MIRUS
Minneapolis Intergroup: Recovery, Unity, Service
November 2026 *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



I used to overcomplicate Step 11.

Coming into recovery, every time someone brought up prayer, meditation, or "God," my brain would instantly check out. When I was new, anything involving prayer or meditation sounded like old-fashioned religion—things I wanted nothing to do with. I thought it meant sitting cross-legged for hours, chanting, or having to buy into a textbook belief system I only felt vaguely connected to as a kid.. But once I actually sat down with my sponsor and broke the step apart, I realized it's way simpler than I made it out to be. It's basically just a framework for spiritual growth, and honestly, you can treat it like hitting the gym.

When the step talks about seeking through prayer and meditation to improve "conscious contact," I started viewing it like building physical muscle. You don't bench press once and expect to stay fit forever. You have to keep showing up. The more consistently I practice sitting quietly or taking a few minutes to check in, the stronger that spiritual connection gets. Over time, the noise in my head quiets down, and the connection gets a whole lot clearer.

The phrase that really saved this step for me, though, was "as we understood Him."

I didn't need to adopt anyone else's strict doctrine or pretend to believe in something I didn't. My understanding doesn't come from a sermon or a textbook—it comes directly from my own personal trial and error. The beauty of the program is its total inclusivity. It doesn't tell you what a Higher Power has to be—and I think this is one of the most important parts of not only Step 11, but the program as a whole.

People in my groups connect with everything from a traditional deity or nature to the cosmos, or even just the collective energy and strength in the room during a meeting. Agnostics, atheists, believers—it makes room for everyone. The only real requirement is finding something bigger than your own ego that can help you handle the stuff you can't manage solo.

Then comes the second half of the step, which gave me some really solid boundaries on what I'm supposed to be doing: praying only for knowledge of His will for us and the power to carry that out.

Before, whenever I prayed, I was basically sending a "fox-hole prayer" to the universe or trying to bargain my way out of bad situations. "Please let me pass this exam I didn't study for," or "Make this specific thing happen." Step 11 flips that completely. You aren't asking for specific outcomes or trying to "be the puppeteer." You're just asking, "What am I supposed to do next?" and then asking for the strength to actually do it.

At the end of the day, this step isn't about becoming some guru. It's just a quiet, daily routine. You reach out, stay open, ask for guidance, and trust that you'll have the strength to deal with life on life's terms.

Patrick W., Hopkins, MN

All images are stock photos

Notes from your Service Office:

The General Service Theme for 2026 is:

"Humility in Action"

Office Notes

November brings so many reasons to be grateful—for our fellowship, for the people who keep showing up, and for the opportunity to begin another year of service together. With Intergroup's elections welcoming four new Board members, I am excited for the year ahead! Working alongside our continuing Board members, newly elected members, and newly elected Executive Board brings fresh ideas and experience together. Thank you to everyone who stood for a position, participated in the elections, or accepted a new responsibility. Your willingness helps keep Intergroup available to the groups and members we serve. Please see page 3 for our fiscal 27 Board members.

Step Eleven reminds me to seek guidance through prayer and meditation—to pause, listen, and ask how I can be useful. That practice matters in my recovery and in my work at Intergroup. Tradition Eleven reminds us of attraction rather than promotion and the importance of personal anonymity in our public communications. Our welcome, helpfulness, and willingness to serve give people an opportunity to experience A.A. in action. Concept Eleven recognizes the importance of capable committees, trusted workers, and thoughtful attention to their responsibilities. At Intergroup, I see how much we depend on the care and cooperation of our Board, committees, staff, and volunteers.

I also want to share my heartfelt gratitude for the successful annual Men at Work group's Golf Tournament that I was able to attend, the love and support for Minneapolis Intergroup was incredible! Thank you to the organizers, volunteers, participants, and trusted servants who gave their time, energy, and contributions. It was a day filled with fun, fellowship, and sharing stories of the importance and impact Intergroup has had for those in attendance.

