

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

November 2025 *Step, Tradition, Concept Eleven*

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God *as we understood him*, praying only for knowledge of his will for us and the power to carry that out.

What is God's will for me? I believe, based on what I heard an old timer say, that God's will is love. The genesis of my belief began as a child. I believed in an all-powerful God. It wasn't

until I grew up that I began to believe that this God might have a plan for me. As I sought through prayer and meditation to better understand what God's will was for me, I was inspired to believe that God loved me, would forgive me, would always accept me and take me back were I to stray from his love and wanted to see me do better. Then I began to see that this idea pertained not only to God but to other practices, ideas, things and people including family, fellowship, therapy, medication, other religious practices; and the list goes on.

Considering there are so many spiritual tools in my toolkit you might think it makes it easier for me to seek and improve my contact and ability to carry out his will. This turns out not to necessarily be true. Thankfully, self-forgiveness, in other words self-love, is one of the things my God wants me to practice

Last week I was "inspired" to post on social media what in hindsight seemed to be an extremely controversial viewpoint. This desire to let the entire world know what my opinion was seemed to be a good idea when I first thought about it. I was literally agitated and doubtful when I wrote and clicked post. After the fact I paused (better late than never) for quiet reflection. My first thought (a wise person once said our first thoughts are almost always selfish) was "bring it on."

Further reflection and discernment brought me to the conclusion that this in fact may not be God's will. Then I was inspired to see how this could negatively affect my loved ones. Key word here being loved. Then I knew it was God's will for me to immediately take it down.

Our literature also instructs me to pray that whatever God's will, it be done for others as well as me. I pray that will is love.

I draw solace knowing that my life and my relationships can be guided by the ongoing practice of seeking, and God willing, putting into practice the love that I know he wants for me.

God's Peace,

Rob Y.

Columbia Heights, 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

Intergroup Board

Board Officers

Chairperson	Angelique P.
Co-Chairperson	Pam N.
Secretary	Crissy H.
Treasurer	Thomas D.

Board Members

Melissa A.	Brian B.
Tina C.	Andy D.
Richard M.	Jennifer M.
Mark S.	
Erin D.	Office Manager, Ex-Officio

General Service District Board Liaisons

District 7	Melissa A.
District 13	Bob T.
District 14	Thomas D.
District 17	Richard M. /Jen M.
District 18	Mark S.
District 19	Brian B.
District 20	Linda M.
District 21	Pam N.
District 22	Tina C.
District 24	Crissy H.
District 25	Andy D.

Intergroup Staff

Erin D.	Office Manager
Meg H.	Office Staff
Bridgette M.	Office Staff
Patrick G.	Office Staff

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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Metro District General Service Meetings

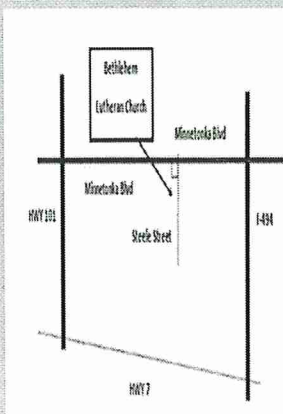
District 7	Second Monday, 6:30 pm Immanuel Lutheran 16515 Luther Way, Eden Prairie, MN 55346 Zoom Meeting ID: 865 2796 7405 Passcode: District7
District 13	First Tuesday, 7:00 pm United Methodist Church 10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
District 14	First Monday, 7:30 pm United Methodist 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 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 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

The Intergroup Rep Meeting will be held at

Bethlehem Lutheran Church
16023 Minnetonka Blvd.

Minnetonka, MN 55345

This is a HYBRID meeting.
Thursday, November 20th
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

11/1	A.A. Service Entities; District & Area Her Story
11/8	Step Ten / Tradition Ten His Story
11/15	A.A. World Services/General Service Office Her Story
11/22	Step Eleven / Tradition Eleven His Story
11/29	Anonymity as a Spiritual Principle Her Story

The Twelve Traditions - How They Apply In Our Lives

Tradition Eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

"You can't con a con." That's a phrase I heard early on in A.A. and it stuck with me, because it described me. I was a master manipulator and could sniff out other manipulators and promoters easily. When I finally admitted that truth about myself, then the Eleventh Tradition became a helpful tool for humility and unity rather than a rule to oppress my 'entrepreneurial spirit.' Personal anonymity and humility became my keys to belonging.

There are a couple of ways to consider personal anonymity as it relates to promotion. One is at the public level of press, radio, film, television and, for many today, the internet. The other is at the non-public level of meetings and communications that do not involve public media.

At the public level I learned that we didn't need to hire a PR firm or use any form of public media to promote ourselves. In A.A. we let our work and our non-alcoholic friends convey the positive results. This organic means of communication keeps the fellowship from becoming commercialized or dependent on specific personalities. Moreover, the press became our ally by respecting the Eleventh Tradition. For the most part, they have helped us stay on track by keeping members' full names and pictures out of copy. In my personal experience, attraction by example, rather than promotion has provided a lifeline to those I might have driven away by aggressively promoting A.A.

