

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

January 2012 *Step, Tradition, and Concept One*

Step One

Suggested readings: page xiii-16, Alcoholics Anonymous; Step One in The Twelve Steps and Twelve Traditions

Admitted we were powerless over alcohol—that our lives had become unmanageable.

After spending six months in the forensic ward of the state hospital, the first 21 days in a coma, I was transferred to a nursing home. That day coincidentally was also my birthday.

The 'home' gave me a nice birthday party, with cake and ice cream. It was a day filled with humiliation and embarrassment. Without a nurse assisting me, I was unable to blow out the candles, there were 24 after all. What a party. All the residents, myself included, sat around in excrement and urine soaked pajamas thinking we were having a good time. My mind was telling me I didn't belong there, but physically and mentally I could do nothing about it.

After 6 months there and after another 3 months with my then wife, she suggested if I wanted something to do, and needed to find friends, that I ought to try A.A. I had nothing or no one so I agreed. Because I couldn't walk without assistance, nor talk very well, she safety pinned a sheet of paper with my name, address, and phone number on it so that someone could call her after the meeting and she could pick me up.

My wife drove me to my first meeting, walked me to the door, and as I went in, I was welcomed and thanked like I was a long lost relative. Very comforting and welcoming. I was glad I was there, even though I didn't know why. Everyone kept saying, 'Keep coming back,' and, 'Easy does it,' and they smiled and patted me on the back. I did go back. Often.

After getting a three month chip I celebrated the only way I knew how, I got drunk. I continued going to A.A. for the next four years never putting together more than 5-8 days of honest sobriety.

My wife kicked me out of the house and I was living in the back of my '64 Caprice Estate station wagon. On August 24, 1978, I awoke from a drunken stupor and found I could no longer walk, was not be able to speak audibly, and had pants soaked with urine and filled with excrement. I could only remember the meeting I heard the night before on the

relapse syndrome--going back to where you just left off, not starting over!

I think I cried and I know I prayed, another, 'Get me out of this one'. This time I made a deal, certainly not the first one, of, 'Dear God, you get me to detox so I can then go to treatment, I promise I will never drink again.' God did and I haven't. The time I've spent in the program has taught me that I can never say never, but the program has shown me that if I want to keep my insanity and unmanageabilities under control, I can't pick up that next next drink that nearly cost me my life. But for the grace of God and the fellowship of A.A. I will continue to be happy, joyous, and free.

Doug H., Minneapolis, MN for the MIRUS

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



29th Annual
Gratitude Night
Saturday April 14, 2012

AA Speaker: Don M., Louisville, KY

Al-Anon Speaker: Vicki A., Blaine, MN

6:30 Social Hour/Musical Entertainment

7:30 Program & Speakers

10PM Musical Entertainment and Dance

Classic Sounds with DJ Jared

Celebrate gratitude by visiting the service tables during the social hour and after the speakers

Area 36 TFC/CFC/Pink Can

Area 36 AA Grapevine

Area 36 Archives

Area 36 PFCPC

Gopher State Round Up/Founders Day

Greater Minneapolis Intergroup

Greater St. Paul Intergroup

Al-Anon-Alateen Information Services

MINNEAPOLIS CONVENTION CENTER

1301 Second Avenue South, Minneapolis
Ballroom A Main Level - Across from Dunn Bros
Look for greeters - blue & yellow balloons

Tickets: \$12.00

Tickets will be available at the February 24, 2011 Raps Meeting

Intergroup Office - IG Representative - Ticket Committee - At the Door
-This Intergroup Event is self-supporting through the sale of Tickets-

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 & Thursday 9 am-7 pm • Saturday 9 am-1 pm

Notes from your Service Office: “Anonymity: Our Spiritual Responsibility in the Digital Age”

Alcoholism is deadly. Our Big Book spares no sentiments; it carries a message of depth and weight:

“...everybody hopefully awaits the day when the sufferer will rouse himself from his lethargy and assert his power of will.

