

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

September 2026 *Step, Tradition, Concept Nine*

Step Nine

**Made direct amends to such people
wherever possible, except when to do
so would injure them or others.**

I would like to share a 9th step moment that is very dear to me because I swore it was never going to happen.

Me and my two siblings were running a second-generation medium-size business. We also had two minor investors. A CFO who was with the company when it was founded and a COO that did much of the travel and led the sales force. That was our management board.

This management board made decisions on everything from marketing promotions to distribution. We created budgets and reviewed financial statements to evaluate profitability and decide whether adjustments were needed.

Our company had a reputation for being customer friendly and going the extra mile. We had pride in saying a real person answers the phone when you call.

Then things started to change. The COO was able to persuade a majority of board members that we needed to be more aggressive in our attempts to grow. I was not always in agreement with the high-pressure sales tactics being proposed. We were changing from a friendly family-owned business into something I did not like. We overlapped our distributor maps, gave price cuts to larger distributors and yes, we got a phone answering machine and fired the receptionist.

I didn't ever want to go to work or if I did, I would show up drunk. I was able to delegate most of my duties so there was no reason for me to go in at all. Finally, the board said that they don't want me in the office anymore, that I should just stay home. Being part owner, they still left me on the payroll though. I thought Great!

So that is what I did. I stayed home. I drank heavily and I stewed in anger and resentment.

A few years later, the company sold and everyone went their separate ways. For myself, I found sobriety through Alcoholics Anonymous and having a Higher Power to help me along the way.

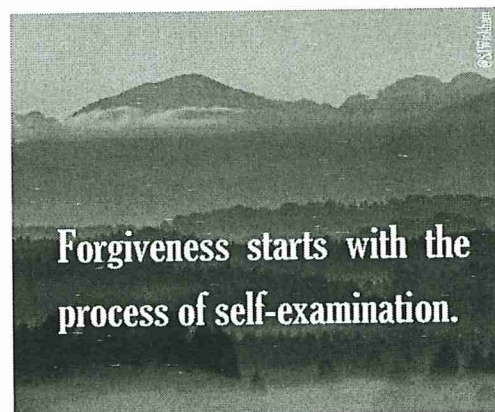
When I made my list of amends, I put the COO's name on my list even though my resentment ran deep and I was not sure if I could even do it. I had completed every name on the list but his. That is where it sat for about two years.

Then something happened. Call it fate or something but suddenly, it seemed right. Me and my wife were cruising from the port where he used to live. I thought what a great chance to ask him about the city and make my amends.

I made the call and he picked up right away. He was very thankful for the call and appreciated my apology for the conflicts we had in the past. We chatted about some of the fun things we had done together in the past. He also asked about my sisters. We were all close once. We were like a family. Then I heard a slight sniffle on the other side of the phone and he said, "You know since the company sold you are the only one that has called me."

Sometimes the amend that is the most difficult can be the most rewarding.

Frank L., Savage, MN



All images are stock photos

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

As summer begins to wind down, I find myself especially grateful for the many people who continue to show up and make the work of Greater Minneapolis Intergroup possible. Our Unity Summer Open House on Saturday, August 15th was a wonderful example of fellowship in action. Thank you to every volunteer, staff member, Board member, Intergroup Rep, group member, and friend who helped prepare, brought supplies, welcomed guests, cleaned up, or simply came through the doors to share in the day. Events like this remind me that Intergroup is much more than an office—it is all of us working together to help carry A.A.’s message.

September brings us to Step Nine, Tradition Nine, and Concept Nine, each offering something important about responsibility, service, and leadership.

Step Nine asks us to make direct amends wherever possible, reminding us that our actions matter and that we have an opportunity to repair, restore, and move forward. That same spirit can be carried into service. We won't always get everything right, but we can remain willing to listen, take responsibility, make corrections, and keep doing the next right thing.

Tradition Nine reminds us that “A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.” Greater Minneapolis Intergroup is a wonderful example of this Tradition at work. Our committees, volunteers, staff, Intergroup Representatives, and Board aren't here to govern A.A.—they are here to serve the groups and members who make our Twelfth Step work possible.

That makes Concept Nine especially timely this month, with its emphasis on good service leadership at every level. We will soon be looking to our fellowship for members willing to stand for four open positions on the Greater Minneapolis Intergroup Board for 2027. Serving on the Board is an opportunity to bring your experience, ideas, enthusiasm, and love for A.A. into the work of Intergroup. I am excited to see who steps forward for what I know can be another awesome year of service!

