

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

Step Ten

October 2023 *Step, Tradition, and Concept Ten*

“Continued to take personal inventory and when we were wrong promptly admitted it.”

In Steps One, Two and Three, we made the decisions that put us on the spiritual path. In Steps Four through nine, we took the actions necessary to remove those things that have kept us separated from the God of our understanding. This sets us up to grow into the promised spiritual awakening. The Tenth Step has us practice Step Four through Nine on a regular basis.

The spiritual principle of Step Ten is perseverance (determination, staying power, firmness of purpose, patience, endurance, diligence, stick-to-it-iveness). These are words that held little meaning to me before sobriety. I floated around, seeking pleasure and avoiding pain as much as possible. When things got tough; instead of learning and growing, I simply moved on. Gratefully, by finally accepting I was an alcoholic, I was given not only the ability to live life without alcohol, but taught how to have a life worth living.

Continuing to do anything in our daily lives usually means that we get better at it. And now that I've been sober for a while, I can recognize the wisdom of taking stock of my emotional disturbances which can lead to emotional “hangovers” or a return to drinking. I was sober a little over 33 years when I decided that I was “cured” (haha.) This resulted in the train wreck that any normal healthy sane person would expect. It took me 2 years to crawl back to AA and I'm grateful to be alive. I now take the maintenance steps a lot more seriously. I can vouch for the fact that it's a lot easier to STAY sober than to GET sober again. It's easy to forget we have a disease that wants to kill us - this is deadly serious work! Therefore, “Continue to watch for selfishness, dishonesty, resentment and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.” (Big Book pg 84)

Remember, “It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us.” (12 & 12, pg 90) This highlights one of my favorite tools, the spot-check

inventory. Pre-sobriety and early sobriety, when I still had “squirrels and monkeys” in regular control of my mind, my mouth was often engaged before my brain had fully processed what I was going to say or what I thought I had heard. This resulted in hurt feelings and misunderstandings. One of the important phrases I learned from my sponsor was, “When in doubt, check it out!” This was so helpful to me. Instead of stewing or simmering or chewing on something which I'm hearing as hurtful, I often can clarify it right away and get it out of my head. Another important tool I have gained in my recovery is a “pause button”. In the past I quite frequently found my mouth operating without my brain being fully engaged. In other words, I would hear myself saying something I wish I hadn't said. I used to get home feeling bad about what I had said, but now I can usually catch myself and repair the damage right away. Or when my program, mind and mouth are in sync, my “pause button” alerts me - “Is it true?”, “Is it kind?”, “Is it necessary?” - and I can choose not to say it at all.

It's important to remember that Step Ten is not just an exercise in noting what we have done wrong. The point of the Tenth Step is for us to be willing to pay attention to our thoughts, behaviors and values, then work on what we need to change. We have character assets as well as character defects.

“Finally, we begin to see that all people, including ourselves, are to some extent emotionally ill as well as frequently wrong, and then we approach true tolerance and see what real love for our fellows actually means. It will become more and more evident as we go forward that it is pointless to become angry, or to get hurt by people who, like us, are suffering from the pains of growing up.” (12 & 12, pg 92) Amen to that!

Karen J., Minneapolis



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 2023 is:

“A.A.’s Three Legacies— Our Common Solution.”

Hope everyone had a great summer. We will have a beautiful fall season to look forward to.

A new meeting type will be added to the meeting directory; this will be “*Young People Attend*.” It was brought to my attention that it is not easy for a younger newcomer to find a meeting where young people go. For years we purposefully did not have that type listed. It was out of concern for the safety of all young members new to Alcoholics Anonymous. Minneapolis Intergroup’s Group and Member Services Committee met in September to discuss the pros and cons and to consider adding this type.

We are aware that times have changed and there were fewer younger members twenty years ago compared to the numbers there are today. It is incredible how many young people have found sobriety. Strength and safety in numbers comes to mind. We also want young people to know there **are a lot of meetings** where young people attend. However, I want to clarify that every meeting we list on aaminneapolis.org, is not exclusive to any specific group of people, that would exclude anyone needing a meeting.

We did a short survey looking at Intergroup/Central office’s meeting directories across the United States. *Out of twenty-six website directories, nineteen listed the meeting type: Young People and seven did not.* The members of the GMSC came to the consensus that now is the time to make a change.