The tragic truth is that if the man be a real alcoholic, the happy day may not arrive.” (page 23)

“The illusion that someday, somehow he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.” (p. 30)

“To be gravely affected, one does not necessarily have to drink a long time nor take the quantities some of us have.” (p. 33)

“To be doomed to an alcoholic death or to live on a spiritual basis are not always easy alternatives to face.” (p. 44)

In recent months I have confronted a series of deaths related to alcoholism. I know I am not alone in this, especially among active A.A. members. People die from alcoholism. Often.

Early in my recovery I lost a close relative to an alcoholic death. I was living in fear. I had no tools or skills to reach out. I had no clue how to interpret and express emotions. The pain seemed unbearable. I could see no meaning. I know today it was my higher power and the little bit of contact I was making with members of A.A. that kept me sober and alive. I am so grateful to have survived that time.

One of the greatest gifts of working A.A.'s 12 Steps and experiencing a psychic change is that my life hardly resembles that at all today. Today, when people around me die from alcoholism, whether they are acquaintances, friends, family members of friends, relatives, or fellow home group members, I am able to participate and contribute in the experience of mourning. I can love instead of fear, I can reach out through words and actions, I can share in

the whole range of emotions that come in such times. I realize the pain only 'seems' unbearable. Experience now supports my faith that great good can come out of all suffering, even the suffering of tragic, alcoholic death.

As Bill W. writes in *Twelve Steps and Twelve Traditions*, pages 105, “We know that God lovingly watches over us. We know that when we turn to Him, all will be well with us, here and hereafter.”

Active participation in Alcoholics Anonymous has not only helped me survive trials, it affords me the opportunity to experience trials and know my life is enriched by being a part of them. Knowing life can be enriched even in death is a deep, quiet... almost silent... joy. An internal joy from which such a pure stream of gratitude springs forth. That stream of gratitude is love really. A love that knows only to serve. “When brimming with gratitude, one’s heartbeat must surely result in outgoing love, the finest emotion that we can ever know.” (Bill W., Grapevine 1962)

And I get to experience this way of living along with so many other A.A. members and non-alcoholic loved ones alike. What a tremendous, tremendous gift!

As we carry our message of hope, this loving service we do honors those who have died from alcoholism. I honor them today, those I have known and you have known. I thank you for reading this article and being a part of carrying the A.A. message to the alcoholic who still suffers.

Our MIRUS travels to more than 142 cities in 32 states, including Minnesota. Along with the experience, strength and hope shared in the articles on the Steps, Traditions and Concepts, it is full of opportunities to channel the loving service of carrying the message.

Happy New Year.

Steve S., Office Manager

Board Notes

Hello and Happy New Year! As we embark upon 2012, I would like to draw your attention to what we do at Intergroup.

The primary purpose of Minneapolis Intergroup is to carry the message of Alcoholics Anonymous and to be of service to A.A. groups in Minneapolis and the Suburban Area.

How we do this is as follows: Answer Phones 24 Hours a Day, Information & AA Meeting Location Calls, AA 12-Step Calls, Meeting Directories, Web Site Meetings schedule updated weekly, AA Literature – English, Spanish, and Languages Worldwide; AA Grapevine Publications, AA Orientation Meetings, AA Group Evening Phone Answering, MIRUS Newsletter: “The Shared Voice of IG”, Public Information, Daytime Office Volunteers, Night Owl/Early Bird Phone Committee, Cooperation with Outside Agencies and Special Events.

Among the list of how we carry the message is our Special Events which total seven: Founders Day Hospitality Suite, Pass It On

Marathon, Gratitude Night, Gopher State Hospitality Suite, Summer Workshop, Summer Open House and Winter/Holiday Open House. Group contributions are not used to host these events, they are self-supporting through the two events which are ticketed, Pass it On Marathon and Gratitude Night.