Before then, I hope you'll join us for our Phone Workshop on Saturday, September 19, during our regular Orientation Meeting time slot. Our 24-hour phone service remains one of the most direct ways Intergroup helps carry the message. Whether you're an experienced phone volunteer, interested in joining the Twelfth Step List, or simply curious about what happens when someone calls A.A. looking for help, please come learn, ask questions, and hear the experience of those who serve.

Thank you again to everyone who made our Summer Open House possible and to every member and group that continues to support Greater Minneapolis Intergroup with your time, participation, contributions, and service.

Step Nine reminds us to take responsibility. Tradition Nine reminds us whom our service structure serves. Concept Nine reminds us how important good leadership is to **carry** that service forward.

What a great way to head into fall—grateful for the summer behind us and excited for all the opportunities to serve ahead!

In Love and Service,

Erin D., Your Intergroup Office Manager

Notes from Your Board Chair:

Led by the Heart: How Tradition Nine Protects Our Personal and Collective Recovery

In my sobriety journey, I have often faced an internal battle between my head and my heart. My head is frequently filled with fear, whispering that I am not good enough. If I had consulted that fearful mind instead of my heart—where my intuition, my sponsor, and my Higher Power reside—I would have missed out on so much.

In A.A., I am continually doing service work that I have never done before, figuring it out along the way. When I finally have a position all figured out, it is time to rotate into a new one. I find that if I am constantly teachable, I am at a much lower risk of getting myself into trouble.

By leaning into my heart, I found the courage to go to a meeting, get a sponsor, work through the Twelve Steps, sponsor other women, and step into service positions. These actions have added immeasurable depth and joy to my life.

Interestingly, this personal shift from the fearful mind to the service-driven heart perfectly mirrors the spiritual essence of Tradition Nine. Our traditions remind us that A.A. ought never be organized, choosing to rely on trusted servants rather than rigid governance. I often pull from my sense of duty to A.A. to walk through uncertainty and grow. If this is what feels right for A.A., chances are it will be right for me as well.

Angelique P., Intergroup Board Chair

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

Articles from A.A. World Services, Inc. and The A.A. Grapevine Inc. appearing herein are reprinted with permission and are not to be considered an endorsement for Greater Minneapolis Intergroup or the MIRUS newsletter. A.A.®, Alcoholics Anonymous® and the AA Grapevine® are registered trademarks of AA World Services, Inc. and the AA Grapevine, Inc.

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.

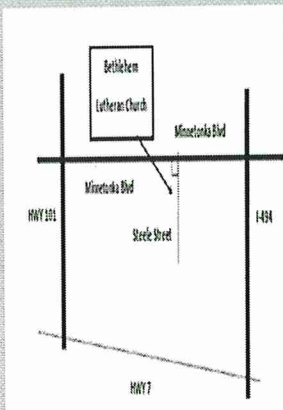
Metro District General Service Meetings

District 7	Second Monday, 6:30 pm 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, September 24 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

09/05	Self Support and A.A.'s Vital Services Her Story
09/12	Step Eight/Tradition Eight His Story
09/19	*INTERGROUP SERVICE WORKSHOP* 1st Step Meeting Offered
09/26	Step Nine/Tradition Nine His Story

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



Concept Nine

Concept IX

Short Form:

Good service leadership, together with sound organizational concepts, is essential to our continued effective functioning. The founders' original service leadership must eventually be assumed by the trustees and the service structure we build to carry it forward.

Long Form:

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.

Reflecting on this concept, we see that leadership in A.A. isn't about authority in the conventional sense — it's about willingness to serve, listen, and serve with humility. We've learned that our fellowship's survival hinges on cultivating trusted servants who understand both the spiritual foundation of our program and the practical mechanics of running a worldwide service structure. This means we actively seek out members with the right blend of experience, judgment, and personal stability, then entrust them with real responsibility rather than just symbolic roles. Do we trust our trusted servants? Are we encouraging those who have come after us to stand for our elections, let the group conscience prevail and become our future leader servants?

Thank God that Alcoholics Anonymous is blessed with so much leadership in each and all of its great affairs!

Bill W. "Leadership in A.A."
September 1968 Grapevine

We also recognize the dichotomy this Concept addresses: too much concentrated power risks recreating the very authoritarianism we've tried to avoid, while too little structure leaves us vulnerable to drift or paralysis. Concept IX asks us to strike that balance — building durable institutions while staying true to our traditions of anonymity, rotation, and group conscience.

