

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

September 2025 *Step, Tradition, Concept Nine*

Step Nine

My name is Matt, and I am an alcoholic.

The word I used to describe how I felt when I first came to Alcoholics Anonymous is 'dirty'. During my drinking years, I said and did things I was ashamed of — both when drunk and sober. I carried resentments that influenced my actions, and I couldn't imagine ever making things right. When I read Step 9 — *"Made direct amends to such people wherever possible, except when to do so would injure them or others"* — I knew there was work ahead. But seeing it also gave me something I hadn't felt in a long time: hope. Hope that came mixed with fear.

I wanted to clean things up immediately, to find relief. But I learned there was a process. My sponsor explained that I needed to first work steps 1 – 8 - in order. That actually gave me a chance to settle down a little – I just needed to do the next thing in front of me. In a meeting, I heard someone say, "If you do Step 9 too soon, you won't know what you're making amends for." It took me a little while to accept that. But eventually I did. So, after completing my Fourth Step inventory, sharing my Fifth Step with my sponsor, and becoming willing in Steps 6 and 7, I made my Step 8 list. With that list in hand, my sponsor helped me decide where to start on step 9.

Some people I approached were simply glad I was sober. They didn't feel they needed an amends, and many forgave me right away. Others were indifferent. In those cases, I found peace in knowing I had shown up sincerely. The important thing I learned is that amends are not the same as apologies. It's not about just saying "I'm sorry." True amends mean making a sincere effort to change the behavior that caused the harm in the first place. Sometimes that change happens through direct conversations. Other times, it happens quietly over time, by living differently.


trusting my Higher Power with the outcome. The promise my home group made was that if we do these things 'you will feel clean inside and good things will happen to you'.

Most days I do feel this way and I recognize the good things in my life.

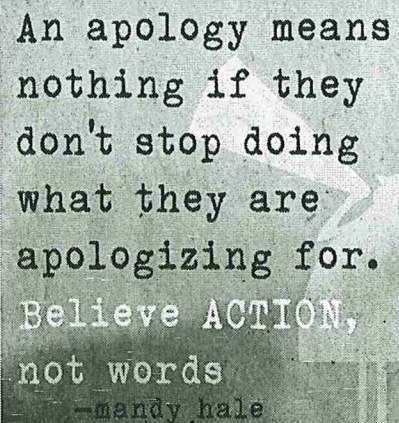
Working Step 9 has brought me some peace. It has helped heal relationships and also allowed me to accept when they likely won't be fully repaired. Most of all, it has given me a new way to live. Today, my actions usually match my words, and today I can take responsibility when I fall short. Step 9 isn't about fixing everything perfectly. It's about showing up, being honest, and trusting my Higher Power with the outcome. The promise my home group made was that if we do these things 'you will feel clean inside and good things will happen to you'.

Most days I do feel this way and I recognize the good things in my life.

Matt B., Maplewood, MN



The best apology
is changed behavior.



An apology means
nothing if they
don't stop doing
what they are
apologizing for.
Believe ACTION,
not words
-mandy hale

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 2025 is:

“Working Together, Increasing Trust.”

A Heartfelt Thank You for a Beautiful Summer Open House

Thank you to everyone who came out to join in this fun event—whether you stayed inside while the storms passed, helped cheer on games and activities outdoors once the skies cleared, benefited from picking up literature with a discount, or simply enjoyed the fellowship being together. Your laughter, smiles, and willingness to be part of the day made it a true celebration of community and connection.

I am especially grateful to the Board Committee and staff who worked to plan the event, and to all of the volunteers who showed up ready to serve—despite the August morning storms throwing us a few surprises. From last-minute changes to an unexpected power outage, things didn't always go as planned, but the spirit of the program carried us through. By leaning on patience, flexibility, and each other, we found ourselves living out the principles of A.A. in action, and everything came together for a great day together. Every helping hand, every word of encouragement, and every burst of laughter reminded us that we are stronger together. What could have been challenges turned into opportunities to grow stronger and closer as a community. We are reminded once again how service and unity give life to our program.

Thank you to everyone who helped make the Unity Summer Open House a success. Whether you organized, volunteered, or simply showed up to be present, your contribution mattered. Together, we created a day full of joy, gratitude, and fellowship that we will carry with us until we gather again.