What groups need to know; is it up to your group to make that call. We will not automatically check this *type* on your group listing. You need to call or email the Intergroup office and request the meeting type, “*Young People Attend*”. Call 952-922-0880 or email staff@aaminneapolis.org to make this change.

On October 11th I will attend the 38th Annual Intergroup/Central Office AA Seminar in Cincinnati, Ohio. It is a time when Intergroups/Central Offices from the US and Canada get together to exchange and share with each other the vital services, ideas, experiences in carrying the message to the alcoholic who still suffers. I look forward to sharing what I have learned with you when I come back.

In Love and Service,

Gail S. your Office Manager



Notes from Your Board Chair:

By the time you read this month’s MIRUS, four new members of the Minneapolis Intergroup Board will have been elected and a new slate of officers installed. Congratulations to the new Board members and I wish the new officers smooth sailing for the next year.

Since this will be my last time writing as Board Chair I need to thank all those whose participation with Minneapolis Intergroup made this past year a great success. To our groups and their representatives, I thank you for your attendance at our monthly meetings, your interest and support was most impressive. Early in this Fiscal Year, October 1, 2022 to September 30, 2023, we communicated that we expected a challenge to our budget. The groups and individual AA’s responded in unprecedented fashion. As a result Intergroup’s financial strength has been enhanced.

The Intergroup staff has again performed in an outstanding way, day in and day out you have provided outstanding support. And our Intergroup Office Manager, Gail S., has been the glue keeping the office functioning in a highly professional manner. We are truly fortunate to have such a fine staff.

Our Intergroup Committees continue to provide excellent support to the Staff, Board and groups. A special thank you to all of the appointed members of these committees.

And lastly, I would be remiss if I didn’t thank the Board Members who will be rotating off the Board: Dan S., Betsy G. and Tanya L. All three have significantly contributed to the success of Minneapolis Intergroup. I wish you the best in your future endeavors.

As for myself, it has been an honor and a privilege to have served on the Minneapolis Intergroup Board of Directors. Thank you all for allowing me to be of service.

Your Board Chair, Mike A.



Intergroup Board

Board Officers

Chairperson Michael A.
 Co-Chairperson Betsy G.
 Secretary Grace C.
 Treasurer John M.

Board Members

Tanya L. Steve S.
 Jeff A. Mark M.
 Christina M. Dan S.
 Maverick M. Kelli B.
 Gail S. Office Manager, Ex-Officio

General Service District Board Liaisons

District 7 Grace C.
 District 13 Maverick M.
 District 14 Steve S.
 District 17 Kelli B.
 District 18 Betsy G.
 District 19 Jeff A.
 District 20 Cory S.
 District 21 Dan S.
 District 22 Mark M.
 District 24 Tanya L.
 District 25 Christina M.

Intergroup Staff

Gail S. Office Manager
 Erin D. Office Assistant
 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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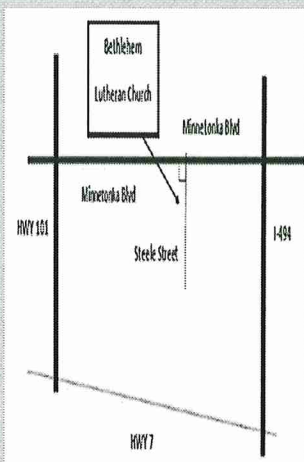
Metro District General Service Meetings

- District 7** Second Monday, 6:30 pm
 Zoom Meeting ID: 851 2052 3806
 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

- | | |
|-------|--|
| 10/7 | Importance of Singleness of Purpose
His Story |
| 10/14 | Step Four/ Tradition Four
Her Story |
| 10/21 | What are A.A.'s Three Legacies?
His Story |
| 10/28 | Step Five/ Tradition Five
Her Story |



The Intergroup Rep Meeting will be held at Bethlehem Lutheran Church 16023 Minnetonka Blvd. Minnetonka, MN 55345
This is a HYBRID meeting.
Thursday, October 26th at 6:30pm

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

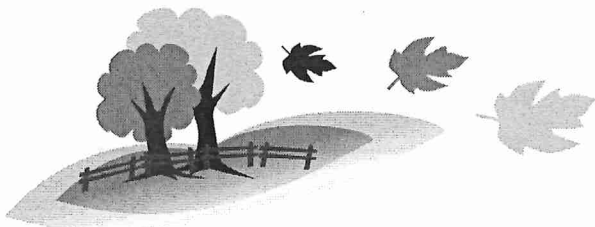
CONCEPT X

Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

Concept X is another example from Bill W. outlining how and why our 12th Step work is possible at all levels of our service triangle, up and down. The groups, at the top of our triangle, have mechanisms for communicating needs and wants down our service structure, whether it's to be added to an agenda at District or Area, or to propose an agenda item for the upcoming General Service Conference.

