

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

May 2025 Step, Tradition, Concept Five

Step Five

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

It was Sunday morning in Jacksonville, Florida and I had just woken up from yet another drunken night of Natural Ice, despair, and loneliness. I had a faint recollection of the night before looking up an A.A. meeting. I was done. That Sunday morning, I made it to the Jaba Club where I reluctantly said those words, "My name is Patrick, and I'm an alcoholic." I didn't share that day and would continue attending A.A. meetings at the Jaba Club for the next two months without sharing. I felt worse. I had reached the point the Big Book describes as "the jumping off point." I got a sponsor.

For the next several months, Daniel walked me through the first four steps. The day came. I felt I had completed my fourth step. Daniel told me to meet him at the Jaba Club at 8 a.m. on a Saturday morning.

We started on our knees, reciting the 3rd step prayer (that of course I had to memorize). While still holding hands, Daniel said a prayer. He asked God to help guide me to do a rigorously honest 5th step, and to leave no stone unturned. For the next several hours, Daniel and I had a conversation. Each time I would state a resentment, a fear, or a sexual conduct, and we would discuss them thoroughly. I would give background or the story. Daniel would either listen, share a similar experience, and/or ask me questions to further pull back the layers of the onion. Daniel would challenge my justifications, my ego, my selfishness, and victimization mentality. Daniel and I shared an experience. When it concluded, we hit our knees again. Holding hands, Daniel thanked God for our experience. He told me to go home, reflect, and if anything else comes to mind, that I should call him. I went home, nothing else came to mind, and fell asleep.

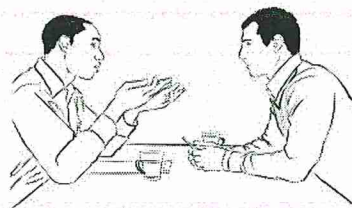
As a sponsor, I have had the privilege to do many 5th steps with sponsees. The morning of the 5th step I have my own prayer and meditation. I ask God to guide me. I ask for the ability to listen, to share, and to ask those questions that will help my sponsee to hopefully resolve resentments, understand fears, to acknowledge

selfish conduct, to discover patterns, and to learn more about themselves; to ultimately be shown a path to change and be a better person. I ask for God to enter our conversation to have an experience.

I truly believe that 5th steps are the bridge to recovery. Several years ago, after having 12 ½ years in this program, the pain got bad enough in my life that drinking became a viable solution. When I came back to the program, I finally did a 5th step with Jon, my longtime Minnesota sponsor. I had been putting off doing a 5th step with him for many, many years. When I came back, I vowed to finally do my 5th step with Jon. His 5th step was virtually identical to Daniel's. This was my bridge back to recovery. I have been sober ever since.

This program, and specifically, the 5th step, is the step that puts all my cards on the table, both as a sponsor and a sponsee. It's a hell of a thing telling another human being those things that you swore you would take you to your grave. As someone once told me in this program, "secrets kill." But to reach the stage of "recovered" as stated in the Big Book, the 5th step is a vital step in that spiritual journey. I am grateful for those who have walked me through and have asked me to walk them through the 5th step on our spiritual journeys.

Patrick S.,
Minneapolis, 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.”

“Every A.A. wants to make sure of his survival from alcoholism, and his own spiritual well-being afterward. This is just as it should be. He also wants to do what he can for the survival and well-being of his fellow alcoholics. Therefore, he is bound to have a vital interest in the permanence and well-being of A.A. itself.”

Bill W., *Language of the Heart*, p. 166

Originally published in the April 1958 Grapevine

One way you can do this is to become a “Grateful Giver.” Grateful Givers are A.A. members who graciously contribute an amount they choose each month to support the Minneapolis Intergroup service center. Formerly referred to as a Faithful Fiver, you support efforts to carry the A.A. message of hope to still-suffering alcoholics. Grateful Givers simply opens the idea up of contributing more than \$5 if you are able, as inflation rises, that same \$5 doesn’t go as far as it used to.

Most Central Offices across the US and Canada use this program to help financially support their service center. The Grateful Giver idea came from the Faithful Fiver contributions when a group of members remembered that they wasted much more than five dollars a month during their drinking days. (See the program in this MIRUS for more information or to set up your monthly contribution.)

Did you know we have an EFT (electronic funds transfer) program? Go directly to the Intergroup website and click on “Contribute” to get started or to update your contribution today. Call Minneapolis Intergroup anytime if you have a question. If you fill out the form once, you don’t have to think about it anymore. Your contribution will automatically be deducted from whatever account you choose: credit card, checking account, savings, etc., each month. You can cancel anytime you like. You will get an email receipt after each contribution is made.

In Gratitude and Service

Office Manager, Erin D.

