

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

May 2026 Step, Tradition, Concept Five

Step Five

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

Step Five is a pivotal part of my recovery journey. Its significance is underscored by the experiences of many men and women I have known in the rooms. Those who chose not to work this step, or who delayed it indefinitely, often find themselves no longer present in the Fellowship. Tragically, some have even succumbed to the disease. This reality serves as a powerful reminder of the necessity of actively engaging with Step Five.

Over nearly the last three decades, I have approached Steps Four and Five in a variety of ways. These include in-person and virtual multi-week workshops, Big Book studies, workbooks, handouts, single-day seminars, weekend retreats, and Back-to-Basics formats, among others. The list could go on. Through all these methods, the most important takeaway for me has been the opportunity to reflect and point my finger back at myself. By regularly reviewing my assets and liabilities, I can identify which habits to strengthen and which I'd like to eliminate.

One of the most impactful statements from Step Four in the Big Book encapsulates the essence of what I must share in Step Five for me:

"We reviewed our own conduct over the years past. Where had we been selfish, dishonest, or inconsiderate? Whom had we hurt? Did we unjustifiably arouse jealousy, suspicion, or bitterness? Where were we at fault, what should we have done instead? We got this all down on paper and looked at it."

Alcoholics Anonymous p. 69

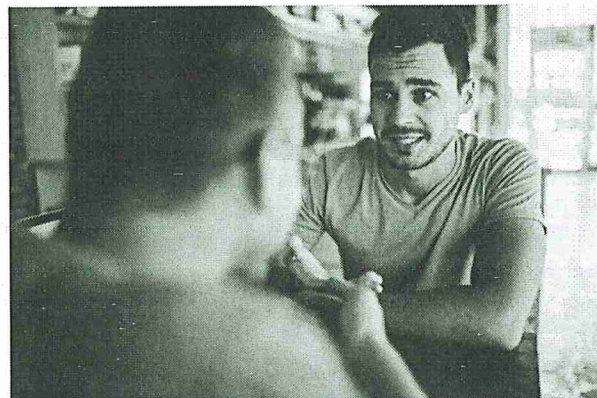
Reviewing this written inventory with another alcoholic is vital for me to continue my journey of self-improvement. It allows for ongoing "personality change" and reinforces the importance of honest self-appraisal.

Last week, I had coffee with a friend who reminded me that every meeting I attend and share at is an opportunity to work Step Five. By sharing my experience, strength, and hope with other alcoholics in the room, I describe how I am attempting to change my daily behaviors and behavior patterns. For me, participating in meetings is the most important aspect of maintaining sobriety and personal growth.

Lastly, any discussion about Step Five owes a debt to the pioneers of Alcoholics Anonymous who provided writings and teachings suggesting the many options for working step five with another human being. They made great strides taking the fear and worry out of the step 5 process for the newcomer and newly sober.

Many of us have benefited from these options, and these tools and tactics that continue to help keep me sober today.

Richard D., Minneapolis, MN



Greater Minneapolis Intergroup • Alcoholics Anonymous ®

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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 2026 is: “Humility in Action”

Office Notes:

There is a special kind of gratitude that comes from witnessing our Fellowship in action—and this past Gratitude Night, Sobriety Under the Stars, was a beautiful reminder of exactly that.

Step Five invites us into honesty, connection, and the freedom that comes from sharing who we are. Tradition Five keeps us grounded in our primary purpose—to carry the message to the alcoholic who still suffers. And Concept Five reminds us of the importance of participation, responsibility, and the trusted voice each of us brings to service. All three were alive and shining brightly throughout the evening.

Gratitude Night 2026 was truly a wonderful success. The room was filled with laughter, connection, and a shared sense of purpose. It was a powerful reflection of what happens when we come together in unity and gratitude to support the work we get to do at Minneapolis Intergroup and the Twelfth Step services it makes possible.

I am deeply grateful to the many hands and hearts that made this night possible. A special thank you to our Event Chair, Nicole S., Co-Chair Bryson J., Registration Chair Alexis F., Entertainment Chair Alexis J., and Greeter Chair Jeff F. Your leadership and dedication brought this event to life. Thank you as well to the entire Minneapolis Intergroup Board for your continued service, and to every volunteer and attendee who showed up to celebrate, connect, and support Intergroup. You are the reason this work continues to grow and thrive.

As we reflect on this past event, we also look ahead with excitement. Please mark your calendars—next year’s Gratitude Night will be held on April 3, 2027, at the Marriott in Brooklyn Center. We can’t wait to gather again and continue this meaningful tradition together.

Spring is a vibrant time in our Fellowship, and we are looking forward to participating in the Gopher State Roundup and many other upcoming events where we can stay connected and carry the message side by side.