Imagine if we didn't grant the authority to explore, and carry out these requests in equal measure with the responsibility. Nothing would ever get done, we'd be constantly seeking permission, rather than taking action. The still suffering alcoholic would be relegated as almost an afterthought. Bill knew we needed a way to move forward, regardless of how the world changed, staying true to our primary purpose, if our Fellowship was to thrive.

Through this essay Bill reminds us of the previous concepts, and how they all weave together. We don't just arrive at Responsibility and Ultimate Authority, rather we get here through other guidelines which ensure communication, thoughtful consideration, servant leadership at all levels, as well as right of decision, and right of appeal. These guidelines allow us the peace of mind that all voices are heard equally. Concept X also lays out some avenues of recourse should we get a little off track along the way. However, when we arrive at Responsibility and Ultimate Authority through the proper paths we want and need those we are asking, be it our set up team at the home group, or the trustees of the General Service Board, and all trusted servants in between, to be empowered to carry out the request unencumbered by micromanaging. They are trusted servants. In this way our Fellowship is able to be true to our primary purpose to carry the message to those who don't know they need us yet, rather than get caught up in infighting or argument.



Bill ends this essay with these words, which I will also leave you with:

To sum up: Let us always be sure that there is an abundance of final or ultimate authority to correct or to reorganize; but let us be equally sure that all of our trusted servants have a clearly defined and adequate authority to do their daily work and to discharge their clear responsibilities. All of this is fully implied in A.A.'s Tradition Two. Here we see the "group conscience" as the ultimate authority and the "trusted servant" as the delegated authority. One cannot function without the other. We well know that only by means of careful definitions and mutual respect can we constantly maintain a right and harmonious working balance.

Meg H.

Delegate Area 36/Panel 73

Founder's Day Volunteers Needed

Volunteer Sign Up

Date

First & Last Name

Street Address (include Apartment #)

City, State, ZIP Code

Check here if okay to text

Cell Phone (include Area Code)

Home Phone (include Area Code)

Email Address

Name of Home Group

I am interested in volunteering to:

_____ Registration (Ticket Sales, name badges)

_____ Greeters at Meetings

_____ Staff at Information Center

Please remember that everyone who attends the event, including volunteers, is required to register.

Return by Mail to:

Founder's Day Minnesota
P.O. Box 390138 Minneapolis, MN 55439

Return by Email to:

FoundersDayMinnesota@gmail.com

The Twelve Traditions - How They Apply In Our Lives

TRADITION 10 - Alcoholics Anonymous has no opinion on outside issues, hence the A.A. name ought never be drawn into public controversy.

Recently I was asked to give a lead at a meeting on Tradition Ten and like any good alkie, I got out the “Twelve and Twelve,” started to read and was once again awed by our miraculous, God-inspired program.

Tradition Ten says that Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy. No AA group or member should ever, in such a way as to implicate AA, express any opinion on outside controversial issues, particularly those of politics, alcohol reform or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters, they can express no views whatever.

What a tall order for a know-it-all alcoholic of my type who likes to throw her opinion around—even when I don’t know what I am talking about! Sure I think I know, good intentions and all, but I have learned over the years that what I believe to be the truth at one point in my life, may not be the same at another time because I am continually changing and growing. I have also learned that my experience is not going to be a cookie cutter

