

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

October 2026 *Step, Tradition, Concept Ten*

Step Ten

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

Step Ten: Keeping My Side of the Street Clean

Step Ten says, "Continued to take personal inventory and when we were wrong promptly admitted it." To me, this means that recovery is not something I did once when I worked my first nine Steps. It is a daily practice of looking honestly at myself, recognizing when I get off track, and being willing to correct it.

I use the word FRED G to help me remember what I need to watch for:

F — Frightened.

Fear can quietly take over my thinking. I can become afraid of losing something, being rejected, making a mistake, or not getting what I want. Step Ten reminds me to recognize fear when it appears rather than allowing it to control my actions.

R — Resentful.

Resentment is one of the easiest ways for me to lose my spiritual balance. When I find myself replaying what someone did or said, I need to look at my part rather than concentrating only on theirs. I can ask my Higher Power to remove the resentment and then consider what action I need to take.

E — Ego.

My ego wants to be right, recognized, appreciated and in control. Step Ten gives me an opportunity to stop and ask myself, "Is this really about the situation, or is this about me?" Sometimes the most spiritual thing I can do is admit I was wrong, let go of being right, and move forward.



D — Dishonest.

Dishonesty isn't always a big lie. Sometimes it is withholding something, exaggerating, making excuses, or not being honest with myself about my motives. Step Ten calls me back to truth and reminds me that when I am wrong, I need to admit it promptly.

G — Grateful.

Gratitude changes where I put my attention. Instead of focusing on what I don't have, what someone did to me, or what I think should be different, I can look at what is good and what I can give back. Gratitude moves me away from self and toward usefulness.

The Big Book gives me a practical way to put this into action. It says, "When we retire at night, we constructively review our day" p86. I can ask myself:

Was I resentful, selfish, dishonest or afraid? Do I owe an apology? Was I kind and loving? What could I have done better? And perhaps most importantly, was I thinking mostly about myself, or was I thinking about what I could do for others?

The purpose isn't to beat myself up over everything I did wrong. The Big Book specifically cautions against slipping into worry, remorse or morbid reflection. Instead, I review my day, ask my Higher Power for forgiveness, and ask what corrective action is needed.

For me, Step Ten is about keeping my side of the street clean. FRED G helps me recognize what is happening inside me, make things right when necessary, and then let go and move forward. It keeps me honest, humble, and grateful—and reminds me that recovery is a way of living, not simply something I completed.

Nora H. Stillwater, MN

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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 2026 is:

“Humility in Action”

Office Notes

A New Year of Service, Growth & Fellowship

October marks the beginning of a **new fiscal year at Greater Minneapolis Intergroup**, and with it comes another opportunity to grow, serve, laugh, learn, and experience the incredible fellowship that happens when A.A. members come together for a common purpose.

As I write this, our new Board members have not yet been elected, but by the time you are reading it, we will be welcoming them! I am excited to see what this new Board year brings and grateful to everyone willing to stand for a position and give their time and experience in service to Greater Minneapolis Intergroup.

Before we move forward, I want to give a **HUGE thank-you** to our four Board members rotating off: **Andy D., Pam N., Jennifer M., and Mark S.** Thank you for the time, energy, ideas, patience, laughter, and service you have given Intergroup. Our fellowship is stronger because members like you continue to show up and say yes to service.

October also gives us an opportunity to look at **Step Ten, Tradition Ten, and Concept Ten.**

Step Ten reminds us to continue taking personal inventory and, when we are wrong, promptly admit it. That principle is just as valuable in service as it is in our personal recovery. We will make mistakes. We will have different ideas. What matters is our willingness to look at ourselves, learn, make corrections, and keep moving forward together.

Tradition Ten reminds us that Alcoholics Anonymous has no opinion on outside issues. In a world filled with things that can divide us, A.A. gives us a place where we can focus on

the one thing that brings us together: **helping the alcoholic who still suffers.**

And **Concept Ten** reminds us that every service responsibility should be matched by the authority necessary to carry it out. When we trust our trusted servants to do the jobs we have asked them to do—and provide the support and tools they need—we allow our service structure to work as it was intended.

As we begin another year, I am looking forward to more **growth, fun, service, and amazing fellowship.** One of the greatest gifts of working at the Intergroup office is getting to see A.A. in action every day: volunteers answering phones, members carrying literature, committees planning events, people stopping in to help, newcomers looking for a meeting, and alcoholics simply sitting together sharing experience, strength, and hope.

