

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

October 2024 *Step, Tradition, and Concept Ten*

Step Ten

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

By the time we get to step 10 we already know how to take a personal inventory. However, doing it one time and going over it with a sponsor feels quite different than what the Tenth Step is asking us to do.

The Tenth Step is asking us to keep repeating that rigorous honesty every time we need to. For many, many people who walk the way of Recovery that means DAILY. Doing that on a daily basis can be daunting. After all, it was hard enough to do it once and then talk to somebody else about it. and on top of that, to become willing to show up in the world taking responsibility for what we have done.

Step 10 is the only way we can stay in the way of recovery throughout our lives, as the saying goes, ONE DAY AT A TIME. How many of us have let the housecleaning go for a few days, a few weeks, a few months? Then suddenly, a holiday comes, and we realize that visitors or family are going to see how lazy we have become. If only we had taken a few minutes every day or an hour once a week to do some dusting, some vacuuming, some kitchen cleaning. Then we wouldn't have so much to do to get ready.

The same principle works for the Tenth Step. If we do this daily, then the process becomes less daunting. It becomes part of our daily life, enabling us to turn or return to the way of recovery and to our higher power more easily. It's important to notice that it doesn't tell us who to admit our faults to. Personally, I think it means that we need to admit the faults to ourselves first.

Over the entrance to the Oracle at Delphi in Ancient Greece was inscribed the message "KNOW YOURSELF." Most people came to the Oracle to find out what was going to happen to them in the future. But the oracle's message really revolved around understanding and being true to who you are. That is really what the Tenth Step is about... Knowing who we are. How does thinking about my faults help me understand who I am.

Here is where the Tenth Step sometimes gets misunderstood. It's really not just about what we've done wrong each day, Our inventory should also include what went right... In other words, we can ask ourselves "how did I succeed today?" Or "how did I work my program", or "how did my higher power show up in my life today?"

we recognize in this Step that we continue to be both alcoholics and people in recovery. One frequently unspoken truth is that we don't get over alcoholism, we simply learn to live through it. We can say to ourselves about everything, both negative and positive, "I can sit with this, I can live with this."

This concept harks back to the amends we practiced in earlier steps. My sponsor said the amends that I needed to make to the people I had wronged was simply to say this to them: THIS IS WHO I WAS, BUT THIS IS WHO I AM NOW,. We confess to others evil we have done to them through enduring our drinking days. But we also get the privilege of telling them how our Higher Power has changed us.

Continued On Page 5

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



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 2024 is:

“Connecting with Love, Unity, and Service.”

As we prepare the October newsletter, we are getting ready for the Board Elections that will happen in three weeks. It is always an exciting event to experience the 3rd Legacy Voting procedure. As always too, it is hard to say goodbye to the members rotating off. They are Steve S., John M., Grace C., Thomas D., and Christina M. Each one gave selflessly of their time and energy in support of the operations of the office. I thank them from the bottom of my heart for their service.

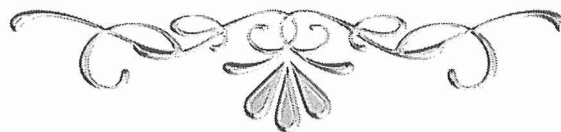
I attended the 39th Intergroup Central Office/AAWS/Grapevine Seminar the end of August held in Las Vegas, Nevada. I only lost \$10. There was eighty-six attendees from all over the United States and Canada. It is an immeasurable experience sharing with others doing the same work. We have a lot of the same issues, which makes it invaluable to hear how others work through them. AAWS gave a presentation about revisions of literature, a new Big Book workbook, and the release of the Plain Language Big Book. If you want to catch the latest news, go to “What’s New” on aa.org. The Grapevine presentation is always my favorite presentation. Their work is connecting to a members personal experiences in recovery,

right from the heart. The newest project I heard about are ASL videos for the deaf on YouTube. Also, Carry the Message Project, where you can buy a subscription and donate to a person in custody, is ongoing. ***There is a waiting list to receive a Grapevine subscription.***

Recently, Terri sold two Swahili Big Books to a couple who were about to travel to Africa. We stock two of every language available. They had been there before a time or two. They mentioned how hard it was for people in this area to get literature due to availability and financially. He told Terri about a group of people sharing a pamphlet. They would pass it around. That is all they had. May God bless this couple for being the hand of AA to carry the message from St. Louis Park, MN to Africa.