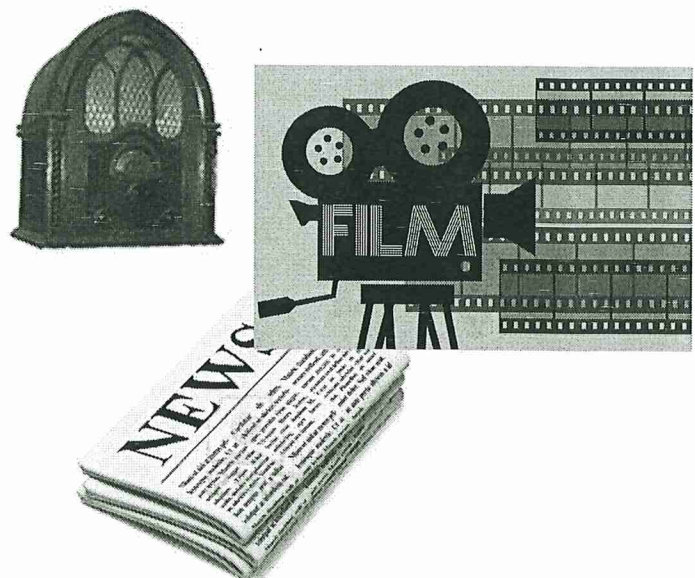
There is also no spokesperson for A.A. That was an important concept for me to grasp, realizing there would be no titles to vie for. What a huge blessing! One key reason noted in *Twelve Steps And Twelve Traditions*, (p. 181) is that each of us had been an "irrepressible promoter." My own specialty was self-promotion rooted in fear and ego. I may not have asked for your approval, but I didn't believe I could progress without it. After working the Steps and the Traditions with my sponsor it was clear that seeking approval kept me apart from you. Bottom line: I didn't have to promote anything, least of all myself.

On the other hand, this does not mean we evade others in 'the spirit of anonymity.' Quite the opposite. In fact, Dr. Bob mentioned two ways to break the Tradition of anonymity: "1) By giving your name at the level of press or radio; 2) by being so anonymous that you can't be reached by other drunks." (*Dr. Bob and the Good Oldtimers*, p.264). That's why many of us today give our full names at meetings and provide our contact information on group lists or to interested individuals. Those lists kept me connected even when I couldn't stay sober or get to meetings, and I rely on them today to help carry the message.

It's important to practice both aspects of Tradition Eleven. We must maintain anonymity at the public level but be available at the non-public level to serve other alcoholics. Because someone has always been available to me, I want to do the same for others. The joy that comes from being of service provides all the acknowledgment and approval I need, as well as a deeper relationship with my higher power.

I'm grateful that Tradition Eleven shows us how to practice anonymity at the appropriate levels, helping to safeguard our fellowship while attracting those who need us.

Nancy H. Buffalo, MN



REFLECTIONS ON CONNECTIONS

One of my favorite commitments in AA was being an AA Orientation Meeting coordinator. The meeting was located in St Louis Park, and I was living in Saint Paul at the time. Thankfully I accepted the invitation and didn't let the distance deter me. I was about 5 years sober; the Intergroup manager at the time was probably trying to talk me into standing for the Intergroup Board and I didn't feel ready for that. Aside from the absolute joy of being part of that meeting and the consistent message of hope from the speakers, I loved starting out my weekend with the amazing group of AA members who frequent the meeting.

Two pivotal events happened while I was doing that commitment. I met a woman who would become a lifelong friend at her 2nd meeting. She ended up finding meetings and a contact person after calling Intergroup's 24-hour hotline. I will never forget the moment we connected in that meeting; it is a friendship that has weathered all the ups and downs of life. I am forever grateful I was willing to be of service so God could send me a lifelong friendship.

The second event had a huge impact, and I fully believe that I met up with God at the meeting. On my way from the meeting to fellowship one Saturday morning, my dad called me in tears to let me know my sister, who lived in Florida, was in a severe car accident. She was not yet alert and did not know the extent or severity of her injuries, but they knew she had a Spinal Cord Injury. I pulled over on the highway. When I started driving again, my car continued to fellowship. I stepped out of the car and collapsed in tears into a fellow AA's arms. Having no idea what I was supposed to do next, they took my phone and called my sponsor, arranged for my sponsor to meet at my house. Somehow they got me and my car back home to Saint Paul and I was on my way to Florida that night. Left to my own devices, I am sure I would have asked myself questions like, can I afford to fly to Florida today, what about taking time off of work, should I wait or go now?? Instead, my fellow AA's and sponsor helped me do the next right thing. When I arrived at the hospital, my mom walked out of the emergency room doors and collapsed from the news that my sister would not walk again. God gave me strength to help my family and support my sister.

My experience is to show up and be of service and the promises start to come true in my life. Without AA and trust in God, I don't actually know what the next right thing to do is. Even with AA and trust, I still need my fellow AA's and sponsorship for guidance.

I have reconnected to the AA orientation meeting this year, it is every bit as wonderful as it has always been and some of those same women are there to welcome me and are ever ready to pick me back up when I need it again.

Angelique P.

UPCOMING Events

November 8, 2025

Area 36 Southern Minnesota Area Inventory
9:00am—1:00pm
Wyndham
14201 Nicollet Ave
Burnsville, MN 55337

November 29, 2025

Founder's Day Minnesota 2025
8:30am—Midnight
DoubleTree by Hilton—Bloomington
7800 Normandale Blvd.
Bloomington, MN 55439

December 6, 2025

Area 36 Southern Minnesota Area Committee Meeting
Annual Meeting
9:00am—4:00 (Hybrid)
Jordan Community Center
500 Sunset Drive, Suite #19
Jordan, MN 55352

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

If you have a "Reflections on Connections" to share send it to:
manager@aaminneapolis.org