Notes from Your Board Chair:

May continues our AA spring season of celebration and service with the Gopher State Roundup, and I am excited to see as many of you as possible that are visiting the event at our Intergroup suite or at the literature table on the second floor - we will be selling literature during this year’s event so stop by and buy! Events like these really bring home to me how the greater fellowship of AA lives its traditions and keeps our AA legacies of recovery, unity, and service meaningful, palpable- and most importantly, fun!

We strive to do this at Intergroup too. Our mission to help the still suffering alcoholic in our area could not happen without the generosity of financial contributions by groups and individuals along with their commitments of time and talent. Without these various gifts given in the spirit of recovery, unity and service by our fellowship, vital services we are blessed to offer now may no longer be sustainable. We need the support of our fellowship more than ever these days, so please contact or stop by the Intergroup office to find out how you or your group can help us continue to help those reaching out for help in our area, and to keep Intergroup's services available, meaningful, palpable- and most important fun!

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.

Articles from A.A. World Services, Inc. and The A.A. Grapevine Inc. appearing herein are reprinted with permission and are not to be considered an endorsement for Greater Minneapolis Intergroup or the MIRUS newsletter. A.A.®, Alcoholics Anonymous® and the AA Grapevine® are registered trademarks of AA World Services, Inc. and the AA Grapevine, Inc.

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: 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

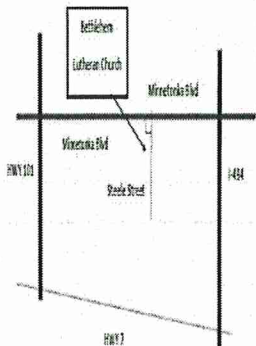
5/3	Local Service Office— Minneapolis Intergroup His Story
5/10	Step Nine / Tradition Nine Her Story
5/17	A.A. Service Entities: District & Area His Story
5/24	Step Ten / Tradition Ten Her Story
5/31	A.A. World Services General Service Office His Story

The Intergroup Rep Meeting will be held at

Bethlehem Lutheran Church
16023 Minnetonka Blvd.

Minnetonka, MN 55345

This is a HYBRID meeting.
Thursday, May 22nd at 6:30pm



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

Concept Five

Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

"Each group has but one primary purpose—to carry its message to the alcoholic who still suffers. It is the group conscience that determines the direction of the fellowship, with authority and responsibility residing in the collective decisions of its members. The group conscience is an expression of the collective will and provides a framework for decision-making, ensuring that the needs of the fellowship are met while remaining true to the principles of Alcoholics Anonymous."

Concept Five emphasizes the importance of the group conscience in guiding our Alcoholics Anonymous (AA) fellowship. It highlights that the essence of AA lies in its collective decision-making process, which empowers groups to navigate their unique challenges while adhering to the foundational principles of our society. Furthermore this approach fosters unity by ensuring that every member's voice is valued in discussions about the group's direction and activities.

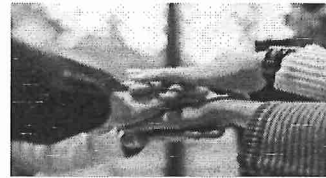
Concept Five also embraces the "Right of Appeal and Petition." This concept ensures that throughout our service structure minority opinions are heard and personal concerns are carefully considered, recognizing that any individual among us may hold valuable insights or have legitimate issues that deserve attention.

In practice, the group conscience is crucial for maintaining the integrity of our primary purpose: to help those of us struggling with alcoholism. When decisions are made collectively, it promotes a sense of ownership and accountability among members, reinforcing the idea that each individual contributes to the overall health of the fellowship. This collaborative spirit encourages open dialogue and mutual respect. When any group throughout the fellowship comes together and makes a decision together we then can put the minority opinions aside (even if they were our own) as 'we' have made the decision.

By relying on our group conscience, AA fosters an environment where members feel safe to share their experiences and support one another in their recovery journeys, ultimately strengthening our fellowship as a whole. Concept 5 strengthens the unity and effectiveness of AA by valuing diverse perspectives, promoting fairness and working together.

Grateful to be of service,

Doug H Panel 75 Area 36 Delegate serving on Literature Committee.