There is always a place for you here.

Thank you to our outgoing Board, welcome to our incoming Board, and thank you to **every volunteer, Intergroup Rep, committee member, group, and individual member** who makes Greater Minneapolis Intergroup what it is.

Here's to another amazing year of being the **hand of A.A.**

In love and service,
Erin D.

Office Manager
Greater Minneapolis Intergroup

Notes from Your Board Chair:

As I write this final article at the conclusion of my term as board chair, I am filled with overwhelming gratitude. Serving as your chair this year has made it beautifully clear that the true heart of this Intergroup office lives in every member who connects with it.

Our Intergroup ecosystem is a wonderful blend of dedicated volunteers, staff, and countless A.A. members and groups. Together, this combined support forms the backbone of our community and makes carrying the message possible.

I want to extend my deepest thanks to the members, representatives, groups, staff, and fellow board members who have made this journey a true highlight of my sobriety. Throughout my entire term, you have made me feel consistently supported, valued, and accepted. Thank you all for your unwavering commitment to helping the still-suffering alcoholic through Intergroup services.



Intergroup Board

Board Officers

Chairperson	Angelique P.
Co-Chairperson	Pam N.
Secretary	Jennifer M.
Treasurer	Thomas D.

Board Members

Melissa A.	Brian B.
Tina C.	Andy D.
Richard M.	Bob T.
Mark S.	Richard M.

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	Richard M.
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

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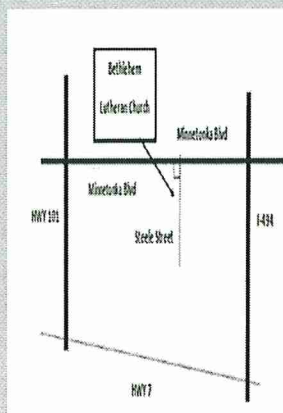
Metro District General Service Meetings

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, 7:00 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, October 22 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

10/03	A.A. Service Entities: District & Area Her Story
10/10	Step Ten/Tradition Ten His Story
10/17	A.A. World Services/General Service Office Her Story
10/24	Step Eleven/Tradition Eleven His Story
10/31	Anonymity as a Spiritual Principle Her Story

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

Concept Ten

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 asks us to look honestly at how we treat the people who serve us. It's a simple fairness principle dressed up in service language: don't hold someone accountable for something they don't have the authority to actually control.

Are we treating each other with dignity and respect? Are we bringing our recovery to our service work? Are we making our General Service work attractive to all for our future servants?

Concept X is our answer to that drift. It teaches us to be deliberate: define the job, then define the power that comes with it, and write both down where everyone can see them. That clarity isn't bureaucracy — it's how we protect trusted servants from being set up to fail, and how we protect the group conscience from being quietly overridden.

There's a spiritual dimension here too. Matching authority to responsibility is an act of trust. It says we believe the people we've chosen are capable of carrying what we've handed them — and it frees us from the temptation to look over every shoulder once a decision has been rightly delegated. In that sense, Concept X is really about respecting each other enough to let go. Are we trusting our trusted servants?

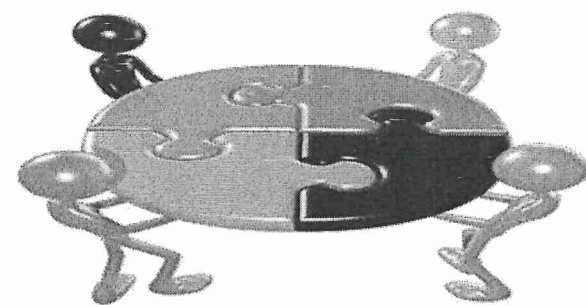
In Bill's words from Twelve Concepts Illustrated pamphlet - "To sum up: Let us always be sure that there is an abundance of final

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."

DougH

Panel 75 Area 36 Delegate

serving on Conference Literature



**The Intergroup Office
will be closed on:
Thursday October 1, 2026
for Inventory
(Phones are answered
24 hours/day 365 days/year)
See aaminneapolis.org for meet-
ing closing announcements during
holidays**

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

The Traditions seem to highlight examples how *not* to support the primary purpose at the center of all A.A. Traditions, Tradition Five, "...to carry its message to the alcoholic who still suffers." Tradition Ten addresses what might be the quickest way to fail a fellow sufferer.

