

April 2025 *Step, Tradition, Concept Four*

Step Four

Made a searching and fearless moral inventory of ourselves

One morning, not long after a humiliating and disheartening fiasco at my cousin's wedding, I woke up—an adult, yet still living in my mom's basement. In that moment of clarity, I realized I couldn't keep living the way I had been. I needed help.

My first introduction to the Fourth Step was in a treatment program. At the time, I was still in a fog, and the worksheets felt so overwhelming that I didn't complete it.

After leaving treatment and joining AA, I started working the steps with my sponsor. We moved quickly through the first three steps—really, the only action required was getting on our knees to say the Third Step Prayer. But then came Step Four, and I was immediately scared and overwhelmed. The step calls for a "searching and fearless moral inventory of ourselves," but I was full of fear. On top of that, I had seen the worksheets and heard various ways people approached their Fourth Step, which only added to my confusion.

Thank goodness for my sponsor. She guided me through the Fourth Step exactly as it's laid out in the Big Book, starting on page 64—first with resentments, then fears, and finally, sex relations. She also reassured me that I didn't have to do it perfectly. I just needed to get everything down on paper and make a start. That was exactly what I needed to hear. If I had believed it had to be perfect, I might never have started at all. She also gave me a timeline, which helped keep me accountable—I finished it about ten minutes before our meeting.

That first Fourth Step with my sponsor was eye-opening. I hadn't realized how many resentments I was carrying or how much fear had been shaping my life without my awareness or consent. Seeing my part in those resentments was a powerful lesson, and for the first time, I began to understand just how much fear had been holding me back.

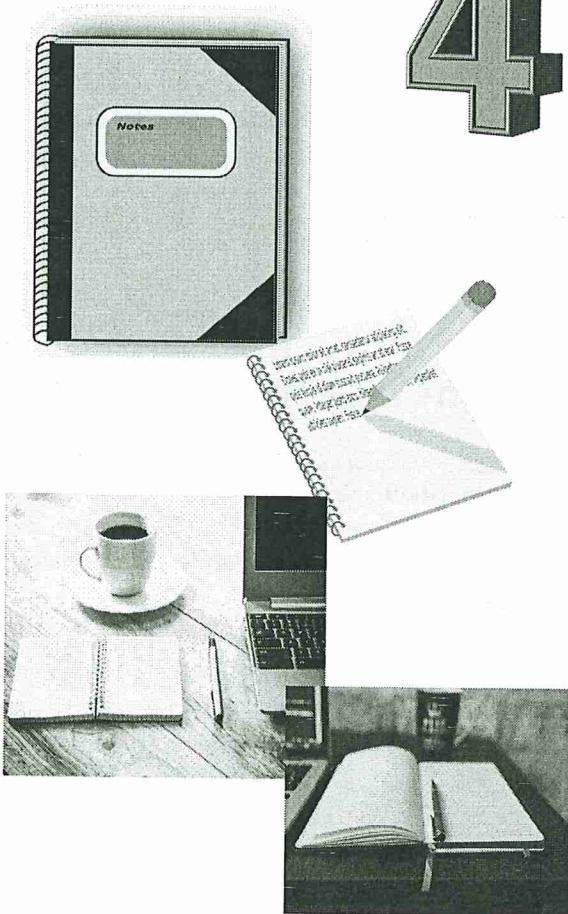
The fourth step brought up a fear I had—that I wasn't smart enough for college since I had barely finished high school. It took me many years and countless extra hours of seeking help wherever I could, but in sobriety, I pushed through those doubts. Despite my fears, I graduated from college.

My first Fourth Step was far from perfect. As I continued working through the 12 Steps with my sponsor, I uncovered even more

resentments and fears that needed my attention. Over time, I've done several Fourth Steps—sometimes focusing on a specific issue, which has helped me dig deeper, identify the real problem, and recognize my part in it.

Working the Fourth Step with a sponsor was essential for me. She held me accountable, helped me recognize my part in resentments, provided insights into my fears, and, most importantly, reassured me that it didn't have to be perfect.

Andrea B.
Maplewood, MN



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 2025 is: “Working Together, Increasing Trust.”

