

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

October 2025 *Step, Tradition, Concept Ten*

Step Ten

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

It's quite impressive how many great suggestions the Big Book authors were able to pack into the page and a half (p. 84 - 85) that talk about Step Ten! Working the first nine steps, we cleared away the wreckage of the past which prepared us for a new way of life. With Step Ten, we continue to watch for selfishness, dishonesty, resentment and fear and I love how it says that "when," not "if," these crop up we take certain actions to make right our wrongs. This is where I remember it's progress not perfection, for after all we are not saints! When selfishness, dishonesty, resentment, and fear do crop up, we ask God to remove them, discuss them with our sponsor, make amends if we harmed anyone and immediately turn our thoughts to someone we can help.

In my experience, following these suggestions has had the power to completely turn my day around. Early in sobriety I would often have resentment and fear crop up while at work. Rather than having a rough day, my sponsor suggested that I do a spot inventory as soon as I got that bad feeling inside. I learned to stop, pray, write a quick inventory including my part and immediately call my sponsor to talk about it. I can think of countless times sitting in my car over a lunch break to do this exercise and then make amends for something hurtful I said or did. When done, I could once again feel the freedom of having my side of the street clean. It was then easy to turn my thoughts towards being helpful to others rather than being frustrated and self-centered. I could once again wear life like a loose cloak and remember that love and tolerance is our code.

Step Ten also reminds us that we are not cured of alcoholism; rather we get a daily reprieve contingent on the maintenance of our spiritual condition. It suggests that each day is a day when we must carry the vision of God, as we understand him, into all our daily activities. This has proven to be incredibly helpful in getting out of my head and instead turning my attention to how I can be of service to others. Regularly reminding myself that "Thy will be done, not mine" gives me a sense of comfort and ease to move through the day with good intentions.

Following these suggestions helps us stay spiritually fit and able to be happy, joyous, and free. Grateful to trudge (walk with purpose) the Road of Happy Destiny with you!

In love and service,
Nicole S.
Corcoran, MN



"Being wrong is NOT one of my problems—so how can I take inventory?"

139

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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 2025 is: “Working Together, Increasing Trust.”

Over the past nine months in this role as Office Manager for Minneapolis Intergroup, I am filled with deep gratitude for the incredible first Intergroup Board I have had the privilege to serve alongside. Transitioning into this position has been both challenging and rewarding, and the success of our office—as well as my own growth as a special worker—comes directly from the steady support, wisdom, and encouragement of this dedicated group. As five remarkable members rotate off this year, I want to express my heartfelt appreciation for their service. Their commitment has been inspiring, and I know their example will live on in the continuing members and those who will soon be elected to serve. With fresh perspectives and renewed energy on the horizon, the future of our Intergroup and Service Office shines bright.

I also want to highlight the joy of the recent ICYPAA convention held here over Labor Day weekend. It has been more than 40 years since an International Convention of Young People in A.A. was hosted in Minnesota, and what a gift it was! Minneapolis Intergroup had the privilege of selling literature and joining in the weekend’s fellowship. The host committee’s dedication was extraordinary, and the experience of seeing alcoholics of all ages come together, filled with the spirit of hope, was nothing short of inspiring. It was a powerful reminder of our singleness of purpose and of **Tradition Ten**, which helps keep us focused on carrying the message without being distracted by outside issues. The energy of that gathering was electric, and it spoke volumes about the strength and future of our fellowship.

As we look forward, I am more hopeful than ever about the work ahead. Our Intergroup stands on a strong foundation built by those who came before, guided by the principles of A.A., and strengthened by the passion of those serving today. Thank you to everyone who has walked this journey with us—together, we are building a future full of connection, service, and hope.

With Gratitude & In Service,

Erin D., Your Office Manager

Notes from Your Board Chair:

A Grateful Farewell from the Board Chair

As I write this final article in my role as Board Chair, I do so with mixed emotions. On one hand, I’m filled with joy as we continue the spirit of rotation—welcoming new board members and officers who will carry forward our mission with fresh energy and perspective. On the other hand, I find myself in a quiet moment of sadness, stepping away from a role that has deeply enriched my life over the past three years. Serving this remarkable organization and working alongside so many dedicated individuals has been an experience I will always cherish.