version of someone else’s. We all have our own personal paths when it comes to our recovery. Tradition Ten brings good news for me as a member of my AA group, reminding me that I should not get involved with any outside issues because I could offer some real bad advice. If I go back to this Tradition, it tells me the answer—share your experience, strength and hope and try to keep keep your opinions to yourself. Tradition Ten protects our meetings from going off course. I’ve seen it happen. At fellowship one evening, talk about a political candidate came up. It was obvious some were passionate about this person, but not all of us. I was not “for” this particular figure, but I didn’t say anything so as to avoid a heated debate. The tone of the conversation was already heightened without adding fuel to the fire. It is a clear-cut example of why outside issues belong outside. If this was going on during my first-ever AA meeting, I may not have come back. I also am grateful that when I came into Alcoholics Anonymous the group did not ask me about my religious beliefs. At that point, I felt I had tried religion, and it did not work. Over my years of sobriety I have personally ventured out in all kinds of different directions around religion, but I don’t bring the details into my AA groups, and it has never been a topic at any of my meetings.

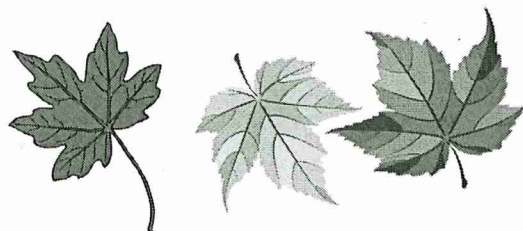
Wouldn’t it be downright dangerous if we had an opinion either way regarding the use of doctor-prescribed medications such as anti-depressants? Tradition Ten saves us again! The risk of having an opinion in all of these examples is that the newcomer might think the entire movement of Alcoholics Anonymous believes this way, and we will lose them. I pray to remember that I represent my AA group and not “the world according to Cheryl group.”

Our Traditions are the glue that holds us together. Without this Tradition I would die as the group would die because we would no longer be talking about alcoholism—the reason we are here in the first place.

BY: CHERYL B. | NORTH RIVERSIDE, IL

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Founder's Day Minnesota 2023

Celebrating 83 Years of AA
in the Upper Midwest and
Honoring AA Members with
One Year of Sobriety!



Scan to learn
more!

**Celebrate sobriety with a banquet,
great speaker meetings,
hospitality suites and A.A.,
AI-Anon and YPAA activities.**

Featured Speakers: Lillie H., Portland, ME
Beverly B., Lewisville, TX
Michael D., Sioux Falls, SD

\$25 Registration
TBD Registration & Banquet

Location

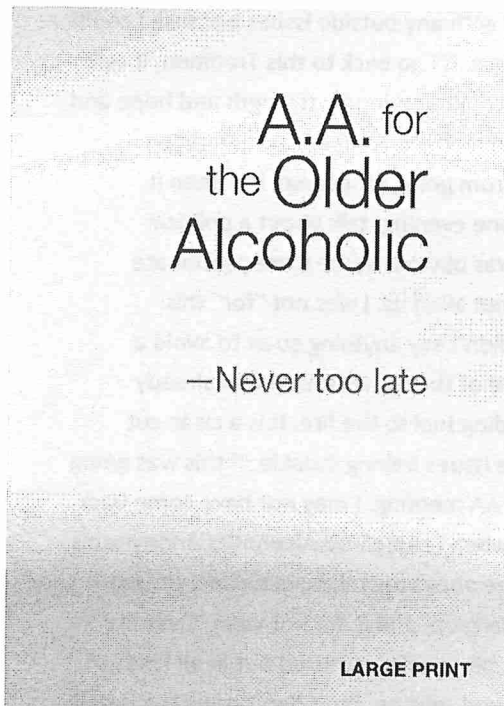
Special room rates with
early reservations:

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Bloomington - Minneapolis South
7800 Normandale Blvd
Bloomington, MN 55439

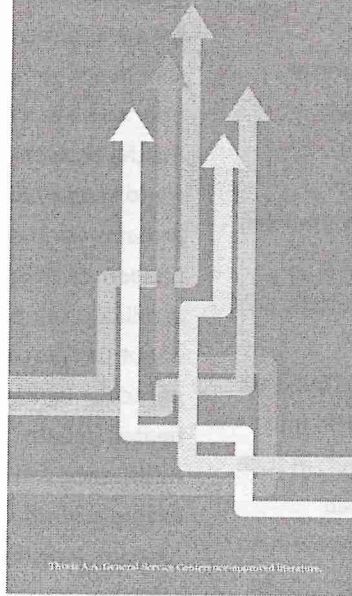
952.835.7800 or 800.222.8733

Register online
FoundersDayMN.org

AA Book of the Month:
A.A. for the Older Alcoholic
(New)



Many Paths
to Spirituality



A.A. Pamphlet of the Month:
Many Paths to Spirituality

Grapevine Book of the Month:
Forming True Partnerships



**FORMING TRUE
PARTNERSHIPS**
How AA members use the program
to improve relationships

Group Contributions - August 2023 Thank you all, in the Spirit of Hope.