Ultimately, this concept reminds us that our future depends on people, not just principles. We must keep developing new leaders, generation after generation, or our structure — however well-designed — won't hold.

Thank you for the privilege to serve as your panel 75 Delegate, Doug H.

**The Intergroup Office
will be closed on:
Monday September 7, 2026
for Labor Day
(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 Nine

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

At first glance, Tradition Nine presents a contradiction: "A.A. as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve." How can a fellowship function without organization yet utilize committees? The answer lies in balancing functional structure with spiritual equality. Tradition Nine goes hand in hand with Tradition Two, which establishes that our only ultimate authority is a loving God as expressed through the group conscience. Our leaders are trusted servants; they do not govern.

To reach the still-suffering alcoholic, we need just enough organization to get the job done—never enough to let one individual or board become a governing entity. Even at A.A. headquarters, staff are hired to handle administrative business tasks according to our Steps, Traditions, and Concepts. The ultimate decision-makers remain the groups via the General Service structure.

A.A. needs no governing body because spiritual laws naturally regulate the fellowship. As page 174 of the Twelve and Twelve indicates, an individual's relapse is not a penalty inflicted by authorities, but the result of personal disobedience to spiritual principles. This applies equally to groups, "Unless there is approximate conformity to A.A.'s Twelve Traditions, the group, too, can deteriorate and die." (P.174)

Because natural consequences enforce sobriety, our structure allows workers to serve us and never govern us. Serving—such as through a District Committee Member role—teaches leadership through humility, relying on members willing to put in time rather than seek power. Ultimately, Tradition Nine protects the Fellowship from human ambition. Page 175 of

the Twelve and Twelve reminds us: "A.A. has to function, but at the same time it must avoid those dangers of great wealth, prestige, and entrenched power which necessarily tempt other societies." By keeping service boards strictly responsible to those they serve, Tradition Nine blocks our egos from breaking A.A. It ensures the fellowship remains humble, versatile, and singularly focused on its primary purpose: carrying the message to the alcoholic who still suffers.

Jen A., Bloomington, MN



THIS MONTH IN A.A. HISTORY

Sept, 1935 Bill returns home from Akron; A.A. begins in NY

Sept, 1937 Florence R. becomes first female member of A.A.

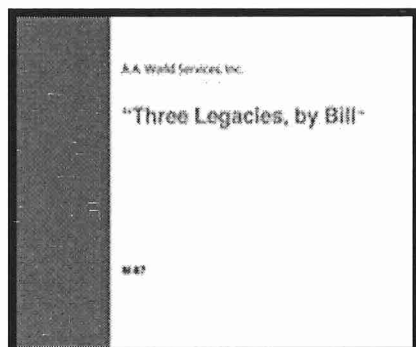
Sept 21, 1938 Bill W. and Hank P. form Works Publishing

Sept 30, 1939 "Alcoholics and God" published in Liberty magazine

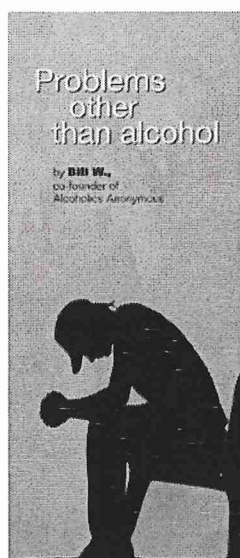
Sept 16, 1950 Dr. Bob passes away

Sept 17, 1954 Bill D., A.A. #3 passes away

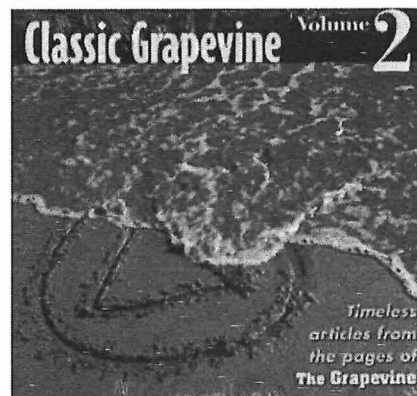
**A.A. CD of the Month:
The Three Legacies**