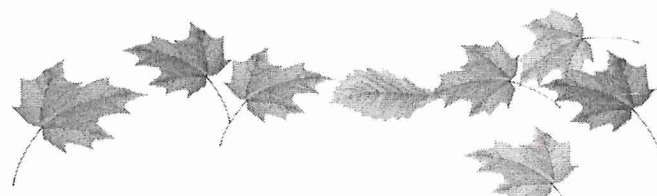
Yours in Love and Service,

Gail S. your Office Manager



Notes from Your Board Chair:

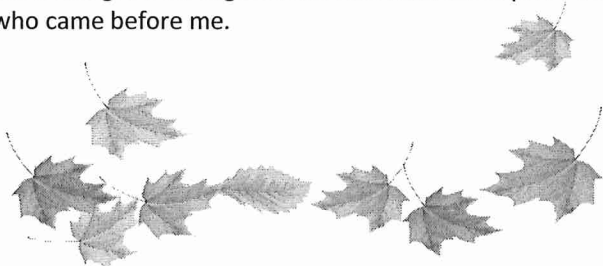
October is the start of a new fiscal year for Minneapolis Intergroup. We will also be welcoming four new members to the Intergroup Board which makes me think of the spirit of rotation. I am grateful that AA’s founders realized the importance of rotating service positions so that the organization relies on the support of all its members rather than just one. “Because of the wise and spiritual principle of rotation, we in Alcoholics Anonymous are blessed with a constantly vital and always growing pool of people.” (Don P., AA Grapevine, June 1996). Most service positions in General Service are two-year terms, but the terms for service positions at meetings can be as short as one month. Groups share the tasks among all the members, and we all share our knowledge and experience with each other. I continue to learn and grow through service and from the experience of those who came before me.



There are quite a few fun events coming up this month. Recovery on the River Jamboree will be held at the Best Western Plus in Eau Claire, WI October 4-6 and you can pre-register for just \$25. On Saturday, October 12th Minneapolis Intergroup is hosting a workshop on volunteer opportunities, 12th Step Opportunities – How to Get Involved, from 11am to 1pm at Bethlehem Lutheran Church in Minnetonka. Finally, on November 2nd there is the statewide Corrections Workshop, Bridging the Gap, which will be held in person at Jack and Jim’s Event Center in Foley, MN as well as online. I hope you all enjoy the first full month of Minnesota fall!

Yours in Service,

Intergroup Board Chair, Kelli B.



Intergroup Board

Board Officers

Chairperson Kelli B.
 Co-Chairperson Jeff A.
 Secretary Maverick M.
 Treasurer Christina M.

Board Members

John M. Steve S.
 Grace C. Mark S.
 Pam N. Thomas D.
 Andy D. Gabriella R.
 Gail S. Office Manager, Ex-Officio

General Service District Board Liaisons

District 7 Pam N.
 District 13 John M.
 District 14 Steve S.
 District 17 Christina M.
 District 18 Gabriella R.
 District 19 Jeff A.
 District 20 Linda M.
 District 21 Andy D.
 District 22 Mark S.
 District 24 Thomas D.
 District 25 Grace C.

Intergroup Staff

Gail S. Office Manager
 Erin D. Assistant Manager
 Terri N. Office Assistant
 Scott F. Office Assistant

Your Intergroup board meets every month at 6:30 pm on the Tuesday before the Rep's meeting in the Intergroup Office.

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
Zoom Meeting ID: 851 2052 3806
Passcode: District7
- District 13** First Tuesday, 7:00 pm
United Methodist Church
10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
- District 14** First Monday, 7:30 pm
United Methodist Church
609 8th St NW, Buffalo, MN 55313
- District 17** Second Tuesday, 7:30 pm
Lighthouse Assembly of God
10478 Bell Ave., Plato, MN 55370
- District 18** Second Thursday, 6:30 pm
Meeting on Zoom
Please email dist18@area36.org for info
- District 19** Second Wednesday, 7:00 pm
Rosemount Community Center, Room 210
13885 S. Robert Tr., Rosemount, MN 55068
- District 20** Fourth Tuesday, 7:00 pm
Twin Lake Alano Club
4938 Brooklyn Blvd., Brooklyn Center, MN 55429
- District 21** Second Tuesday, 7:00 pm
Pilgrim United Methodist Church
4325 Zachary Lane, Plymouth, MN 55442
- District 22** Second Wednesday, 7:00 pm
Vista Lutheran Church
4003 Wooddale Ave. St. Louis Park, MN 55416
- District 24** First Wednesday, 6:30 pm HYBRID
Shakopee Community Center
1255 Fuller Street Shakopee, MN Downstairs
Zoom Meeting ID: 836 0086 5659 Passcode: h5XNU1
- District 25** Second Wednesday, 7:30 pm
Woodlake Lutheran Church
2120 W 76th St., Richfield, MN 55423

Intergroup A.A. Orientation Open Meetings

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

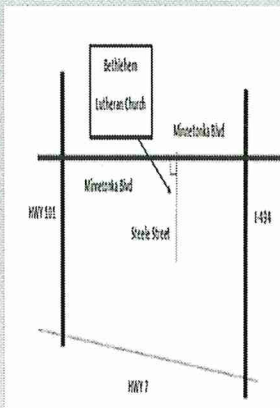
- 10/5 The History of A.A. & Its Founders
Her Story
- 10/12 Step Six / Tradition Six
His Story
- 10/19 A.A. Literature— The A.A. Grapevine
Her Story
- 10/26 Step Seven/ Tradition Seven
His Story

The Intergroup Rep Meeting will be held at

Bethlehem Lutheran Church
16023 Minnetonka Blvd.