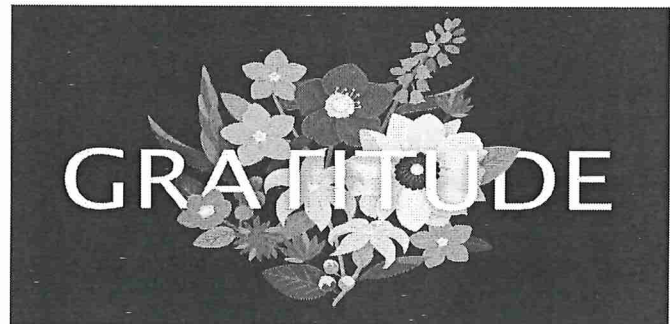
In the spirit of Step Five, I encourage all of us to continue showing up honestly and fully. In the spirit of Tradition Five, let’s stay focused on our primary purpose. And in the spirit of Concept Five, let’s remember that each voice and each act of service matters.

Please stop into the Intergroup office. Say hello, grab a cup of coffee, and maybe consider a service opportunity—for yourself or your group. There is always room for more helping hands, and it is often through service that we find some of the deepest connections in our program.

With a full and grateful heart, thank you for being part of this Fellowship and for supporting the work we are privileged to carry out together.

With Love & Gratitude,

Erin D., Your Office Manager



Notes from Your Board Chair:

A Heart Full of Gratitude

I am incredibly grateful to everyone who supported and joined us for Gratitude Night this year.

Whether working with my home group or serving on the Intergroup board, I constantly feel surrounded by love and support in everything I do.

They say a fellowship "grows up about you," and that hasn't happened by accident—it's by design. I am truly thankful for this journey and the realization that the only way to find a dull moment in AA is rest on my past experiences. Between the events page, 12-step opportunities, and the simple joy of grabbing "coffee" with friends before or after a meeting or heading to a roundup, there is always a way to connect. I am deeply grateful for every experience this program has given me and plan to keep seeking out ways to connect with my fellows

Angelique P., Board Chair

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Your Intergroup board meets every month at 6:30 pm on the Tuesday before the Rep's meeting in the

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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
Immanuel Lutheran
16515 Luther Way, Eden Prairie, MN 55346
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, 7:00 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
Eagan Community Center
1501 Central Pkwy, Eagan, MN 55121
- 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
Hy-Vee Training Room
1451 Adams St S. Shakopee, MN 55379
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

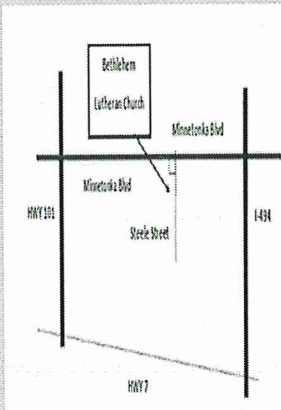
The Intergroup Rep Meeting will be

held at
**Bethlehem
 Lutheran Church
 16023 Minnetonka
 Blvd.**

**Minnetonka, MN
 55345**

**This is a HYBRID
 meeting.**

**Thursday,
 May 28th
 at 6:30pm**



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

- 05/02 A.A. World Services/General Service Office
His Story
- 05/09 Step Eleven/Tradition Eleven
Her Story
- 05/16 Anonymity as a Spiritual Principle
His Story
- 05/23 Step Twelve/Tradition Twelve
Her Story
- 05/30 Importance of Having an A.A. Home Group
His Story

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

Concept Five

Short Form:

Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

Long Form:

Throughout our Conference structure, we ought to maintain at all responsible levels a traditional “Right of Appeal,” thus assuring that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

Alcoholics Anonymous Concept V centers on the protection of individual voices within a collective decision-making system. At its core, this Concept ensures that even when a majority has spoken, the minority retains both the right and the responsibility to be heard. This is not just procedural—it is spiritual. We have come to recognize that a single dissenting voice can sometimes carry wisdom we initially overlook.

The “Right of Appeal” acts as a safeguard against hasty or uninformed decisions. In group conscience, where members strive to align with spiritual principles rather than personal agendas, it is still possible for emotions, bias, or incomplete information to influence outcomes. Concept V acknowledges this human reality and builds in a corrective mechanism. By encouraging minority viewpoints to be expressed and seriously considered, we strengthen the quality and integrity of our decisions.

This Concept also promotes humility. For those in the majority, it is a reminder to remain open-minded and willing to reconsider. For those in the minority, it offers dignity and respect, reinforcing that everyone’s perspective matters. When members feel heard, even if their viewpoint does not prevail, they are more likely to remain engaged and committed to the group’s welfare. There is no they in our society, just we, and regardless of whether our individual vote is in the majority or the minority, when we move forward it is in togetherness.