How can you get involved in any of these vital services? Stop by the office and make yourself available to be of service to others. The “Contribute Your Time” form lists service opportunities coordinated by Intergroup and Area 36. Get this form from your Intergroup Office or your group’s Intergroup Representative.

We appreciate the AA community and the members who contribute their time, money, and talents to the many services offered by your Service Office.

Thank you for the opportunity to serve!

In Service,

Rhonda J., Board Chair

Intergroup Board

Board Officers

Chairperson Rhonda J.
 Co-Chairperson Renee R.
 Secretary Dani St. P.
 Treasurer Jon D.

Board Members

Rhonda J. Renee R.
 Dani St. P. Jon D.
 Carrie J. Ed P.
 Joe B. Kevin McG.
 Kristine M. Ross H.
 Scott A. Stacy McV.
 Steve S. (ex-officio)

General Service District Board Liaisons

District 7 Kevin McG.
 District 13 Stacy McV.
 District 14 Joe B.
 District 17 Joe B.
 District 18 Ross H.
 District 19 Ed P.
 District 20 Steve H.
 District 21 Scott A.
 District 22 Carrie J.
 District 24 Kristine M.
 District 25 Joe S.

Intergroup Staff

Steve S. Office Manager
 Gail S. Administrative Assistant
 Claudia S. Office Assistant

Your Intergroup Board meets every month at 7:00pm on the Tuesday before the Rep's meeting in the Intergroup Office

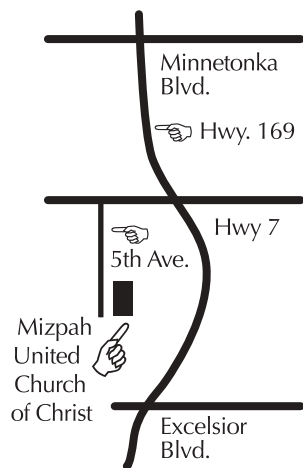
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The MIRUS represents the experience of AA members. Their thoughts, expressed herein, are not to be attributed to Alcoholics Anonymous as a whole, nor does this publication imply endorsement by either Alcoholics Anonymous or Greater Minneapolis Intergroup.

Metro District General Service Meetings

- District 7 Second Monday, 6:30 pm
St. Andrew Lutheran Church
13600 Technology Drive, Eden Prairie, MN 55344
- District 13 First Tuesday, 7:00 pm
United Methodist Church
10506 Hanson Blvd. N.W., Coon Rapids
- District 14 First Monday, 7:30 pm
United Methodist Church,
609 8th St. NW, Buffalo, MN
- District 17 Second Tuesday, 7:30PM
St. John's Lutheran; Plato
- District 18 Second Thursday, 6:30 pm **NEW LOCATION/DATE!**
1900 Nicollet Avenue S, Plymouth Congregational Church
- District 19 Second Wednesday, 7:00 pm
Rosemount Community Center, Room 210
13885 S. Robert Trail, Rosemount
- District 20 4th Tuesday 7:00 pm **NEW!**
Twin Lake Alano Club
Brooklyn Center
- District 21 Second Tuesday, 7:30
Pilgrim United Methodist Church;
4325 Zachary Lane, Plymouth
- District 22 Second Wednesday, 7:30 pm
St. Paul's Lutheran Church;
13207 Lake St., Minnetonka
(N.W. corner of Baker Rd. and Hwy. 7)
- District 24 First Monday, 7:00 pm
St. John's Lutheran Church;
8th and Fuller, Shakopee
- District 25 Second Wednesday, 7:30 pm
Woodlake Lutheran Church,
7525 Oliver Ave South, Richfield, MN 55423

NOTICE • NOTICE



Intergroup Reps meeting
 Thursday,
 Jan. 26th
 6:30 pm

At Mizpah United Church of Christ:
 412 5th Ave. N.
 Hopkins, MN 55343.
 (See orientation mtg directions)

Intergroup A.A. Orientation Open Meetings

The Saturday Orientation Open Meeting takes place every week at 10am at the Mizpah Church, located just west of 169 and just south of Hwy 7 in Hopkins.

