into a Bar

A.A. Pamphlet of the Month:
The Twelve Steps Illustrated

Group Contributions - May 2024 Thank you all, in the Spirit of Hope.

- | | | |
|---------------------------------|--------------------------------------|--------------------------------------|
| Amazing Grace | Ramsey AA (NowThen AA) | Twelve West AA Group |
| Andover Alano Squad 5 | Rich/Blmngtn Alano Squad 4E | Victory AA |
| Andover Alano Squad 7 | Rich/Blmngtn Alano Sq 7G | Women's Big Book Study Thurs Buffalo |
| Anoka Today Alano Squad #26 | Ridge Runners II Group | You Are Not Alone |
| Anoka Today Alano Squad 164 | River Valley AA Group | |
| Blaine Alano Squad 3 | Rule 62 Cavalier | |
| Buffalo Thursday Big Book Group | Saturday Morning Fever | |
| Common Solution Big Book Study | Saturday Morning Men's AA | |
| Coon Rapids Fri Night Group | Saturday Night Live Group | |
| Excelsior Wednesday Night Group | Senior Men's Barn Group | |
| Extravagant Promises | Silver Lake AA Group | |
| Gratitude Group | Squad 2 A Design For Living | |
| Happy Destiny | St. George Thursday AA Group | |
| Into Action Men's Squad 55 | St. Louis Park Sunday Night AA Group | |
| Isanti Alano Squad 12 | Suddenly the Thought | |
| Isanti Thursday Night AA | The Hand of AA | |
| Kozy's Noon Men's AA | The Way Out Group | |
| Ladies Night Happy Hour | Third Tradition Group of AA | |
| Monday Primary Purpose Group | Tonka Alano Society | |
| Oasis Group -- Shakopee | Tradition Five | |
| Practical Experience | Turning Point Women's BB Monday | |

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 May 2024**

Foxhall Chapter 7 (2)

**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



July 13th

Emotional Sobriety Workshop by Dist 24

Bridgewood Church

6201 135th St., Savage 55378

Noon-Lunch - 1pm-4pm Workshop

July 16th

District 13 Potluck & Delegate's Report

Coon Rapids United Methodist Church

10506 Hanson Blvd NW, Coon Rapids 55433

6pm Potluck – 7pm Delegate's Report

July 30th

6th Annual Basic Twelve and Twelve Anniv

Redemption Hill Bible Church

730 Elm Ave E, Delano, 55328

6pm Potluck and 7pm Speaker



General Service Announcements

July 20th

Joint Areas 35 / 36

Committees Meeting

On-line Only

1:00pm to 3:00pm

August 3rd

Area Committee Meeting

On-line Only

Committees 9:30am – 11:30am

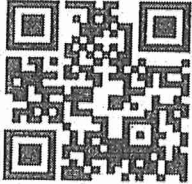
Area Committee 12:30pm – 5:00pm



INTERGROUP ASSOCIATION
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St. Louis Park, MN. 55426

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