The first week of November, I look forward to attending and participating in the ICOAA Conference in San Antonio, Texas, alongside other Intergroup managers and members. I am excited to share experience, ask questions, and learn how other offices meet the needs of their local fellowships. I look forward to bringing that experience back to Greater Minneapolis Intergroup as we continue learning and growing together.

Later in the month, I hope to see many of you at Founders Day on November 28! We need groups to host the Intergroup hospitality suite. Hosting is a wonderful opportunity to serve together, welcome visitors, and share the fellowship that makes these gatherings special. Please contact the Intergroup office if your group would like to take a hosting shift or learn more.

Every day at Intergroup, I get to witness gratitude becoming action—a phone answered, a newcomer welcomed, a volunteer offering their time, or a group stepping forward to help. Thank you for making that possible and for allowing me to be part of it. I am grateful for all we have shared and excited for the year ahead!

Erin D.
Office Manager
Greater Minneapolis Intergroup

Notes from Your Board Chair:

Over the past year, I have had the privilege of serving my first term as a member of the Minneapolis Intergroup Board of Directors. It has been an honor to work alongside such a talented and dedicated group of individuals. Through attending Intergroup Representatives meetings, District meetings, and the many events sponsored by Minneapolis Intergroup, I have also had the opportunity to meet countless AA members who share a deep commitment to service. These experiences have given me a greater appreciation for the breadth of work being done to help the still-suffering alcoholic.

At our most recent Intergroup Board meeting, I was selected to serve as Board Chairperson for the coming year. I am grateful for the confidence placed in me and look forward to working closely with our Office Manager, Erin Davies, and the rest of the Board as we continue to fulfill our mission.

Early in my sobriety, I was blessed to be surrounded by incredible sober men and women who helped guide me on my journey of recovery. My first sponsor also instilled in me the importance of fellowship and service, teaching me that giving my time and energy to others helps build a strong foundation for my own recovery. Those lessons continue to guide me today.

I am truly grateful for the opportunity to serve in this role, and I look forward to working alongside my fellow AA members in carrying our message and helping the alcoholic who is still suffering.

Warm regards, Bob T., Board Chairperson
Minneapolis Intergroup

Intergroup Board

Board Officers

Chairperson	Bob T.
Co-Chairperson	Brian B.
Secretary	Angelique P.
Treasurer	Richard M.

Board Members

Melissa A.	Richard M.
Tina C.	Andy D.
Jennie G.	Michaela Q.
Jack C.	Rory W.

Erin D. Office Manager, Ex-Officio

General Service District Board Liaisons

District 7	Richard M.
District 13	Rory W.
District 14	Richard M.
District 17	Angelique P./Thomas D.
District 18	Tina C.
District 19	Jennie G.
District 20	Linda M.
District 21	Michaela Q.
District 22	Jack B.
District 24	Melissa A.
District 25	Brian B.

Intergroup Staff

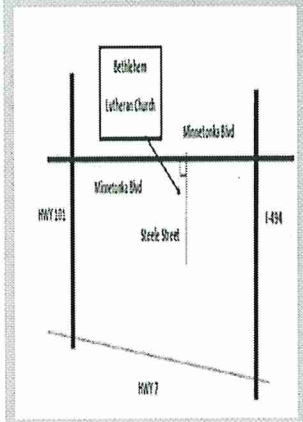
Erin D.	Office Manager
Meg H.	Office Staff
Bridgette M.	Office Staff
Patrick G.	Office Staff

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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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, October 22 at 6:30pm

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

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

11/07	Step Twelve/Tradition Twelve His story
11/14	Importance of Having an A.A. Home Group Her Story
11/21	Step One/Tradition One His Story
11/28	Staying Away from the First Drink Her Story

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

Concept Eleven

Alcoholics Anonymous (AA) Concept XI -

Short form :
"The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.
Long form

"While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs, and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs, and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern."

Concept XI emphasizes the importance of maintaining a clear distinction between the organization of AA and its members' individual behaviors. It recognizes that while members may have personal views and actions, these should not reflect on the collective reputation of AA. This principle encourages members to act with responsibility, as their actions can impact how the public perceives the organization.