This past fiscal year has been one of transition and transformation. We’ve seen beloved office staff move on to new chapters in their journey, and we’ve welcomed new faces who bring their own passion and commitment to our shared journey. We’ve embarked on a thoughtful modernization of our operations, always with the goal of better serving our AA community in the most prudent and transparent way possible. Among our accomplishments; we implemented new accounting software and financial reporting methods to ensure accuracy and timeliness for the Fellowship, we reviewed and refined key processes, introducing new ideas to support smoother transitions for incoming board members, staff, and volunteers, and we made strategic adjustments to our organizational structure and finances, embracing both behind-the-scenes efficiencies and visible initiatives like the Grateful Giver and Round-Up programs.

As in our personal programs of recovery, the work is never truly done. It requires ongoing commitment, unity, and a shared belief in the power of service. I’m deeply grateful for your patience, your understanding, and your steadfast support as we’ve navigated both challenges and triumphs together.

Thank you for the honor of allowing me to serve in this capacity. I look forward to seeing many of you at future Intergroup events—and continuing to walk with you on this path of service, fellowship, and hope.

With gratitude,

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.	
Erin D.	Office Manager, Ex-Officio

General Service District Board Liaisons

District 7	
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
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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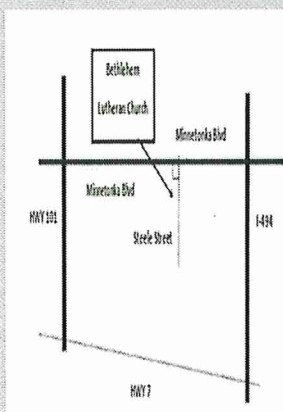
Metro District General Service Meetings

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,
October 24th
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

10/4	Self Support and A.A.'s Vital Services Her Story
10/11	Step Eight / Tradition Eight His Story
10/18	Local Service Office— Minneapolis Intergroup Her Story
10/25	Step Nine / Tradition Nine His Story

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

Concept X

Concept X – Short Form:

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

Concept X – Long Form:

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 of Alcoholics Anonymous underscores a principle fundamental to effective leadership and service: responsibility and authority must go hand in hand. In any structure, whether our home groups, districts, areas, or our General Service Conference, it is essential that the authority to act matches the responsibility given.

When authority exceeds responsibility, decisions can seem arbitrary, leaving members feeling excluded or overruled. Conversely, if responsibility outweighs authority, trusted servants are left unable to fulfill their duties effectively, which can frustrate both the servant and the fellowship they serve. Concept X, therefore, provides a safeguard for balance, clarity, and accountability.

This concept also stresses the importance of defining authority clearly. Traditions, resolutions, job descriptions, and charters serve as guiding tools that outline the 'walls of our sandbox', the boundaries of our service positions.

Concept X teaches us both humility and trust. Our leaders are reminded they are not rulers but servants, entrusted with both responsibility and the authority needed to carry it out. When authority is exercised within our society, the group conscience can function smoothly, ensuring that the ultimate authority — a loving God as expressed through that conscience — is respected.

In practice, Concept X ensures that AA's service structure remains effective, balanced, and accountable, preserving unity while empowering trusted servants to carry out the vital work of recovery.

Doug H.

Delegate Area 36 Panel 75

REFLECTIONS ON CONNECTIONS

Board Intergroup Connection

When I moved back to Minnesota a few years ago, I was not attending AA meetings as I should have been. When I eventually hit my emotional bottom and needed to find meetings in my area, I depended on Intergroup's up-to-date meeting listing. Intergroup board members spoke enthusiastically about their service at the podiums of the meetings I attended, getting me interested—really for the first time—in the idea of service beyond my groups. And as I have sponsored women over the years, I have been so grateful that someone is available on the phones 24/7 and someone at the office will give the shaky newcomer meaningful volunteer work to do so they don't have to go through the cravings alone. Intergroup is a vital part of anyone's recovery if they let it be.