**A.A. Pamphlet of the Month:
Problems Other Than Alcohol**



**GV CD of the Month:
Classic Grapevine Vol. 2**



Group Contributions - July 2026 Thank You

7-Hi Group
A Vision for You
AA Orientation Meeting
Andover Alano Squad 4
Andover Alano Squad 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
Carry the Message
Chunks & Measures Squad 88 at 2218
Continuous Action
Crushed Grapes
Elk River Alano Squad 5
Eternal Vigilance
Extravagant Promises
Foreword XIX Group
Foxhall Chapter 7 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-Blmgtm 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)
Lost & Found Step Group Zimmerman
Lynnhurst AA Group
Medina AA Group
Meditation At Peace
Minnetonka Big Book Study Group
Mixed Hazelnuts Big Book
New Freedom - Chanhassen
New Hope Alano-Squad 16
No Bull Big Book-Squad 164
Oasis Group -- Shakopee
Plymouth Unity A.A.
Polaris Group
Primary Purpose Group (Burnsville)
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. Luke's Mon Nite AA Group
St. Martin's Mon Nite Group
The Becker Group
There is a Solution - Minnetonka
Third Tradition Group of AA Northfield
This Simple Program
Three Legacies
Thursday Night Big Book-Northfield
Thursday Night Womens Group
Tonka Alano Society
Tradition Five
Tuesday Night Mens -Colfax
Watertown AA - Wednesday
We Think Not
Wednesday Lunch Bunch
West Moore Lake AA Group
Women's AA Group at Elim
Worthy Women's Big Book Study

Group Contributions/Birthday Plan July 2026**

Saturday Sisters - Pax Christi*Hole in the Doughnut* Group Bryant Lake Group

**On their sobriety birthday, many AA members contribute one dollar or more for each year of sobriety to any or all of our four service entities; District, Area Assembly, the General Service Office and the local Intergroup. Some members attribute their birthday contribution to their home group.

MEN AT WORK
PRESENTS
THE 4TH ANNUAL

MONDAY, SEPTEMBER 21ST

A GOLF TOURNAMENT

Proceeds to benefit Minneapolis Area Intergroup
12:00 p.m. Shotgun start / dinner following

FIRST 120 GOLFERS \$195 EA.

BENT CREEK GOLF COURSE
14490 Valley View Rd. • Eden Prairie, MN 55344
"Venmo @ MAW-GOLF2"
CONTACT: RICHARD M. 612-670-3898
BRAD R. 612-508-6211
ANDY J. 507-398-2903



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 —

UPCOMING Events

September 11–13, 2026

35th Annual Heartland Round-Up
Northern Pines Camp & Retreat Center
20033 County 1
Park Rapids, MN 56470

September 12, 2026

Pioneering Women in A.A. Service Workshop
12:30pm—4:30pm
Advent Lutheran Church
9475 Jefferson Hwy
Maple Grove, MN 55369

September 19, 2026

13th Annual St. Cloud Intergroup A.A. Convention
12:00pm—5:00pm
Discovery Church
700 18th St NW
Sauk Rapids, MN 56379

September 21, 2026

4th Annual Golf Tournament
Bent Creek Golf Course
14490 Valley View Rd
Eden Prairie, MN 55344

Open Speaker Meetings

Thursday:

Central Pacific Group, 7:30 PM Hybrid Meeting
511 Groveland Ave., Minneapolis, MN 55403
Foxhall Chapter 7 Group, 7:30 PM Hybrid Meeting ASL
IMMANUEL Lutheran Church
16515 Luther Way, Eden Prairie MN 55346

Friday:

From the Heart Open Speaker Meeting, 7:00 PM
St. Paul's Church of Christ
201 Buffalo St. Delano, MN 55328

Three Legacies, 7:30 PM Hybrid Meeting
Cross of Glory Church
4600 Shady Oak Rd., Hopkins, MN 55343

Saturday:

A.A. Orientation Meeting 10:00 AM
Bethlehem Lutheran Church
16023 Minnetonka Blvd., Minnetonka, MN 55345

Saturday Night Live 7:30 PM

Basilica School 3rd floor (behind the church)
1601 Laurel Ave W., Minneapolis, MN 55403

Saturday Night Open Speaker Meeting, 8:00 PM
2218 1st Ave. S., Minneapolis, MN 55404

Sunday:

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

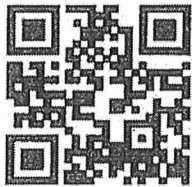
INTERGROUP ASSOCIATION
7204 W. 27th St., Suite 113
St. Louis Park, MN. 55426

NON—PROFIT
ORGANIZATION
U.S. Postage

PAID

Permit No. 416
Hopkins, MN

Change Service Requested



Support ***YOUR*** Intergroup and stay informed!

Annual subscription **only \$12** available in

EMAIL ☐ PRINT ☐

Email _____

Name _____

Address _____

City _____ State ____ Zip _____