Our Twelve Concepts Illustrated is a great reminder of Concept XI with these points to consider:

1 – Status of Executives and trusting our trusted servants.

2 – Paid workers should be compensated well, fairly, and equitably.

3 – Rotation among paid staff workers and a reminder to all of us our responsibilities on rotation to allow each of us to have our own experience.

4 – Full participation of our paid workers, as outlined in Concept IV yet similar to all other volunteers working together for our common good.

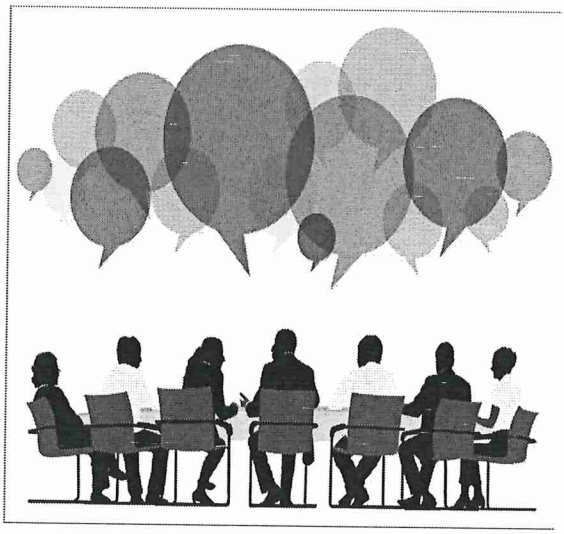
Moreover, Concept XI serves as a reminder that the organization must uphold its spiritual foundations in all our external relations. This includes fostering goodwill, practicing humility, and ensuring that the message of recovery remains the focal point of all interactions in helping those struggling with alcoholism.

Concept XI by its nature also highlights unity among all our membership. When members act in accordance with the principles of AA, they contribute to a cohesive identity that transcends individual differences.

In summary, Concept XI aims for effective administration of our world services by combing the guidance of trustees with professional expertise, in line with our fellowship's spiritual principles as expressed from the Groups down through our Conference process to serve us better.

Doug H P75 Area 36 Delegate

serving on Conference Literature Committee



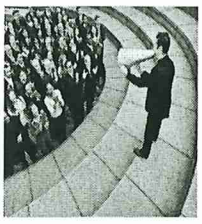
The Twelve Traditions - How They Apply In Our Lives

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.

This is Alcoholics Anonymous' 11th Tradition. It wasn't just a random rule someone thought up over coffee; it was born out of massive growing pains in early AA history. In the 1940s, a few well-meaning members—and even celebrities—went on the radio using their full names to promote how AA had saved them. But AA's co-founder, Bill W., realized a terrifying flaw: if a public figure became the "poster child" for AA and then tragically relapsed, the whole program would take the hit, scaring away people who needed help. Early members also watched other recovery movements completely collapse because their leaders got blinded by personal ambition and political arguments. They realized that for the fellowship to survive, the principles had to be bigger than any single personality.

That history hits home for me whenever I'm criticized or find myself in a heated argument. My default setting used to be immediate defense and self-promotion—I wanted to shout my side of the story, prove I was right, and tear the other person down to protect my ego. But practicing this tradition means I'm learning to step out of the spotlight and quiet down. When someone criticizes me, the 11th Tradition reminds me that I don't need to launch a public relations campaign to defend my reputation. I don't need to "sell" my side of the story or force others to see me as the good guy

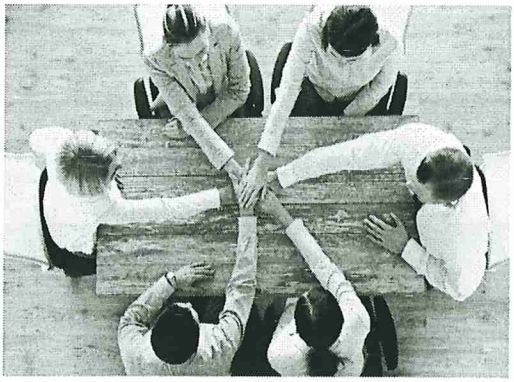


Instead, I focus on simply keeping my side of the street clean, even when things get messy. Defending my ego usually just adds fuel to the fire. By putting the principle of peace ahead of my own need to "win," I can pause and look for the truth in what the other person is saying.