We are delighted to host and invite you to join us for our 42nd Annual Gratitude Night at the Minneapolis Convention Center in downtown Minneapolis on Saturday, April 26th, 2025, starting at 6:30 PM. This special event is our heartfelt opportunity to honor the exceptional volunteers who have fueled the success of the Minneapolis Intergroup over the past year. Join us for an evening filled with gratitude, connection, and inspiration. It's a chance to hear amazing speakers from both A.A. and Alanon, share experiences with new friends in the fellowship, and explore the various information tables hosted by the Southern Minnesota Area 36 service committees. We truly hope you will be part of this memorable occasion!

Gratitude Night is a night when we get to celebrate all the amazing volunteers who make Intergroup possible. Minneapolis Intergroup is dedicated to ensuring that whenever anyone, anywhere, reaches out for help, the compassionate hand of Alcoholics Anonymous (A.A.) is always ready to support them. This is only achievable thanks to hundreds of devoted volunteers who contribute thousands of hours each year. From folding our monthly newsletter to visiting A.A. groups to keep our meeting directory accurate, our volunteers generously give their time in countless ways. Most importantly, they make sure our phones are answered 24 hours a day, 365 days a year, by sober members of Alcoholics Anonymous, ensuring that no one has to face their struggles alone.

Minneapolis Intergroup plays an essential role in upholding the Three Legacies of Recovery, Unity, and Service, making vital 12-step work possible for individuals and groups within A.A. We are immensely grateful to belong to a community that displays self-sacrifice and personal responsibility for newcomers throughout the year. Your individual and group support is crucial to maintaining these indispensable services. So, we invite you to join us on April 26th at the Convention Center to celebrate the fellowship that ensures the hand of AA is always available, and ready to help those in need. Your presence matters. Together, we can continue to make a difference!

If you are unable to join us in person, please consider purchasing a ticket to donate. This allows a newer member of our fellowship, who otherwise may not be able, to attend this powerful evening.

With Much Gratitude,

Erin D. Your Office Manager

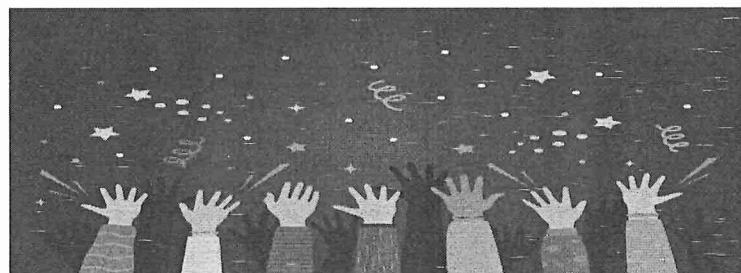
Notes from Your Board Chair:

This month we get the joy of celebrating with one another during Gratitude Night, our true thankfulness for all the many ways our fellowship, both paid and volunteer, have kept the lifesaving gift of Intergroup available when someone reached out for help. We get to honor the journey of those with less than 24 hours to those with several decades of sobriety. We get to see and feel how incredible the bonds are that unite us and prove the age-old AA-ism “we are not a glum lot” with some dancing - which I am not good at.

In my own journey I know the importance of listing things I am grateful for. This is one of them! I hope you can join us on April 26th for Gratitude Night. A night to appreciate the gifts that have come from giving not just to a corporation or entity, but to a mission. The mission that Intergroup pledges to carry out 24/7 - to help anyone who has a drinking problem, to carry the message of A.A. and to be of service to A.A. groups in Minneapolis and the Suburban Area.

Jeff A.,

Board Chair



Intergroup Board

Board Officers

| | |
|----------------|-------------|
| Chairperson | Jeff A. |
| Co-Chairperson | Maverick M. |
| Secretary | Andy D. |
| Treasurer | Mark S. |

Board Members

| | |
|------------------------------------|--------------|
| Kelli B. | Melissa A. |
| Crissy H. | Karleen K. |
| Pam N. | Thomas D. |
| Angelique P. | Gabriella R. |
| Erin D. Office Manager, Ex-Officio | |