I think of my baffled self upon entering a meeting for the first time, what would have sent me running, never to return. Topping that list might be any aggrandized cult-of-personality (12th Tradition), or any upfront fee for any help I might find there (3rd Tradition). But any kind of controversial, political, or religious imposition would certainly have turned me away faster than anything. I can't even give a hypothetical example without the likelihood of triggering a debate. ("You're using Russet potatoes in the group potluck potato salad?! Everyone knows it's got to be Yukon Gold!")

The pamphlet "The Twelve Traditions Illustrated" simply depicts a member of a group lambasting "that infamous piece of rubbish known as House Bill No. X7-11-121" in the name of A.A. and of the group, and the ensuing mutiny. Interestingly, that pamphlet has several paragraphs of text further explaining every illustration of each Tradition except Tradition Ten. This one really does speak for itself. It's so simple, yet difficult to practice in real life (...sound familiar?)

I'm grateful my first meetings were as welcoming as they were. I have a friend in the program who returned in a new city after years of further "research" to find a meeting that was not keeping Tradition Ten in mind as the trusted servant and regulars were openly disparaging a political candidate and party right up until the preamble. My friend knew the Traditions and dismissed the incident to go find different meetings, but a true newcomer wouldn't know that was an outlier. I would have probably dismissed all of A.A. (I was,

after all, looking for any reason to dismiss it). In a lot of cases, these opinions on outside issues touch some of the very resentments that kept me drunk, miserable and isolated. The newcomer shouldn't be the one expected to demonstrate love and tolerance on day one. Nor can one set of explicit ideologies apply to and benefit a majority of problem drinkers. It's got to be simple. Free of any distractions.

It is through the group's tolerant and unbiased atmosphere that I eventually would come to know a deeper compassion for others. Sharing space and fellowship with this unlikely lot of seemingly disparate people has introduced me to solutions I never would have found in a self-imposed echo chamber.

It's also pretty exhausting to be "right" all the time! "We have ceased fighting anything or anyone." (p 84) Excluding my own biases from my conduct among Alcoholics Anonymous not only spares me the fatigue of nurturing any disagreement, it helps the chances that I won't drive someone away from what's probably their best chance at getting well.

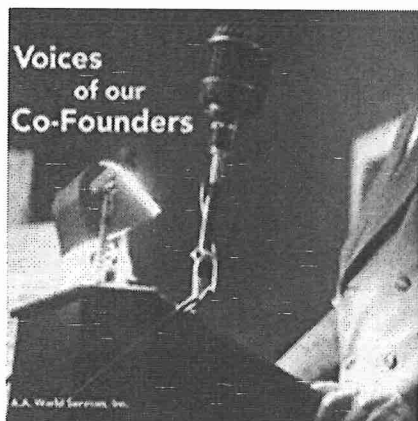
As Dr. Bob said in his final remarks, "let's not louse it all up!"

Paul V., Minneapolis, MN

This Month in A.A. History

- Oct 1939** 1st central committee formed in Cleveland; 1st example of A.A. rotation
- Oct 1939** Journal of American Medical Assoc gives Big Book favorable review
- Oct 1944** First non-American branch started in Sydney, Australia
- Oct 2, 1944** Marty M. founds National Committee for Education on Alcoholism, later called National Council on Alcoholism
- Oct 1951** Lasker Award give to A.A. by American Public Health Association
- Oct 1954** "Alcoholic Foundation" renamed the "General Service Board of A.A."
- Oct 1, 1957** "A.A. Comes of Age" published
- Oct 5, 1988** Lois W. dies

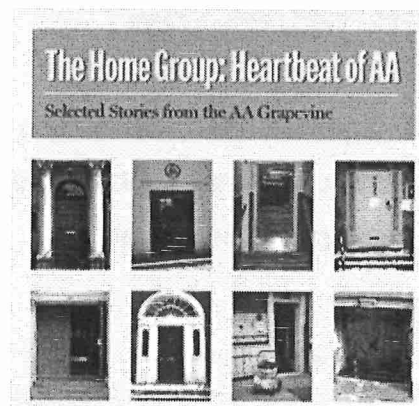
**A.A. CD of the Month:
Voices of Our Co-Founders**



**A.A. Pamphlet of the Month:
Questions and Answers on
Sponsorship**



**GV CD of the Month:
The Home Group:
Heartbeat of AA vol 2**



Group Contributions - August 2026 Thank You

7-Hi Group

A Vision for You
AA Orientation Meeting
Andover Alano Sq 4
Andover Alano Sq 9
Artists & Musicians AA
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
Chunks & Measures Squad 88 at 2218
Continuous Action
Crushed Grapes
Elk River Alano Squad 5
Extravagant Promises
Foreword XIX Group
From the Heart Friday Delano
Gratitude Group
Happy Destiny
Hole in the Doughnut Group
Isanti Alano Squad 12