Please consider running for an open Board seat this month! Elections will be held during the September Intergroup Rep meeting on September 25th, 2025, using third legacy voting. In the spirit of service and community, consider stepping up for the annual intergroup elections to join the Intergroup Board. Aligning with the principles of Alcoholics Anonymous, this opportunity is not just about leadership but about supporting our service center in helping others on their recovery journey. Serving on the Board allows you to embody the A.A. principle of unity, helping to create an environment and direction where individuals can find connection, support, and hope. Through your service, you can contribute to the shared mission of carrying the A.A. message, fostering sobriety, and building the fellowship that has positively impacted so many lives.. Service is a vital part of our program. By participating on the Board, you can help shape the direction of our Intergroup and ensure that the voices of all members are heard. If you're interested in serving, please visit AAMinneapolis.org for more information on resumes and further details. Together, let's strengthen our community and ensure the hand of A.A. remains strong and always available to those who want it.

With Gratitude & In Service,

Erin D., Your Office Manager

Notes from Your Board Chair:

It is hard to imagine that this is my second to the last article I will write as your Chair of the Board of Directors. As I look back not only on this last year but over the past three years of my service, I can say that I have never had a service commitment to date that has so inspired, challenged, and taught me so much. It has given me the opportunity to see and feel the great depth of spirit our fellowship shows through a shared genuine love, respect, and desire to serve and safeguard this common solution, our new way of life in recovery that Intergroup supports with everything it does. Blessed and grateful is how I end my tenure.

Blessed and grateful that 3 years ago, the representative body of Intergroup through its reps gave me the opportunity to serve this great organization and support its mission from the inside out. Blessed and grateful to have served with so many wonderful people and to have played just a small part in the inner workings of Intergroup. Blessed and grateful to you all, in any way, shape, or form, that you have been a part of this great mission Intergroup undertakes 24/7. Next month I would like to share some specific items we as a board have worked diligently on over this last year. Till next month, take care and thank you for your love and support!

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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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.

Metro District General Service Meetings

District 7	Second Monday, 6:30 pm 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

Intergroup A.A. Orientation Open Meetings

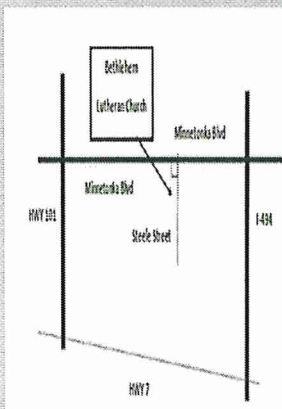
The Saturday Orientation Open Meeting takes place every week at 10 A.M. In person at Bethlehem Lutheran Church 16023 Minnetonka Blvd. Minnetonka, MN

9/6	The History of A.A. & Its Founders Her Story
9/13	Step Six / Tradition Six His Story
9/20	A.A. Literature— The A.A. Grapevine Her Story
9/27	Step Seven / Tradition Seven His Story

The Intergroup Rep Meeting will be held at

Bethlehem Lutheran Church
16023 Minnetonka Blvd.
Minnetonka, MN 55345

This is a HYBRID meeting.
Thursday, September 26th at 6:30pm



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

Concept IX

Short Form of Concept IX: Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the Trustees.

Long Form of Concept IX: Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

Explanation & Discussion:

Concept IX emphasizes that effective leadership is critical to the ongoing stability, unity, and success of Alcoholics Anonymous. While AA is built on principles of group autonomy, equality, and our group(s) conscience, the service structure still needs trusted leaders—people who are willing to take on responsibilities, make difficult decisions, and guide our fellowship toward its primary purpose: carrying the message to the alcoholic who still suffers.

In the early years, this leadership naturally came from AA's co-founders, Bill W. and Dr. Bob. They served as visionaries, organizers, and moral compasses for the movement. As AA grew and spread, it became clear that leadership could no longer rest on the shoulders of a few individuals. The responsibility was passed on to the General Service Board of Trustees and other elected servants at every level of our fellowship.

Leadership in AA, however, is perhaps different than we are accustomed to; AA's leaders are not commanders; they do not issue orders or enforce compliance. Instead, they are trusted servants who guide through example, patience, humility and from earned trust.

Concept IX also reminds us that all members play an equally important role. Even the most capable leaders cannot function without the cooperation and goodwill of those they serve. This means that AA members at all levels have a responsibility to support their leaders, offer constructive feedback, and participate actively in the group conscience process.

In Bill W.'s essay on Concept IX, he reminds of that leadership is a continuous problem and that we all need to continually find the right people to be our future servant leaders. I have always assumed that part of service and the subsequent rotation is for us to continually encourage and work with our potential replacements.

Leadership is service in action, and it is sustained by the

Leadership is service in action, and it is sustained by the spiritual principles of honesty, humility, patience, and love.

With a solid understanding of Concept IX, our fellowship can remain strong, focused, and ready to help the next suffering alcoholic.

Doug H.