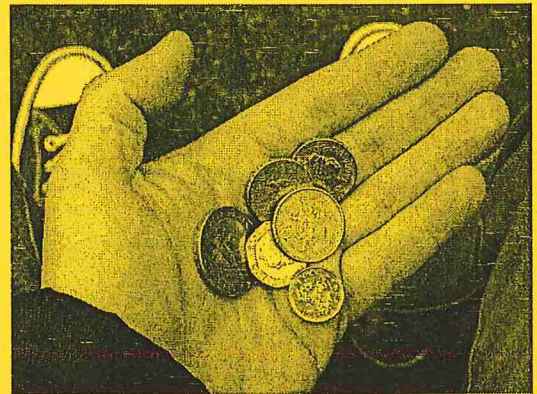


This Month in A.A. History May

- 1935 Bill W. made calls from the Mayflower Hotel
- 1935 Bill W. first met with Dr. Bob
- 1938 March-May Bill begins writing the Big Book
- 1939 First group officially called Alcoholics Anonymous in Cleveland, OH
- 1939 Clarence S. left the Oxford Group to start an A.A. meeting in Cleveland, OH
- 1943 Akron A.A. 8th Anniversary with 500 sober members
- 1946 The long form of the Twelve Traditions published in the Grapevine
- 1971 Bill W. buried in Dorset, VT
- 1974 First World Service Meeting outside of North America held in London

**If you'd like to help just let us know you'd like to
“Round Up to Carry the Message”
our purchase total. You can round up to the next
dollar or contribute an amount you choose.**

**Every penny adds up *WE* can
make a big impact together!**



***Let your Change make a change—*
you can help Minneapolis Intergroup continue
to provide vital services to Carry the Message
of Alcoholics Anonymous. It's a quick and
simple 7th Tradition Contribution that helps
save LIFES through the 12th Step work we get to
facilitate.**

Faithful 5s, Terrific 10s, Tremendous 20s, Fantastic 50s, Happy 100s

What are Grateful Givers?

Grateful Givers are A.A. members who graciously contribute a set amount of dollars each month to support Minneapolis Intergroup.

As a Grateful Giver, you support efforts to carry the A.A. message of hope to still suffering alcoholics in the Greater Minneapolis Area.

“When we meet and defeat the temptation to take large gifts, we are being prudent. But when we are generous with the hat,

we give a token that we are grateful for our blessing and evidence that we are eager to share what we have found with all those who still suffer.”

Bill W., *Language of the Heart*

Minneapolis Intergroup provides the following “Vital Services” to all A.A. groups and their members:

- ✓ 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*
- ✓ Answer Phones 24 Hours a Day
- ✓ 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

Your Faithful Fiver contributions go directly to supporting these services! Faithful Fivers receive a subscription to Minneapolis Intergroup’s monthly newsletter, the *MIRUS*.

***The Twelve Traditions -
How They Apply In Our Lives***

Tradition Five

Each group has but one primary purpose—to carry its message to the alcoholic who still suffers

From time to time as a sponsor I've encountered a few folks who used substances other than alcohol and weren't sure they "qualified" as an alcoholic. They went to meetings, and were interested in reading the Big Book, and answering the questions along the way. I engaged in this Twelve Step work.

To assist myself as I walked with them, I read and studied Bill W's article, "Problems Other Than Alcohol" (Language of the Heart, written 1958). There's also a small excerpt pamphlet, available at an Intergroup near you or at www.aa.org

I lean into Bill's article that asks several questions, "Can a nonalcoholic pill or drug addict become an A.A. member? [No]". "Can a pill or drug taker, who also has a genuine alcoholic history, become a member of A.A.? [Yes]"

There are many references throughout the 4th edition of Alcoholics Anonymous that directs me in how to be helpful: to someone suffering from alcoholism; offer information to family members; and to be helpful in general to those wanting to know about A.A.

I have compassion and empathy for drug addicts. As an A.A. member, active in a home group, I can't let those emotions cloud or divert me or my Group's focus, especially in our 12 Step work inside and outside our meeting. We'd lose our Unity (Tradition 1) and put our individual selves and Group at risk for extinction.

Regarding sponsoring others—I had the privilege of witnessing a former sponsee celebrate an anniversary of clean time in the Fellowship where she found a home.



Regarding that 1958 article, I encourage you to read it, it's timeless! 1958 is also the year the 1st International Conference of Young People in Alcoholics Anonymous (ICYPAA) was founded. In August 2025, ICYPAA will be HERE in downtown Minneapolis.

Our Primary Purpose continues! Let's safeguard it.

Carla N

Minneapolis, 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

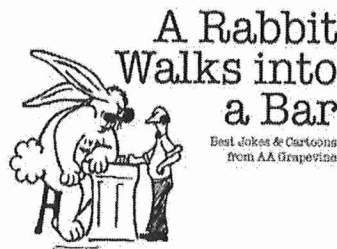
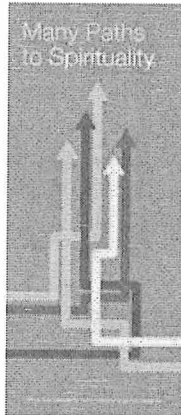