General Service District Board Liaisons

| | |
|-------------|--------------------------|
| District 7 | Gabriella R. |
| District 13 | Andy D. |
| District 14 | Pam N. |
| District 17 | Maverick M. Angelique P. |
| District 18 | Melissa A. |
| District 19 | Karleen K. |
| District 20 | Linda M. |
| District 21 | Crissy H. |
| District 22 | Kelli B. |
| District 24 | Mark S. |
| District 25 | Thomas D. |

Intergroup Staff

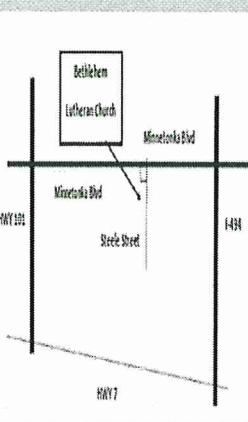
| | |
|----------|------------------|
| Erin D. | Office Manager |
| Meg H. | Office Staff |
| Terri N. | Office Assistant |
| Scott F. | Office Assistant |

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.

The Intergroup Rep Meeting will be held at Bethlehem Lutheran Church
16023 Minnetonka Blvd.
Minnetonka, MN 55345
This is a HYBRID meeting.
Thursday, April 24th at 6:30pm



Metro District General Service Meetings

| | |
|-------------|---|
| District 7 | Second Monday, 6:30 pm Zoom Meeting ID: 865 2796 7405 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

| | |
|------|--|
| 4/5 | A.A. Literature— The A.A. Grapevine His Story |
| 4/12 | Step Seven / Tradition Seven Her Story |
| 4/19 | Self Support and A.A.'s Vital Services His Story |
| 4/26 | Step Eight / Tradition Eight Her Story |

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

Concept Four

Long Form Throughout our Conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation,” taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

Short Form At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

Concept IV emphasizes the importance of effective leadership and service within the AA structure. This concept underscores the belief that every member of AA has an equal opportunity to participate in the organization’s governance. It highlights the democratic principles that govern A.A., ensuring that decisions reflect the collective input of its members rather than being dictated by a select few.

From our Twelve Concepts Illustrated – “The principle of “Right of Participation” is built into the General Service Conference through the Conference Charter. Voting members include not only delegates, but also the trustees, and the directors and staff members of A.A. World Services (i.e., G.S.O.) and the A.A. Grapevine. In the same way, the boards of these two operating entities include as voting members not only trustees, but also non-trustee directors and paid administrators and staff members.”

When I attend our Conference next month there will be a total of slightly over 130 voting conference members, not just the 93 delegates, who meet as equals serving our fellowship. This concept fosters a sense of inclusion and belonging among members. It encourages individuals to share their experiences and opinions, which can lead to more informed and balanced decision-making. Additionally, it reinforces the idea that recovery is a communal effort, and every voice matters.

Concept IV holds true throughout our service structure at the

So, Concept IV reminds us that leadership in AA is not about power but about service. Leaders are viewed as trusted servants who facilitate the participation of others rather than imposing their will. This principle helps to create an environment where members feel empowered to contribute, which can enhance their commitment to the recovery process.

In summary, Concept IV of Alcoholics Anonymous is a vital component ensuring that all members have the right to participate; we encourage an inclusivity that values each individual’s contributions, ultimately strengthening our collective group conscience.

Grateful to be of service,
Doug H.
Area 36 Panel 75
Conference Literature Committee

This Month in A.A. History April

1939 *Alcoholics Anonymous, A.A.’s Big Book* published

1940 Bill W. transfers his stock in Works Publishing to the Alcoholic Foundation

1940 A.A.’s first pamphlet published, titled “AA”

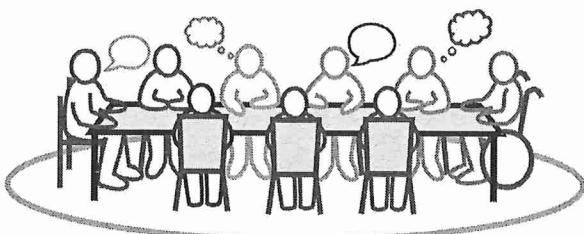
1941 Bill and Lois moved to Stepping Stones