2218 Squad 73	Good Samaritan Group	Nicollet AA Group	Steps Forward Group
Agnostics In Recovery	Gratitude Group	Norwood Young America AA	Steps to Serenity Westwood
Amigo's II Group	Happy Destiny	Parkway AA Group	Suburban North Alano Squad 86
Birds of a Feather	Hope AA	Polaris Group	Suburban North Alano-Squad 13
Bridges AA Group - Prior Lake	It Might Have Been Worse	Practical Experience	Sunday Night Step & Tradition Meeting
Buffalo Thursday Big Book	Kozy's Noon Men's AA	Primary Purpose 2218	Sunrisers (Thursdays)
But A Symptom	La Nueva Esperanza	Primary Purpose Group	The Hand of AA
Cavalier Club Two Roads	Ladies Night Happy Hour	Prospect Park AA Group	The Way Out Big Book
Cavalier West Thursday Big Book	Mainstreters AA (Plymouth II Alano)	Rich/Blmngtn Alano Sunday	The Way Out Group
Changing Lanes AA	McRae AA Squad	Ringmasters AA Group	Third Tradition Group of AA Northfield
Colfax Tuesday AA Group	Meditation At Peace	River Valley AA Group	Tonka Alano Society
Complete Defeat AA Group	Minnetonka Big Book Study	Rule 62 Cavalier	Tradition Three AA at St. Joseph Church
Crushed Grapes	Minnetonka Senior AA	Sahara Tues 8pm Men's	Tradition Three Group Waconia
Design for Living	New Beginning AA	Saturday Night Live Group	Twelve West AA Group
Eagan Tuesday Nite AA Group	New Hope Alano - Squad 12	Senior Men's Barn Group	Wayzata Women's
Embers In The Fire	New Hope Alano Squad 10	Serenus AA Group	We Are Not Saints
Fourth Dimension AA Group	New Hope Alano Squad 20	Squad 2 A Design For Living	Women's AA Group at Elim
Foxhall Chapter 7 Group	New Hope Alano Squad 44	St. George Thurs Night Group	Women's Big Book Study Buffalo
Garage Dogs Mens Group	New Hope Alano-Squad 16	St. Louis Park Sun Night AA Group	You Are Not Alone
	New Hope Squad 6	St. Martin's Monday Group	

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.

Group Contributions/Birthday Plan** August 2023 Foxhall Chapter 7(x3), Tradition Five

**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.

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

Gethsemane Lutheran Church
715 Minnetonka Mills Rd., Hopkins, MN 55343

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

October Events

October 20th and 21st

40th Annual St. Cloud Roundup
St. Cloud River's Edge Convention Center
Registration: <http://www.stcloudroundup.org>
St. Cloud, MN

Every Sunday of the month

French Toast Breakfast
8:00 am to 12:00 pm
2218 First Ave South, Mpls

1st Wednesday of the month

Bike Night-Stop In-Stretch Your Legs
6:00 pm – 10:00 pm
Free Fellowship - \$5 Burgers, Chips, Soda, Coffee
2218 First Avenue South, Mpls

General Service Announcements

October 21st

Area Assembly – Budget Assembly
New Ulm Conference Center
9:00 am – 5:00 pm
New Ulm, MN

December 2nd

Area Committee Meeting
Remote ZOOM Meeting
Committees 9:30 am – 11:30 am
GSR/AIt 10:30 am-11:30 am optional
Area Committee 12:30 pm-5:00 pm

IG Office Renovation

Office improvements are
scheduled the week of
OCTOBER 30TH, 2023.

Due to construction there
will be limited access to the
office. Please call before
coming in to make
purchases.

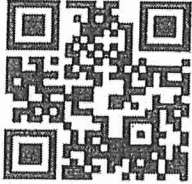
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