Isanti Thursday Night 530 Big Book
It's Noon Somewhere-Bloomington Groups
Joy of Helping Others 37957
Kozy's Noon Men's AA
Ladies Night Happy Hour
Lakers Saturday Morning AA
Living Sober AA Group(Burnsville)
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.
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 Mtg
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. George Thurs Night
St. Luke's Mon Nite AA Group
St. Martin's Mon Nite 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** August 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.

CORRECTIONS WORKSHOP

Area 35 & 36 together to serve the
Incarcerated People of Minnesota

Saturday, October 24, 2026

9:30 AM to 3:30 PM

Jack & Jim's Event Center

11025 Duelm Road NE
Foley, MN 56329



REGISTER FOR IN PERSON AND ONLINE

Coffee and Cake for all! Lunch Buffet for \$20

Guest speaker Valerie M.

With nine years of experience with the Minnesota Department of Corrections, she has served in several roles before finding her passion in Religious Services. Today, she coordinates, trains, and supports volunteers who provide faith-based programming, helping create opportunities for growth, hope, and positive change within corrections.

Guest speaker Troy F.

Currently serving as Area 24 Corrections Chair, Troy brings a powerful perspective as a formerly incarcerated person. He will share his inspiring journey through incarceration, recovery, and sobriety, and the impact of carrying the message into correctional facilities.

To register by mail, include your name, telephone number and check for lunch if desired to: JJH - 6166 16th Ave SE - St Cloud - 56304

Questions or concerns? (320)828-6174

I am responsible. When anyone, anywhere, reaches out for help, I want
— the hand of AA always to be there. And for that, I am responsible.

UPCOMING Events

October 11, 2026

Amery Alano Society Gratitude Banquet

5:00pm—8:30pm

Lake Wapogasset Lutheran Bible Camp

1204 74th Ave

Amery, WI 54001

October 24, 2026

43rd Annual St Cloud Roundup

9:00am—10:00pm

Calvary Community Church

1200 Roosevelt Rd

St Cloud, MN 56301

October 25, 2026

"Mrs." Marty Mann

2:30pm—4:15pm

Mount Olivet Lutheran Church

5025 Knox Ave S, Minneapolis, MN 55419

October 27, 2026

The Basic Twelve 39th Anniversary

6:30pm—8:30pm

Valley of Peace Lutheran Church

4735 Bassett Creek Drive

Golden Valley, MN 55422

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

**FOUNDER'S DAY MINNESOTA**

FOUNDER'S DAY
MINNESOTA

86 YEARS STRONG IN THE UPPER MIDWEST
Celebrating Sobriety. Honoring One Year Milestones. Building Community.

—JOIN US FOR A FULL DAY OF FELLOWSHIP & CELEBRATION—

**FEATURED SPEAKERS**

10a

Debbie D.

Concord, CA
Alcoholics Anonymous

3:15p

David E.

Chicago, IL
Al-Anon

7:30p

Brent H.

Los Angeles, CA
Alcoholics Anonymous

**EVENT DETAILS**

**SATURDAY,
NOVEMBER 28, 2026
8:30a-MIDNIGHT**

**LOCATION**

**DOUBLETREE
BLOOMINGTON
MINNEAPOLIS SOUTH**
7800 Normandale Blvd,
Bloomington, MN

**WHAT TO EXPECT**

- Powerful AA & Al-Anon Speakers
- AA History Panel
- Al-Anon & YPAA Workshops
- Call-Up Step Meetings
- Hospitality Suites
- Banquet Dinner Tickets Available
- Dance & Celebration

TICKETS

\$25 Pre-Registration

\$30 At the Door

\$60 Banquet

**HOTEL**

HOTEL ROOM BLOCKS AVAILABLE
HOSPITALITY SUITES AVAILABLE

Hospitality Suites &
Hotel Information Available
FOUNDERSDAYMN.ORG

REGISTER TODAY!

—CELEBRATING RECOVERY TOGETHER SINCE 1940—

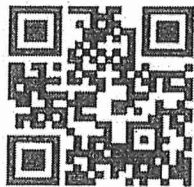
INTERGROUP ASSOCIATION
7204 W. 27th St., Suite 113
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