Additionally, Concept V reminds me that in our society of A.A., we value listening over winning, and understanding over control. It encourages patience and thoughtful dialogue, rather than quick conclusions. In practice, this means creating space in meetings and service discussions for full expression, especially when disagreement arises. Concept V reflects A.A.’s commitment to unity through inclusion. By protecting the right of appeal, it ensures that our decision-making process remains just, compassionate, and spiritually grounded. This Concept reminds members that every voice has value, and that collective wisdom is best achieved when all perspectives are given a fair and respectful hearing.

Doug H

Panel 75 Area 36 Delegate

serving on Conference Literature

Minnetonka Big Book Study Group

of

Alcoholics Anonymous

Presents its

32nd Annual Serenity Breakfast

Sunday, May 17, 2026

at the Minnetonka Community Center

14600 Minnetonka Blvd – Minnetonka, MN 55345



Guest AA Speaker

Carolyn W. from Surrey, BC, Canada

Breakfast: 8:30 am to 10:25 am

Speaker Meeting: 10:30 am to Noon



Only \$15 in advance | \$20 at the door
(Speaker only = Seventh Tradition)

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

Like many things in our lives, it is better to do one good thing than it is to do many things badly. All we need to focus on with this Tradition is trying to reach the alcoholic. We can complicate everything and as a reminder- it's simple and we just need to keep it simple. This has grown through both observation and personal reflection. It should be simple and obvious. I, however, am one of polyaddiction. If I am completely honest, I was a little salty about limiting my discussions around only alcoholism and not talking about all my afflictions. What my sponsor shared with me is that if I was sharing from the podium about any other addictions, that person walking in for the first time may not think this is the right place for them. It took me a beat to understand that and take my ego out of it. Over time, I've come to see how easy it is to drift away from that purpose, and how important it is to keep coming back to it.

In meetings I've attended, I've noticed that when the focus stays on experience, strength, and hope related to recovery, there's a certain sense of connection. When people, personalities and politics and some, yes, some opinions speak louder than our Tradition, people will shy away, newcomers won't feel welcomed, and the message won't look like recovery. Meetings where the conversation shifts into outside issues—opinions, debates, or topics that don't directly relate to recovery from alcoholism, the atmosphere changes. I don't return to that meeting. I remember one meeting I brought my new sponsee to. The meeting's topic was an opinion piece in the newspaper. In about 20 minutes I heard how our "woke society is crazy and how certain people should stay in their place." Utterly embarrassed, it took all I had to not grab her by the arm and walk out. I turned it into a teaching moment instead; she learned on that ride home what Tradition Five was about. We had to have a conversation about what just happened. That this not how meetings run and normally topics are *recovery* related!"

This Tradition also reminds me to check my intentions when I share. Am I speaking to impress? I have an ego that needs to be checked regularly! The Tradition encourages me to keep things simple and honest. To help the next person stay sober for the next 24 hours.

Tradition Five also reinforces a sense of responsibility. The group isn't there for my comfort alone—it's there for the person who hasn't found a solution yet. That perspective helps shift my mindset from self-centeredness to service, even in small ways like listening attentively or staying on topic.

Overall, my experience with Tradition Five has been a reminder that the strength of the group comes from its clarity of purpose.

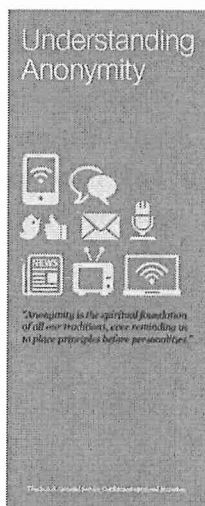
Michaela Q., Maple Grove, MN



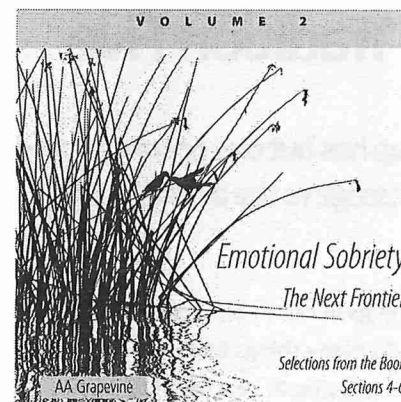
A.A. CD of the Month:
History of Service Volume 1