1951 A.A.’s first General Service Conference was held

1958 The word “honest” dropped from “an honest desire to stop drinking” in the A.A. Preamble

1960 Bill W. refuses to be on the cover of TIME Magazine

1988 Cybil C., first woman member in LA and archivist, dies





42nd Annual Gratitude Night Saturday, April 26th, 2025

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

**Program and Speakers: 7:30pm
DJ and Dance 10:00pm-Midnight
Minneapolis Convention Center**

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

**AA Speaker, Rose E., Spring Hill, FL
Al-Anon Speaker, Charley B., Minneapolis, MN
(Speakers ASL Interpreted)**

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

***Tickets: \$20 in advance/\$25 at the door
Available at the Intergroup Office and through IG Reps**

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

Minneapolis Intergroup -7204 W 27th Street Suite 113 - St Louis Park MN 55426
952.922.0880 aaminneapolis.org

VITAL SERVICES PROVIDED BY INTERGROUP

PHONES (E-MAIL)

Answer phones 24 hours a day

- AA 12 Step calls: Telephone and Electronic (during office hours)
- Foreign Language 12 Step List (12 languages)
- 675 available members
- 91 cities and towns

Meeting Information and Location Calls:

Telephone and Electronic (during office hours)

- Daytime Phone Volunteers
 - Coordinate approximately 50 per month
 - Orientate and Train about 15 per month
 - Support Ongoing Effectiveness
- AA Group Evening Phone Answering
 - Coordinate 50 groups per month
 - Maintain Contact Information, 2 coordinators per group
 - Orient and Train about 6 per month
 - Maintain Group Phones Answering Room
- Night Owl/Early Bird Phone Committee
 - 4 Coordinators
 - 45 night owls/6 early birds/25 alternates

LITERATURE

- AA Conference Approved Literature
 - Ample supply of all items in English, Spanish, ASL and Braille
 - 2 copies of all non-English Big Books, 51 languages
 - Provide reference information for individual members, groups, districts, and area purchases
 - Provide general background of available literature
 - Provide history of available literature
 - Manage retail sales of literature, including phone orders

AA Grapevine Publications

- MIRUS Newsletter... The Shared Voice of IG (about 2000 copies monthly)
- Meeting Directories: Print and Electronic
 - Weekly Meeting Updates on Website

MEETINGS, SPEAKERS and EVENTS

AA Orientation Meetings

- 2 meeting chairpersons
- 52 meetings per year
- 104 speakers per year

Arrange Group Inventory Facilitators

Intergroup Sponsored Events

- Gratitude Night
- Intergroup Open House
- Hospitality Suites: Founders' Day and Gopher State Round up

GENERAL

Support Daytime Office Volunteers

- Assist with MIRUS Mailing
- Office Maintenance
- Introduce to General Service Opportunities
- Maintain Database for Contribute Your Time members

Special Event Information

- Service Center Tours
- Group Contributions Orientation
- Cooperation with Outside Agencies
- Public Information and Referral

MUTUAL COOPERATION

with Area 36 and General Service Districts

Point of Contact for:

- Treatment Facilities—Temporary Contact Program
- Correctional Facilities—Correctional Facilities Contact Program
- Public Information Inquiries
- Professional Community Inquiries
- Group Contributions: Inquiries and Supply Contribution Envelopes

Following Services:

- Stock ample supply of AA Conference Approved Literature and
- Grapevine Items for Area and District events (Literature discounts for Area and District Committees)
- Maintains World Services contact for recent AA publications and AA

DVD's for committees

- Maintains office space for Area and District Newsletters, Area PI

Booth, and other General Service Events

- Provide callers and visitors with information regarding District meetings/locations, Area Assemblies and Committee Meetings
- Assist new GSR's to receive information about General Service and their District Meeting boundaries
- Publish metro district locations in MIRUS
- Publish metro district meeting location/mailing address in Pocket Size Meeting Directory
- Communicate 12 Step Opportunities for Groups/Individuals
- Send Intergroup Board members to District meetings as liaison
- Forward "Contribute Your Time" volunteers to District and Area Committees
- Refer District and Area trusted servants to relevant inquiries
- Explain to office visitors how AA groups serve their General Service District

The Twelve Traditions - How They Apply In Our Lives

Tradition Four

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

During my sobriety, I've swung from one extreme to another before understanding the spirit of Tradition 4 and why it's important to practice the traditions in all aspects of my life. At first, I thought the traditions were just nice sayings on the AA meeting room wall. Then, a few years later, I became the self-appointed "Traditions attorney," pointing out every little violation to AA members and AA groups.