Delegate Area 36 Panel 75

REFLECTIONS ON CONNECTIONS

I stumbled upon AA Intergroup when I was 19 and doing community service. I had left Colorado and moved back to Minnesota after drinking myself out of there. I had skipped court for several minor consumption violations and had a bench warrant in Colorado. I was mandated to do alcohol education classes, pay a fine, and complete community service hours. I was doing community service for an organization that found resources for unhoused youth. Somehow, my ventures in finding these resources led me to Intergroup.

I knew little of AA from my cousin who got sober several years prior by going to AA. A nice man greeted me at the office and asked how he could help. I went into how I came to be in that room, dumping on this patient man my story. He calmly listened and gave me some pamphlets. He also handed me a *When and Where*. I apologized; I didn't have any money to purchase it. He said, "Don't worry. Just hang onto it - you might need it someday". I didn't understand at the time what he meant.

That someday came very soon after our chance meeting. I pulled out the little booklet and found a meeting close to where I lived. I look back on this day, over 20 years ago, and am grateful for the journey that brought me to that little Intergroup office on a random day in June 2002.

Crissy H.

The Intergroup Office

will be closed on:

**Monday September 1st
for Labor Day**

Our Third Legacy is Service. Be one of a twelve member Board. Term is 3 years, Only requirement is minimum 5 years of sobriety.

Board Elections

Thursday, September 25th
6:30pm

Resumes are due in the office on September 11th. Copies of all candidates will be mailed to all registered Intergroup Reps for their group's to review. Each Intergroup Rep has one vote.

Does your group have a Rep?

Board Announcement

Annual Board Elections For Mpls Intergroup Board

Held at the
Intergroup Reps Meeting on
Thursday, September 25, 2025
6:30 p.m.

Board Resume forms available at the Intergroup Office
Or they can be filled out on our website at
www.aaminneapolis.org

There will be 4 openings that are a 3-year term
(Details of the position are on the backside of the resume)
3rd Legacy Voting Procedure Used

**RESUMES TURNED INTO THE INTERGROUP OFFICE
BY SEPTEMBER 11TH ARE MAILED TO EACH
INTERGROUP REP TO VIEW BEFORE THE ELECTIONS.
RESUMES RECEIVED AFTER THAT DATE ARE
PRESENTED AT THE MEETING.
NOMINATIONS ARE ACCEPTED AT THE MEETING ON
ELECTION NIGHT ALSO!**

The Twelve Traditions - How They Apply In Our Lives

Tradition Nine

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

AA is pretty simple: An alcoholic who has experience with the AA program shares their experience, strength, and hope with another alcoholic who wants to get and stay sober. There is no authority here, no organization or automation, no compulsion to follow rules or punishment for stepping out of line.

We meet frequently so newcomers can find us. When it comes to the AA group, a little organization is necessary. Who will make the coffee? What is the format? How much money are we contributing to the service entities after covering group expenses? And who is making these decisions? Who, exactly, is in charge here? Hint: The answer is in Tradition Two.

But what about those general services that go beyond what is possible for the local group: "such as publication of a uniform literature and public information resources, helping new groups get started, publishing an international magazine, and carrying the message in other languages into other countries" (AA Service Manual, S15)? This is where the framework of the US Canada General Service Conference structure comes in.

Our ultimate authority is God as expressed through the group conscience. What does that actually look like in an organization as large as Alcoholic Anonymous? An upside-down triangle! Whereas other organizations (such as corporations) have a top-down structure where decisions are made by a few people at the top and carried out by the many members at the bottom, AA's decisions are made by its many members at their home groups. Whether these decisions are carried out by the group, district, area, intergroup, General Service Conference, or General Service Board, trusted servants are responsible to the groups they serve. There is still no authority of one member over another. There is no authority of a board or committee, not even the General Service Office, over the group. We are here only to serve.

"It is clear now that we ought never to name boards to govern us, but it is equally clear that we shall always need to authorize

workers to serve us. It is the difference between the spirit of vested authority and the spirit of service, two concepts which are sometimes poles apart. It is in this spirit of service that we elect the AA group's informal rotating committee, the intergroup association for the area, and the General Service Conferences of Alcoholics Anonymous for AA as a whole. Even our Foundation, once an independent board, is today directly accountable to our Fellowship. Its trustees are the caretakers and expeditors of our world services." (Tradition Nine, *Twelve Steps & Twelve Traditions*, p. 176-177)

Here are some questions from the AA Grapevine's Traditions Checklist to help apply the principle of Tradition Nine:

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

In gratitude,
Jen M., Apple Valley

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AA Book of the Month:

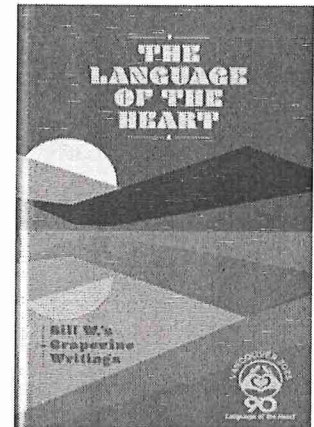
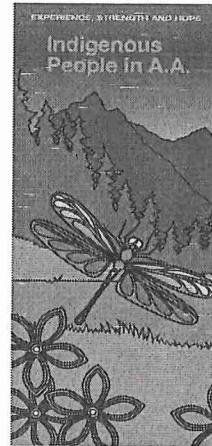
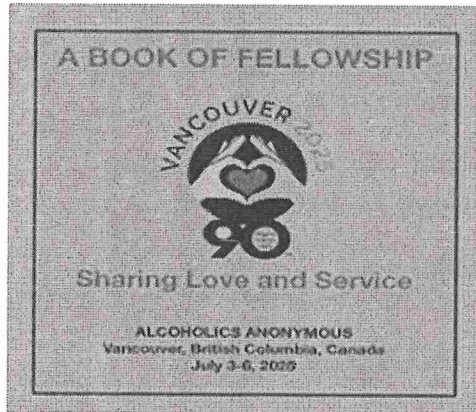
**A Book of Fellowship-90 Years
of Sharing Love and Service**

**A.A. Pamphlet of the
Month:**

Indigenous People in A.A

**Grapevine Book of the
Month:**

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



Group Contributions - July 2025 Thank You

A Better Way AA	Friday Men's Step Meeting	Saturday Night Live Group
A Vision for You	Golden Valley Group	Senior Men's Barn Group
Andover Alano Squad 11	Gratitude Group	Sisters in Step
Andover Alano Squad 4	Happy Destiny	Squad A - Depth and Weight
Andover Alano Squad 5	Kozy's Noon Men's AA	St. Lukes Saturday Mens Group
Andover Alano Squad 9	Ladies Night Happy Hour	Step Sisters Mon PM
As Bill Sees It-Delano	Life is Good AA Group	Suburban North Alano Sq 7
Basic 12 Golden Valley	Lynnhurst AA Group	TGIF Women's AA Group
Big Book and Meditation at Peace	Mainstreeters AA (Plymouth II)	The Becker Group
Blaine Alano Squad 10	Medina AA Group	There is a Solution - Mtka
Bloomington Alano Squad 14	Meditation At Peace	Third Tradition Group of AA
Breakfast Club-Saturday A.M.	Minnetonka Big Book Study Group	Northfield
Bridges AA Group-Prior Lake	Monday Primary Purpose Group	Three Legacies
Central Pacific Group	New Freedom - Chanhassen	Thursday Night Big Book in Buffalo
Complete Defeat AA Group	New Hope Alano AA Groups	Thursday Night Womens Group
Continuous Action	New Hope Alano Squad 9	Tradition Three AA at St. Joseph
Coon Rapids Alano Squad 11	Norwood Young America AA	Tuesday AM Step Group (Buffalo)
Cottagewood Meeting AA	Oasis Group - Shakopee	Tuesday Night Grace AA
Design for Living @ HAUMC	Parkway AA Group	Turning Point Women's BB Monday
Desire Meeting	Practical Experience	Twin Lake Alano Squad X
Eagan Tuesday Nite AA Grp	Prospect Park AA Group	Watertown AA-Wednesday
Elk River Alano Squad 2	Relapse Enders Tues. Womens AA	We Think Not
Elko New Market Weds Group	Ridge Runners II Grp	Women's Big Book Study Thurs Buffalo
Eternal Vigilance	Rojo Group	
Excelsior Wednesday Night Group	Rule 62 Cavalier	
For Today Group	Sahara Sunrise	
Foxhall Chapter 7 Group	Sahara Thurs Men's Group	

Group Contributions/Birthday Plan** July 2025 Foxhall Chapter 7 (2)

**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 Intergruop. 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



September 5-7, 2025

34th Annual Heartland Round-Up

Fri. 3:00pm—Sun. 3:00pm

20033 County 1

Park Rapids, MN 56470

September 13, 2025

1:00pm—6:00pm

Service Above Self

St. Cloud Alano Club

127 7th Ave NE

St. Cloud, MN 56304

September 16-Oct 21, 2025

4th Step Workshop (6 Tuesdays)

7:30pm—9:00pm

Maplewood Alano

1955 Prosperity Road

Maplewood, MN 55109

September 19-21, 2025

West Central Regional Forum

Fri. 6:00pm—Sun. 12:00pm

Hilton Omaha

1001 Cass St.

Omaha, NE 68102

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 Duelm Road NE

Foley, MN 56329

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

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Hospitality
Suite here

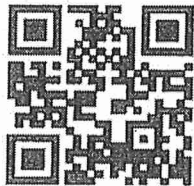
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