A.A. Pamphlet of the Month:
Understanding Anonymity



GV CD of the Month:
Emotional Sobriety the Next
Frontier



Group Contributions - March 2026 Thank You

12 Steppers Audubon Park

A Better Way AA

Andover Alano Squad 4

Back 2 Basics

Basic Twelve & Twelve

Beltline Groups

Bloomington Groups Friday

Bridges AA Group - Shakopee

Cambridge Thurs Night AA

Carry the Message

Cavalier West Thursday Night Mens
Group

Cliffhangers 1 - Thurs 7 30 Group

Cliffhangers 2

Colfax Group

Continuous Action

Cottagewood Meeting AA

Crushed Grapes

Delano Saturday Morning

Desire Meeting

Early Risers Group

Eternal Vigilance

First 164 Group

Foxhall Chapter 7

Friday Freedom Seekers

Gratitude Group

Happy Destiny

Isanti Alano Squad 12

It Might Have Been Worse

It's Noon Somewhere-Bloomington Groups

Kozy's Noon Men's AA

Ladies Night Happy Hour

Lake of the Isles Men's Tues PM

Lakers AA GROW Group

Mainstreeters AA (Plymouth II Alano)

Minnetonka Big Book Study Group

Monticello Alano Squad 3

NERR 12X12 Friday Morning

Nicollet AA Group

Norwood Young America AA

Plymouth 2 Monday Night Group

Ramsey AA (NowThen AA)

Relapse Enders Tues. Womens AA

Ridge Runners II Group

Ringmasters AA Group

Riverlyn AA Group

Rojo Group

Sahara Thurs 730 Men's Closed Group

Saturday Night Live Group

Senior Men's Barn Group

SNL

SPD-Tuesday Night Group

Squad 2 A Design For Living

St. Louis Park Sunday Night AA Group

St. Martin's Group

Step by Step - Long Lake

Sunday Serenity Group

The Way Out Big Book Meeting

Third Tradition Group of AA Northfield

Three Legacies

Thursday Night Women's Big Book

Thursday Night Womens Group

Tradition Five

Turning Point Women's BB Monday

We Are Not Saints-Richfield

Westwood AA Group

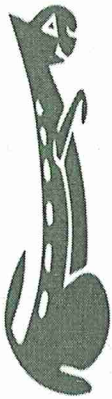
Worthy Women's Big Book Study

Group Contributions/Birthday Plan** March 2026

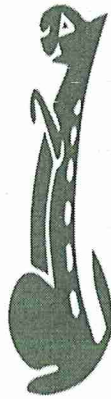
****On their sobriety birthday, many AA members contribute one dollar or more for each year of sobriety to any or all of our four service entities; District, Area Assembly, the General Service Office and the local Intergroup. Some members attribute their birthday contribution to their home group. Those groups receive a receipt and "Thank You" letter from the office and are listed in the MIRUS.**

PLEASE POST ON BULLETIN BOARD

We Are Not A Glum Lot!



GOPHER STATE ROUNDUP LI



May 22-24, 2026

Activities and Accommodations:

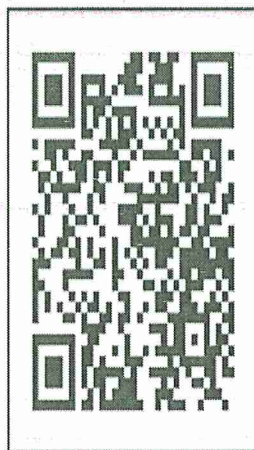
DoubleTree by Hilton Hotel,
Highway 100 & 494 • Bloomington, MN

MEETINGS • SPEAKERS • FELLOWSHIP • HOSPITALITY ROOMS • A.A. FILMS

REGISTRATION – \$30.00 Contribution (Ages 13 & Over)

Register in Advance

Guaranteed Special Room Rates.
Register early for the best rate. Details
at www.gopherstateroundup.org
or directly with DoubleTree by Hilton at
800-222-8733.
Mention Gopher State Roundup
for a special rate.



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

UPCOMING Events

May 1—2, 2026

54th Annual Iron Range Get—Together
Red Rock Inn
1402 East Howard St. Hibbing, MN 55746

May 2, 2026

Hold the Door Service Workshop
Duluth Alano Club
3009 Restormel St., Duluth, MN 55806

May 3, 2026

Back to Basics Workshop
Suburban North Alano
15486 Territorial Rd, Maple Grove, MN 55369

May 17, 2026

Minnetonka Big Book 32nd Annual Serenity Breakfast
Minnetonka Community Center
14600 Minnetonka Blvd, Minnetonka, MN 55345

May 22—24, 2026

Gopher State Roundup LI
DoubleTree by Hilton Hotel
7800 Normandale Blvd.

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

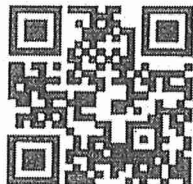
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