- 12/07 Step Nine / Tradition Nine
His Story
- 12/14 AA Service Entities: District and Area
Her Story
- 12/21 Step Ten / Tradition Ten
His Story
- 12/28 AA World Services: General Service Office
Her Story

Volume 4 Issue 7; December 1947

Editorial:

On the First Tradition

"Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward."

Our whole A.A. 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 A.A. Tradition can confidently state, "Our common welfare comes first."

"Does this mean," some will ask, "that in A.A. 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 A.A. groups impose penalties on anyone for non-conformity. We do suggest, but we don't discipline. Instead, compliance or non-compliance with any principle of A.A. 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 A.A. 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?"

Volume 20 Issue 8; January 1964

Just Another Day

When resolutions flopped and calendar magic failed, it worked to take New Year's as just another day.

OH, the drunken New Year's Eves! Oh, the dreary New Year's Days! Oh, the years that I both anticipated and dreaded this most abused of all holidays! I can't say that I really regret them now. I can only say with infinite relief that I am free of them. AA has brought me this freedom, but it has taken more than one year in the program to sail through that once-deadly double-barreled holiday with no emotional overtones or psychic twinges.

Just once in the twenty-seven years between the first time I had a drink on New Year's Eve and my first New Year's Eve in AA did anyone ever suggest to me there was another way to greet the new year. I was twenty and working for an artist in New York. My parents had been quite concerned about my going off alone to the big city and taking such an unorthodox job. Artists, I was warned, were apt to be unconventional at the very least. And my artist was indeed unconventional. He told me he planned to go to bed early on New Year's Eve so that he could celebrate New Year's Day by painting especially well and he expected me to be at work early on January

The answer seems to be that we A.A.s 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.

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 A.A., and that without A.A. there can be little lasting recovery for anyone. We gladly set aside personal ambitions whenever these might harm A.A. We humbly confess that we are but "a small part of a great whole."

(All of the editorials by Bill covering the 12 Points of Tradition appear in the new 48-page Tradition pamphlet, along with the 12 Points themselves. Copies of the new pamphlet were distributed free during November by the Alcoholic Foundation through the group secretaries. Extra copies may be had at 10 cents each by addressing requests to: Alcoholic Foundation, P.O. Box 459, Grand Central Annex, New York 17, N. Y.)

Bill W.

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first to help him and to share in the goodness of the day.

I was at the studio, all right, when the first light streamed in through the big north windows. But there was nothing good about it. By mid-morning I was asleep at my desk. By noon my artist, having waked me, plied me with black coffee and walked me at a brisk clip through Central Park in the hope of reviving me, gave up in discouragement and sent me home. I was ashamed and annoyed, and the point of it all seemed to have escaped me. But perhaps it hadn't really. I can't remember now where I had been that New Year's Eve or with whom I got drunk; but there is no New Year's Day I recall so vividly.

I expect now that I never really was a social drinker. There was a long period when I passed for one, in my own eyes and the eyes of others, for the simple reason that I only drank at parties. I actually felt a kind of pride then in my capacity for booze and the fact that I was emancipated enough (emancipated from what I have no idea) to get drunk quite deliberately.

New Year's Eve was a great night because everybody got drunk--at least I assumed that everybody did--it was the thing to do. On New Year's Day one could make all sorts of resolutions with no real intention of keeping them. I would have felt deprived without a party on New Year's Eve. Deprived also, I expect, if there had been no rather dramatic sins to make resolutions about on January first.