My real growth started when my sponsor told me to stop focusing on the letter of the law and understand the spirit of the traditions. He then asked me to think about how I could apply the traditions in all areas of my life: in AA, at home, and at work.

Tradition 4 is all about autonomy. I got it wrong when I was telling local groups they weren't following the traditions properly. Who was I to decide what was right for them? I even told newcomers to avoid certain groups because I didn't think they were doing AA right. But who am I to know which group someone else will connect with? I saw people living happy, sober lives in groups I had judged to be lacking, and I realized each group's experience is valid. I'm just a small part of my home group, and my home group is a small part of AA. I need to make sure my actions don't harm the group or the AA community.

At home, my family is autonomous. We're only accountable to God through our family's group conscience. Our extended family or society's views shouldn't interfere with our marriage. I need to make sure my actions don't harm my family or the community. If our plans might affect others, we consult them first.

At work, my team is part of an organization. I need to make sure my actions don't harm the team or the company. Instead of backstabbing other teams, I can offer help if they want it. Instead of seeking attention for myself, I can highlight everyone's contributions on the team.

Finally, I try to see my actions through the eyes of others. How do my actions look to other home group members, or the person visiting the group for the first time? Am I trying to control their participation, or am I letting them be autonomous? How do my actions look to my spouse or coworkers? Do my actions encourage or discourage others from being themselves?

Jim S.
Mound, MN

**Minnetonka Big Book Study Group
of
Alcoholics Anonymous
presents its**

**31st Annual Serenity Breakfast
Sunday, May 18, 2025**

at the Minnetonka Community Center
14600 Minnetonka Blvd ~ Minnetonka, MN 55345



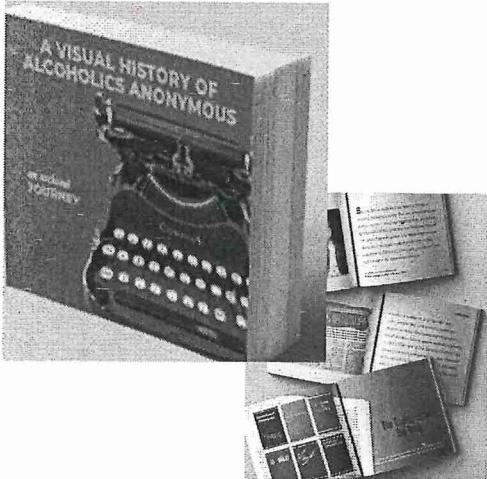
**Guest AA Speaker
Paul G. from Brecksville, OH**

**Speaker Meeting: 10:30 am to Noon
Breakfast: 8:30 am to 10:25 am**

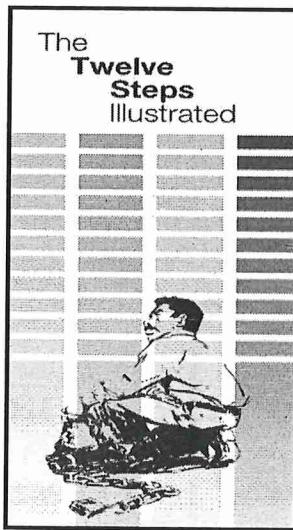


**Only \$15.00 in advance ~ \$20.00 at the door
(Speaker only = Seventh Tradition)**

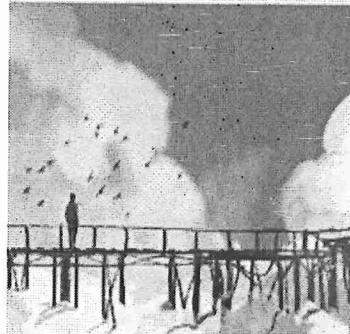
AA Book of the Month:
A Visual History of Alcoholics Anonymous
An archival Journey