If I messed up, I own it. If I didn't, I let my steady behavior over time clear things up rather than fighting about it.

The 12 Traditions were created to help each AA group maintain unity and relate better to the world around us. They have also been widely used in helping us learn how to be in better relationships with everyone in our lives. I'm grateful for the lessons I've learned from AA's Tradition 11.

Karen J., Minneapolis, MN



This Month in A.A. History

Nov 26, 1895 Bill W. born in Dorset

Nov 1934 Ebby T. carried the message to Bill.

Nov 11, 1934 Armistice Day; Bill starts drinking, beginning of Bill's last drunk

Nov 10, 1940 1st A.A. group formed in Minneapolis, MN

Nov 12, 1940 1st A.A. meeting held in Boston, MA

Nov 14, 1940 Alcoholic Foundation publishes 1st A.A. Bulletin

Nov 16, 1950 Dr. Bob dies

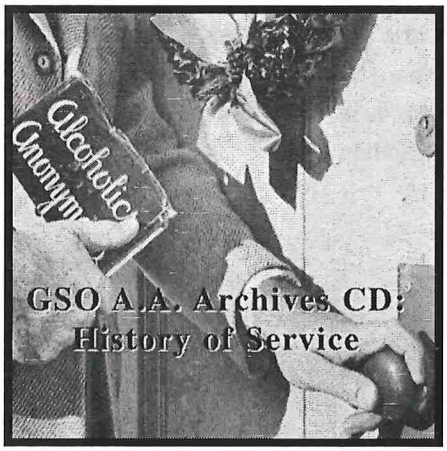
Nov 1, 1963 Rev Sam Shoemaker dies

Nov 9, 1966 President Johnson appoints Marty M to the 1st National Advisory Committee on Alcoholism

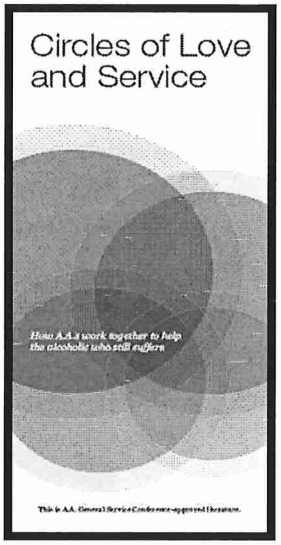
Nov 1986 Big Book published in paperback

Nov 10, 2001 1st of 400,000 4th ed Big Books arrived

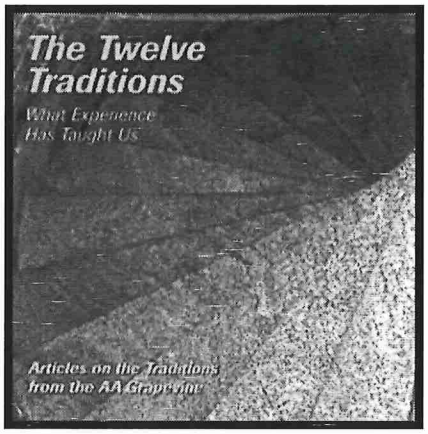
A.A. CD of the Month:
History of Service