Sometimes, I'm sure, it was fun. But even then there was a kind of franticness about it. The franticness over the years became mixed with uneasiness. I was a little frightened of the "big night," but more frightened of being left out, of losing friends or face by staying home. It is significant to me that I didn't stop drinking finally on the strength of a New Year's resolution--or, for that matter, on my birthday, or on Ash Wednesday, or any other special day on the calendar. I had my last drink on an otherwise perfectly ordinary Sunday in October because, after two months of sloshing around in AA, I was suddenly less afraid of sobriety and the loss of my drinking friends than I was that my new AA friends might get fed up with me and drum me out of their midst. So began a new year and a new life for me, a kind of Lent and a kind of Easter, a time for Thanksgiving and a new understanding of the Christmas message. And it had nothing at all to do with the calendar.

Take it twenty-four hours at a time, I was told--ten minutes at a time if need be at the beginning. But what about New Year's? Won't it present almost impossible temptations? Don't look beyond the present, I was told. A day has no more than twenty-four hours in it even if it is a holiday. Time to cope with it when it comes and the strength to cope will be built up by staying sober now. If, when it comes, it is difficult, remember that holidays too can be broken down into ten-minute periods. Like all other days, they very soon become yesterdays.

But New Year's Eve was the night that was meant for drinking. I felt I couldn't go out without drinking. And if I didn't go out maybe I'd not be invited again. I was terribly tempted to test myself on the one hand, and felt almost physical revulsion at the prospect on the other. In the end, I asked my husband to take me to a movie that evening, and I got through it, not joyously, but at least without incident. New Year's Day was the unexpected icing on what had seemed a pretty indigestible cake. I felt good. I cooked a family dinner and ate it with enjoyment. I took a walk with my husband in the snow. I felt no need to show at any of the eggnog parties around town, where the hangovers of others were being soothed. And I made no resolutions. True, I asked God's help that morning to stay sober that day. But to ask for help is far

different from making a resolution--and far more effective. Altogether it was a pleasant day, relaxed, since no one had to go to school or to work, but otherwise hardly a holiday at all.

This is the way it has been for me ever since. This is the way I expect it to be at the dawn of '64. There is just one difference, an important one too. That is that New Year's Eve has also lost its terrors. I have lost no friends by not going out and getting drunk that one frenzied night of the year. The rather humbling and also amusing truth is that I doubt if the party-goers have noticed my absence. How comfortable to be anonymous in this respect! As I write this, it is still early October. Having written it, I shall forget about the coming holidays until they are almost here. If we are asked to a non-brawly kind of party on New Year's Eve, I shall probably accept with pleasure. If we are asked to a brawly one, I shall surely refuse without regret. If we are asked nowhere, I may invite some friends in on the spur of the moment. Or I may not. The lovely thing is that it doesn't matter.

As for New Year's Day, I feel quietly confident that with the help of God and my AA friends I shall spend it soberly and contentedly. Maybe, in memory of the kindly artist who tried to share an important truth with me before I was ready for it, I can use the day to do something creative. In any event, I shall be making no resolutions. And if I live each day between now and then in the spirit of the program, it will be that much easier. A calendar, after all, is only a calendar.

M. C., Pleasantville, New York

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"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail."
—Alcoholics Anonymous, p. 89

Minneapolis Intergroup 12 Step Service Opportunities

Contribute Your Time at Minneapolis Intergroup

Daytime Phone Answering
Training Provided
Just Stop In!

Daytime Office Volunteers
Are welcome too, just stop in!

Carry the AA Message to Outside Agencies*

Groups and Members are Invited by:
Anoka County Jail
Salvation Army-ARC
Brooklyn Park Vet Center
Wayside Treatment Center

Call or Stop by the Office for Details

*In Cooperation with the Professional Community

"This is our twelfth suggestion: Carry this message to other alcoholics!
You can help when no one else can."
—Alcoholics Anonymous, p. 89

Southern Minnesota Area Assembly 31st Annual

Recovery, Unity and Service Conference

January 6, 7 and 8, 2012

Best Western Hotel

1111 Range Street, North Mankato MN 56003

Anonymity: Our Spiritual Responsibility in a Digital Age

The primary purpose of the Recovery, Unity & Service Conference is to attract members to General Service, to inform new GSRs and to develop strong future servants. Registration opens at 5 pm Friday 1/6. For more information, call or visit your Intergroup office.