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



Grapevine Book of the Month:
One Big Tent
Atheist and agnostic members share
Their experience, strength and hope



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

8 to 80 Grp

Andover Alano - Squad 11

As Bill Sees It - Delano

Back to Basics Coon Rapids

Back To Basics LGBTQ+

Basic Principles

Beltline Groups

Blaine Alano Squad 10

Bridges AA Group

Bryant Lake Group

Carry the Message

Cavalier West Thursday BB

Cavalier West ThursdayPM Men

Changing Lanes AA

Cliffhangers 1

Common Solution Big Book

Continuous Action

Crushed Grapes

Elk River Alano Sq 10

Elm Creek Group

Extravagant Promises

Fridley Alano Sq 32 Vets

Fridley Alano Sq 7

Golden Valley Group

Gratitude Group

Happy Destiny

Isanti AA Squad 3

Isanti Alano Sunday

It Might Have Been Worse

Kozy's Noon Men's AA

La Nueva Esperanza

Ladies Night Happy Hour

Life is Good AA Group

Lindstrom Big Book 12 x 12 Group

Living Sober AA Group

Lost & Found Step Group Zimmerman

Lourdes AA Group

Mainstreeters AA (Plymouth II)

McRae AA Sq.

Medina AA Group

Meditation At Peace

Minnetonka Big Book Study Group

Minnetonka Senior AA

Monday Morning Women's BB

Monday Primary Purpose Group

Monticello Alano Squad 10

New Hope Alano Sq 13

New Hope Squad 6

Oasis Group – Shakopee

Practical Experience

Promises Group

Prospect Park AA Group

Relapse Enders Tues. Womens AA

Ringmasters AA Group

River Valley AA Group

Rule 62 Cavalier

Sahara Thurs Men's Closed Group

Saturday Night Live Group

Saturday Sisters - Pax Christi

Senior Men's Barn Group

Southwest Women's Group

Squad A - Depth and Weight

St. Luke's Mon Nite AA Group

St. Lukes Saturday Mens Group

Step Sisters Mon PM

Steps Forward Group

Stepsisters of Northfield

Suburban North Alano Sq 7

Suburban North Alano Sq 86

Suddenly the Thought

Sunday A.M. Group Prior Lake

Sunday Night Grace

Temple Wed. AA Group

There is a Solution – Minnetonka

Third Tradition Group Northfield

Thursday Night BB in Buffalo

Thursday Night Womens Group

Tonka Alano Society

Tradition Five

Tradition Three Group Waconia

Tues Morn Discuss Group Byerly's

Tues Morning Step Group Buffalo

Tuesday Night Grace AA

Victory AA

Watertown AA - Wednesday

Wayzata Womens Group-Monday

Winsted Group

Women's By The Book

Group Contributions/Birthday Plan** February 2025

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

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
IMMANUEL Lutheran Church
16515 Luther Way, Eden Prairie MN 55346

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

April 12, 2025

Area Assembly/Delegate's Workshop
Southern Minnesota Area 36
Area36.org

April 18-20th, 2025

HACYPAA IX Minneapolis Marriott West
<https://www.hacypaa.us/>

April 25-27th, 2025

Sunlight of the Spirit Weekend
Best Western
1201 Torgerson Drive
Fairmont, MN

April 26th, 2025 7:30pm—Midnight

Gratitude Night
Minneapolis Convention Center

42nd Annual Gratitude Night
Saturday, April 26th, 2025

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

Program and Speakers: 7:30pm
DJ and Dance 10:00pm-Midnight

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Ballroom A - Across from Dunn Bros

AA Speaker, Rose E., Spring Hill, FL
Al-Anon Speaker, Charley B., Minneapolis, MN
(Speakers ASL Interpreted)

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*Tickets: \$20 in advance/\$25 at the door
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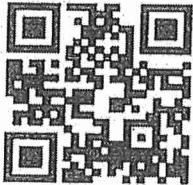
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Minneapolis Intergroup 7204 W 27th Street Suite 113 - St Louis Park MN 55426
652.922.0889 amminneapolis.org

May 18, 2025

Minnetonka Big Book Study Group
31st Annual Serenity Breakfast
Minnetonka Community Center

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

Change Service Requested



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