Only \$15.00 in advance ~ \$20.00 at the door

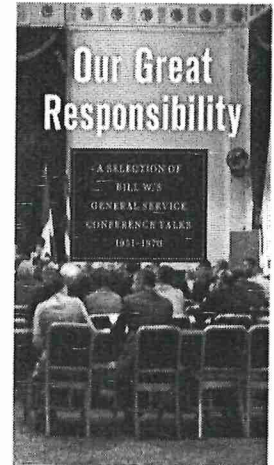
(Speaker only = Seventh Tradition)

AA Book of the Month:

A.A. Pamphlet of the Month:



Grapevine Book of the Month:



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

- | | | | |
|-----------------------------------|--------------------------------------|-----------------------------------------|------------------------------------------------|
| 7-Hi Group | Great Blessings | New Hope Alano-Squad 16 | Sisters of Service Squad 2 A Design For Living |
| Andover Alano - Squad 10 | Happy Destiny | Nicollet AA Group | St. George Thurs Night AA Group |
| Andover Alano Squad 4 | Insite and Hope | Open Door AA | St. Louis Park Sunday Night AA Grp |
| Basic Principles | Isanti Alano Squad 12 | Practical Experience | Sunday Serenity |
| Basic Twelve & Twelve | Isanti Thursday Night 530 Big Book | Primary Purpose Elk River | TGIF Women's AA Group |
| Breakfast Club-Saturday A.M. | It's Noon Somewhere-Blmgtn Groups | Primary Purpose Group (noon m-w,brnsvl) | The Leftovers Squad 17 |
| Cedar Lake Women's Group | Kozy's Noon Men's | Rebellion Dogs | The Way Out Group |
| Common Solutions | Ladies Night Happy Hour | Ridge Runners II Group | This Simple Program |
| Continuous Action | Living Sober Thurs. E. Prairie | River Valley AA Group | Thursday Night Womens Group |
| Early Risers Group | Lynnhurst AA Group | River Valley AA Group | Tonka Alano |
| Excelsior Wednesday Night Group | Mainstreeters AA (Plymouth II Alano) | Rule 62 Cavalier | Turning Point |
| February 2025 Group Contributions | Meditation At Peace | Sahara Thurs 730 | Turning Point |
| For Today Group | Minnetonka Big Book Study Group | Sahara Tues 8pm Men's | Up the Creek Big Book Group |
| Foreword XIX Group | MNYPAA | Saturday Morning Fever | We Are Not Saints |
| Foxhall Chapter 7 Group | Monday Primary Purpose | Saturday Night Live Group | Wednesday Lunch Bunch |
| Friday Men's Step Meeting | Monticello Alano-Squaduad 2 | Senior Men's Barn Group | |
| Gratitude Group | NERR Friday 7am | | |



**Thank
You**



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.

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



May 10th, 2025

Area 36

Area Committee Meeting Online

9:30am—5:00pm

Area36.org for credentials

May 18, 2025

Minnetonka Big Book Study Group

31st Annual Serenity Breakfast

Minnetonka Community Center

May 23rd-25th, 2025

Gopher State Roundup 50 Years

Double Tree by Hilton Hotel

HWY 100&494 Bloomington, MN

May 30-June 1st, 2025

25th Annual MMAAC

Green Lake Conference Center

Green Lake, WI 54941

"50 YEARS OF CARRYING THE MESSAGE"



GOPHER STATE L

50
Years
MAY 23-25, 2025

MEETINGS • SPEAKERS • FELLOWSHIP
HOSPITALITY ROOMS • A.A. FILMS
& More!

ACTIVITIES AND ACCOMMODATIONS:
DOUBLETREE BY HILTON HOTEL
HIGHWAY 100 & 494 • BLOOMINGTON, MN

Register in Advance!

REGISTRATION
(AGES 13 & OVER)

\$30
SCHOLARSHIPS
AVAILABLE ON-SITE



Guaranteed Special Room Rates:


To book a room with the special conference rate, visit gopherstateroundup.org or call the DoubleTree by Hilton directly at 800-222-6733. Mention Gopher State Roundup when reserving your room to receive the discounted rate.

Schedule of Events & Speaker Line-up:

For the complete schedule and information on speakers, visit gopherstateroundup.org.

Gopher State Roundup is a special A.A. conference with Ai-Anon participation. Gopher State Roundup is self-supporting.

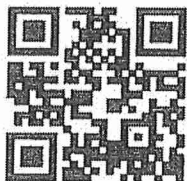
The Intergroup Office
will be closed on:
Friday, May 23rd and Saturday,
May 24th
for the Gopher State Roundup
and on:
Monday, May 26th
in honor of Memorial Day



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

NON—PROFIT
ORGANIZATION
U.S. Postage
PAID
Permit No. 416
Hopkins, MN

Change Service Requested



Support ***YOUR*** Intergroup and stay informed!

Annual subscription **only \$12** available in

EMAIL PRINT

Email _____

Name _____

Address _____