Concept One

Alcoholics Anonymous runs quite differently than any other organization. A.A. has been called the “upside-down” organization because the “ultimate responsibility and final authority of our world services resides with the groups – rather than with the trustees of the General Service Board or the General Service Office (GSO).”

Concept I is rooted in Tradition Two, which states: “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.”

So it is by each AA. member participating at the group level that the group develops a group conscience and elects a General Service Representative (G.S.R.). The G.S.R. participates in monthly District meetings and quarterly Area Assemblies and is entrusted to share their group’s conscience with other G.S.R.’s and the District Committee Member (D.C.M.) as well as return information back to the group from the District, D.C.M. and Area Officers, including the Delegate to the General Service Conference. G.S.R.’s thereby connect their groups to the Worldwide Fellowship of Alcoholics Anonymous and insures that the ‘Final responsibility and ultimate authority’ always resides in the collective conscience of our WHOLE fellowship.

The “Concept Checklist,” a service piece available from the General Service Office (GSO), provides some insightful questions we can ask ourselves regarding Concept I:

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

1) Does our group have a general service representative (G.S.R.)? 2) Do we feel that our home group is part of A.A. as a whole and do our group’s decisions and actions reflect that? 3) Do we hold regular group conscience meetings encouraging everyone to participate? 4) Do we pass that conscience on to the district, area, or the local intergroup meetings? 5) Is the “collective conscience” of Alcoholics Anonymous at work in my home group? In my Area?

Additional information about the Concepts can be found in “The A.A. Service Manual/Twelve Concepts for World Service” and “The Twelve Concepts Illustrated” pamphlet. (P-8)

Yours in Service,

Angie E., Jordan, Panel 61 Delegate, Area 36 Southern Minnesota

Editors Note: Each conference delegate shares on their own experience; they do not speak on behalf of all conference members.

Group Contributions – November 2011. Thank you all, in the Spirit of Hope.

2218 Squad 73	Dakota Alano Thurs Mens Group	Practical Experience	Sunday Morning AA Relapse Prevention
3 W’s Worthwhile Womens Wed	Design for Living (Coon Rapids)	Primary Purpose Group (noon m-w,bmsvl)	Sunday Night Step & Tradition Meeting
42nd St AA Group	Five Alive AA Group	Promises on Knox	Temple Wed. AA Group
7-Hi Group	For Today Group	Ridge Runners II Group	TGIF AA Group
A Vision for You	Foxhall Chapter 7 Group	Riverlyn AA Group	This Simple Program
Amigo’s Group	Groveland Group	Robbinsdale Alano Squad K	Thunderbird Noon Groups
Annandale Lakers	Happy Destiny	Rockford Riverview AA Group	Thursday Night Grace
Artists & Musicians AA	Happy Hour Squad 27	Rule 62 AA	Thursday Night Womens AA Group
As Bill Sees It Medina	Homeboyz Squad	Sahara Groups	Tonka Alano Friday Mixed
Back to Basics Coon Rapids	It Might Have Been Worse	Saturday Night Live Group	Tradition Five
Bar None AA Group	Living Sober AA Group(Burnsville)	SDSG	Tuesday Night Mens -Colfax
Breakfast Club-Saturday A.M.	Living Sober AA Group-Mpls	Seeing is Believing	Valley Step AA Group
Bryn Mawr Group	Lourdes AA Group	Sobriety Society Group	Valley West Thurs AM Group
Cavalier West Mens Thurs 8pm Group	Medina AA Group	Southwest Women’s Group	Wed Knight Avenue Group
Central Pacific Group	Minnetonka Big Book Study Group	St. Hubert’s AA	Wed Night Big Book (Mpls)
Chaska River Valley AA	New Hope Alano Squad 10	St. Louis Park Sunday Night AA Group	West Suburban Alano Squad X
Chunks & Measures Squad 88 at 2218	New Hope Alano Squad. 30	Step by Step - Long Lake	Westwood AA Group
Cliffhangers VI Group	Nicollet Chapter AA Group	Steps to Serenity Group	Wooddale Avenue AA
Common Solution Big Book Study	Normandale AA Group	Suburban North Alano Squad 7	Worthy Women’s Big Book Study
Crushed Grapes	Nowthen AA Group	Suburban North Alano Squad 86	

Every AA Group that sends a group 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. On request your AA group can request a contribution summary.