A.A. Pamphlet of the Month:
Circles of Love and Service



GV CD of the Month:
The Twelve Traditions
What Experience Has Taught Us



Group Contributions - September 2026 Thank You

7-Hi Group
A Vision for You
AA Orientation Meeting
Andover Alano
As Bill Sees It - Delano
Basic 12 Golden Valley
Basic Twelve & Twelve
Bloomington Groups Alano
Boiled Owls
Breakfast Club-Saturday A.M.
Bridges AA Group - Prior Lake
Bryant Lake Group
Carry the Message
Chunks & Measures Sq 88 at 2218
Continuous Action
Crushed Grapes
Elk River Alano Squad 5
Eternal Vigilance
Extravagant Promises
Foreword XIX Group
Foxhall Chapter 7 Group
Gratitude Group
Happy Destiny
Isanti Alano Sq 12
Isanti Thursday Night 530 Big Book
It's Noon Somewhere-BloomingtonGroups
Joy of Helping Others
Kozy's Noon Men's AA
Ladies Night Happy Hour
Lakers Saturday Morning AA
Living Sober AA Group(Burnsville)
Lynnhurst AA Group
Medina AA Group
Meditation At Peace
Minnetonka Big Book Study Group
New Freedom - Chanhassen
New Hope Alano-Squad 16
No Bull Big Book-Squad 164
Oasis Group -- Shakopee
Plymouth Unity A.A.
Polaris Group
Primary Purpose Group (noon m-w,brnsvl)
Promises Group
Prospect Park AA Group
Ramsey AA (NowThen AA)
Relapse Enders Tues. Womens AA
Rojo Group
Rule 62 Cavalier
Sahara Club Founders Group
Saturday Night Live Group
Saturday Night Open Speaker Meeting
Saturday Sisters - Pax Christi
Senior Men's Barn Group
Serenity Seekers at Ridgewood Church
Serenity Sisters
Southeast Community Squad 20
Squad A - Depth and Weight
St. Luke's Mon Nite AA Group
St. Martin's Mon Nite Group
The Becker Group
There is a Solution - Minnetonka
Third Tradition Group of AA Northfield
This Simple Program
Three Legacies
Thursday Night Big Book-Northfield
Thursday Night Womens Group
Tonka Alano Society
Tradition Five
Tuesday Night Mens -Colfax
Watertown AA - Wednesday
We Think Not
Wednesday Lunch Bunch
West Moore Lake AA Group
Women's AA Group at Elim
Worthy Women's Big Book Study

Group Contributions/Birthday Plan September 2026**

Chunks & Measures Squad 88; Foxhall Chapter 7 Group

***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.*

Please join us Thanksgiving morning!

12 West's 40th annual Gratitude Meeting

Thursday, November 26, 2026

8:00 am fellowship 8:30 am AA meeting*



PARK TAVERN

3401 Louisiana Ave. South Saint Louis Park, MN 55426

*zoom info: ID: 267 779 2853 password: 12west

*This is an OPEN meeting of Alcoholics Anonymous, and all are welcome. Please invite spouses, partners, children, parents, friends and anyone you know who'll enjoy attending a meeting on Gratitude.

The AA meeting is free.

Park Tavern offers an optional breakfast buffet:

$15 for adults - $7 for children



We hope to spend Thanksgiving morning with you!

UPCOMING Events

November 26, 2026

12 West's 40th annual Gratitude Meeting
8:00am—10:00am
Park Tavern
3401 Louisiana Ave. South
St. Louis Park, MN 55426
Meeting ID: 267 779 2853 PW: 12west

November 28, 2026

Founders Day Minnesota 2026
8:30am—Midnight
Doubletree Bloomington
Minneapolis South
7800 Normandale Blvd
Bloomington, MN

December 5, 2026

Area 36
Area Committee Meeting Annual Meeting
Committees 9:30—11 :30am
GSR/Alts 10:30—11:30am
Area Committee 12:30—5:00pm
Meeting ID: 848 7275 5616

The Intergroup Office

will be closed on:

November 26—27 for Thanksgiving

and

November 28 for FOUNDER'S DAY

come see us in the foyer for

literature sales!!

(Phones are answered
24 hours/day 365 days/year)

See aaminneapolis.org for meeting closing announcements during

holidays

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

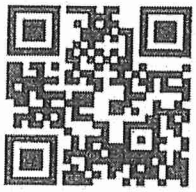
Sunday:

Open Speaker Meeting, 11:00 AM
Richfield Bloomington Alano
9321 Bryant Ave. S., Bloomington, MN 55420

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

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