Karleen K.



The Twelve Traditions - How They Apply In Our Lives

Tradition Ten

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

Tradition 10 [long form]- 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.

My home group reads "How It Works" at every meeting. Our rotation of meeting topics includes The Traditions. Often those leading a meeting on a Tradition will share the importance of the Traditions and describe them as "Why It Works". I find that statement powerfully accurate. Without the guiding principles and admonitions contained in the Traditions, Alcoholics Anonymous might not have survived its adolescence and grown into the worldwide Fellowship we are so blessed to have today.

Not surprisingly this "Group of Drunks" needs help in protecting itself firstly from itself. Directions on how to deal with money, property, prestige and yes, the ever-present alcoholic ego. Without help confusion, anger and chaos from differing opinions can destroy a meeting and prevent us from completing our primary purpose of helping the still suffering alcoholic both in and outside the rooms.

Also, the protective shield of the Traditions keeps a world full of outside issues at bay. Thus, the importance of Tradition 10 and it's more recognizable short form-Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

Alcoholics Anonymous membership contains a wide spectrum of personal beliefs that are just that, personal. AA as such takes no position on those beliefs but instead promotes the concept contained in Tradition 1-Our common welfare should come first; personal recovery depends on AA unity.

Today we find ourselves living sober in a world that often appears to be drunk. Stark political schisms abound; the reality of racial prejudice shows its ugly face; personal sexual identities are questioned and "hooray for our side" religious beliefs surround us.

Alcoholics Anonymous needs to stand strong and resolute in the eye of this societal hurricane raging all around us. With the help of the Traditions and specifically Tradition 10 in these trying times, we can remain happy, joyous, and free. Living examples of sobriety that will attract those in need to our Fellowship.

Only with a conscious effort by each individual member and each group to embrace the message of the Traditions can we keep our rooms a safe-haven for all. A solution-based environment where members can find, enjoy and grow personal recovery.

Tom S
New Hope Alano

As by some deep instinct, we AAs have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one.

Bill W.

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UNITY

**The Intergroup Office
will be closed on:
Wednesday October 1st, 2025
for
INVENTORY**

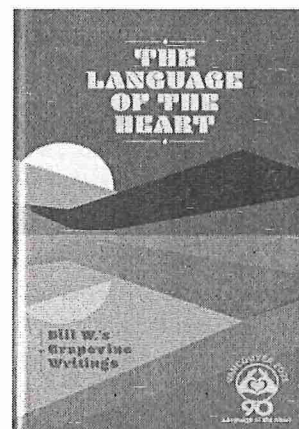
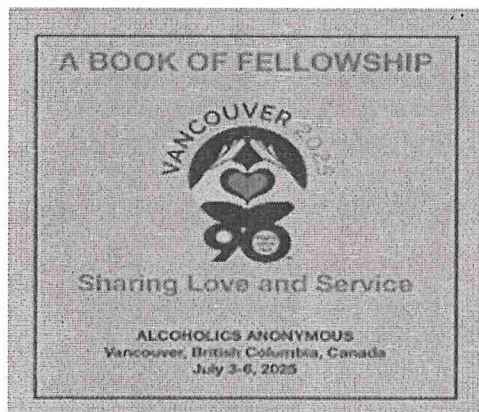
AA Book of the Month:

**A Book of Fellowship-90 Years
of Sharing Love and Service**

**A.A. Pamphlet of the
Month:
Too Young?**

**Grapevine Book of the
Month:**

**The Language of the Heart-
International Convention
Commemorative Edition**



Group Contributions - August 2025 Thank You

A Better Way AA
A Vision for You
Andover Alano - Squad 11
Andover Alano Squad 4
Andover Alano Squad 5
Andover Alano Squad 9
As Bill Sees It - Delano
Basic 12 Golden Valley
Big Book and Meditation at Peace
Blaine Alano Squad 10
Bloomington Alano Squad 14
Breakfast Club-Saturday A.M.
Bridges AA Group - Prior Lake
Central Pacific Group
Complete Defeat AA Group
Continuous Action
Coon Rapids Alano Sq 11
Cottagewood Meeting AA
Design for Living
Desire Meeting
Eagan Tuesday Nite AA Group
Elk River Alano Squad 2
Elko New Market Weds Group
Eternal Vigilance
Excelsior Wednesday Night Group
For Today Group
Foxhall Chapter 7 Group

Friday Men's Step Meeting
Golden Valley Group
Gratitude Group
Happy Destiny
Kozy's Noon Men's AA
Ladies Night Happy Hour
Life is Good AA Group
Lynnhurst AA Group
Mainstreeters AA (Plymouth II Alano)
Medina AA Group
Meditation At Peace
Minnetonka Big Book Group
Monday Primary Purpose Group
New Freedom - Chanhassen
New Hope Alano AA Groups
New Hope Alano Squad
Norwood Young America AA
Oasis Group -- Shakopee
Parkway AA Grp
Practical Experience
Prospect Park AA Group
Ridge Runners II Group
Rojo Group
Rule 62 Cavalier
Sahara Sunrise
Sahara Thurs Men's Group
Saturday Night Live Group

Senior Men's Barn Group
Sisters in Step
Squad A - Depth and Weight
St. Lukes Saturday Men's Group
Step Sisters Mon PM
Suburban North Alano Sq 7
TGIF Women's AA Group
The Becker Group
There is a Solution - Mtka
Third Tradition Group of AA
Three Legacies
Thursday Night Big Book in Buffalo
Thursday Night Womens Group
Tradition Three AA at St. Joseph
Church
Tuesday Morning Step Group (Buffalo)
Tuesday Night Grace AA
Tuesday Night Grace AA
Turning Point Women's BB Monday
Watertown AA - Wednesday
Women's Big Book Study Thurs Buffalo

Thank
You

THANKS

Group Contributions/Birthday Plan August 2025
Foxhall Chapter 7**

**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 Intergruip. 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

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

UPCOMING Events

October 18, 2025

Area 36 Southern Minnesota Area Assembly

9:00am—4:00 (Hybrid)

Jordan Community Center

500 Sunset Drive, Suite #19

Jordan, MN 55352

October 25, 2025

Joint Area 35 & Area 36 Corrections Workshop

9:30am—3:30pm

Jack & Jim's Event Center

11025 Duell Road NE

Foley, MN 56329

October 25, 2025

District 14 Workshop 2025

"The Three Legged Stool"

9:00am—Noon

Buffalo United Methodist Church

609 8th Street NW

Buffalo, MN 55313

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

Double Tree 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

Founder's Day Minnesota 2025

Celebrating 85 Years of AA
In the Upper Midwest and
Honoring AA Members with
One Year of Sobriety!

**Saturday
November 29, 2025
8:30AM - Midnight**

**Join us for a full day of fellowship and
celebration featuring:**

Featured Speakers:

- ★ Billy C.
Pasadena, CA, A.A.
- ★ Norm W.
Tijeras, NM, Al-Anon
- ★ America K.
Escondido, CA, A.A.

- AA & Al-Anon Speakers
- History Panel
- Pat Cronin Talk
- Call Up Step Meetings
- Hospitality Suites
- Banquet
- Dance

**Activities and
Accommodations at:**

**DoubleTree by Hilton
Bloomington - Minneapolis South**

7800 Normandale Blvd
Bloomington, MN 55439

952.835.7800 or 800.222.8733

As always, special room rates are available
at the hotel.

PRE-REGISTER TODAY!

Sign up Today - Save \$5!

\$25 - Pre-Register
\$30 - Day of Event
\$60 - Banquet Ticket

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Hospitality
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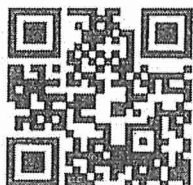
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