Group Contributions/Birthday Plan** – November 2011. Thank you all, in the Spirit of Hope.

Basic 12 (1)

Foxhall Chapter 7 (3)

SLPSNAAG (1)

Suburban North Alana Squad 7 (1)

Tradition Five (4)

**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

Deadline for publication of notices is the 10th of the preceding month.

Open Speaker Meetings

Thursday:

Central Pacific Group, 7:30 pm
Central Lutheran Church, 333 South 12th St.

Foxhall Chapter 7 Group, 7:30 pm
Wooddale Church, 6636 Shady Oak Road,
Eden Prairie

Friday:

Edina Open Speaker Meeting, 7:30 pm
Christ Presbyterian Church, 6901 Normandale
Blvd., Edina

Three Legacies, 7:30 pm
Cross of Glory Baptist Church, SW Corner
Excelsior Blvd and Shady Oak Road, Hopkins
A sign language interpreter is provided
each week.

Saturday:

Saturday Night Open Speaker Meeting,
8:00 pm
2218 1st Avenue South

Saturday Night Open Speaker Meeting
7:30PM every Saturday
St. Lawrence Catholic Church
1203 5th St. SE, Minneapolis, MN 55414,
(near Dinkytown)

Saturday Night Live Open Speaker Meeting, 7:30
Basilica of St. Mary's School, third floor
16th & Hennepin (behind the church)
Handicap accessible

Tradition One, 7:30 pm
Pilgrim United Methodist, 4325 Zachary Lane, Plymouth

Sunday:

Step & Speaker Open Meeting; 7:00 pm
First Baptist Church, 10th & Hennepin, Minneapolis

Special Events

February 16-19, 2012
48th International Women's Conference
Washington, D.C.

April 14, 2012
Gratitude Night, Minneapolis Convention Ctr

April 20-22, 2012
Sunlight of the Spirit
Holiday Inn, Fairmont, MN

General Service Announcements

January 6-8, 2012
RUS Conference: "Anonymity: Our Spiritual Responsibility
in the Digital Age"
Best Western Hotel, Mankato, MN 56003
507.625.9333

January 14, 2012
Watertown AA Workshop: "There is a Solution"
Trinity Lutheran Church, Watertown, MN

January 28, 2012
Trusted Servant Leadership Training
Location TBD 9am-4pm

Please note: most Area 36 events have a map on how to find the location; go to
their website www.area36.org for additional information.

"What makes an A.A. workshop click for its participants? As one member puts it, the
best A.A. workshop is **'just a darned good A.A. meeting blown up big.'**"
--A.A. Guidelines

Upcoming General Service Activity

"Recovery, Unity & Service Conference"

31st Annual

Hosted by Southern MN Area Assembly
(See Flyer on Page 4)

"Trusted Servant Leadership Training"

Hosted by Southern MN Area Assembly

January 28

9-4 pm

Location: TBD

"The atmosphere alone is worth the trip. Here you'll find fellowship, laughter, warmth,
and understanding—heaped up, pressed down, and running over!"
--A.A. Guidelines

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.

AA Pamphlet of the month:
Is AA for You?

AA Book of the month:
Big Book (Pocket Size)

Grapevine Book of the month:
Grapevine Magazine
(Holiday Issue)

HOLIDAY OFFICE HOURS
OFFICE CLOSED:
Monday, January 16, 2012
Martin Luther King Day