Minnetonka, MN 55345

This is a HYBRID meeting.
Thursday, October 24th at 6:30pm



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

CONCEPT X

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

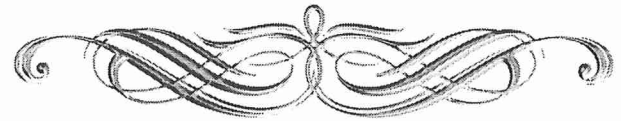
In the rooms I sobered up in I used to hear people say “How does A.A. work? It works just fine!” which is true, in large part to Concept X. Concept X gives all trusted servants in A.A. the defined authority to do the job in front of us, regardless of position. From the dedicated coffee maker or greeter at the home group, right down the service triangle to the trustees, Bill gave us the framework to serve the Fellowship, each other, and the still suffering alcoholic, with the Traditions and the Concepts. The Concept X essay talks of delegated authority along with responsibility.

We must grant the coffee maker the authority to start the coffee brewing so it will be ready in time for the meeting, and in turn the coffee maker has the responsibility to do so. We don't tell the greeter how they must approach and greet people, we don't give them a script, and in turn they have the responsibility to welcome people into the meeting.

This delegation of authority is seen throughout our service structure. What makes it hum, if you will, is the responsibility we shoulder in our positions to see the requested job is accomplished, to the best of our ability. The essay calls to mind the preceding Concepts and talks about how they all fit together so our doors will be open to all who need us. Bill writes of Tradition Two when he says:

All of this is fully implied in A.A.'s Tradition Two. Here we see the “group conscience” as the ultimate authority and the “trusted servant” as the delegated authority. One cannot function without the other. We well know that only by means of careful definitions and mutual respect can we constantly maintain a right and harmonious working balance.

Which reminds us that we in A.A. have a perhaps unique opportunity to serve, to hear all voices, and to rely on the Ultimate Authority of our group conscience when making decisions. We always get to look at the good of the whole, rather than trying to force our individual will on the group.

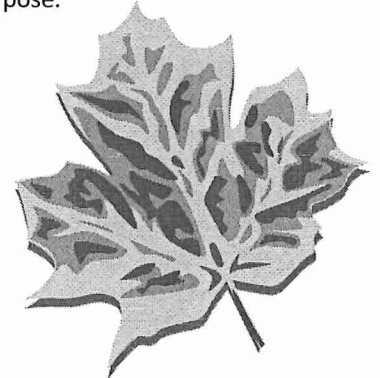


When we trust the Higher Power of our collective understanding to guide our decisions, as we are invited to do, we will always be acting for the good of the whole, and most importantly, for the good of the still suffering alcoholic. This ensures our 12th Step work is effectively carrying out our primary purpose.

In love and service,

Meg H.

Delegate Area 36/Panel 73



Celebrating 56 years of AA
**“12th Step Opportunities—
Getting Involved”**
1968—2024

**Saturday October 12, 2024
11:00 am - 1:00 pm**

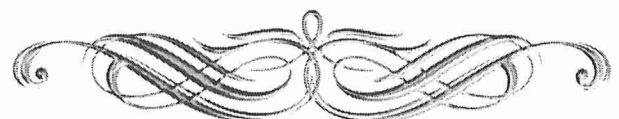
(Lunch Provided)

Bethlehem Lutheran Church
16023 Minnetonka Blvd.
Minnetonka, MN 55345

Being Responsible for Intergroup's 12th Step Services

- Daytime Phone Shifts
- Night Owl Phones
- A.A. Information Talks
- Group Phone Shifts
- Early Bird Phones
- Serving as an Intergroup Rep

All AA members encouraged to attend.





Is **SERVICE** part of your program?

There are A.A. members that
MAKE things happen,
A.A. members that
WATCH things happen,
and A.A. members who
DON'T KNOW how it happens!
WHICH ARE YOU?

**Celebrating 56 years of AA
“12th Step Opportunities—
Getting Involved”
1968—2024**

**Saturday October 12, 2024
11:00 am - 1:00 pm**

(Lunch Provided)

**Bethlehem Lutheran Church
16023 Minnetonka Blvd.
Minnetonka, MN 55345**

**Being Responsible for Intergroup's
12th Step Services**

- **Daytime Phone Shifts**
- **Group Phone Shifts**
- **Night Owl Phones**
- **Early Bird Phones**
- **A.A. Information Talks**
- **Serving as an Intergroup Rep**

All AA members encouraged to attend.

**SPONSORED BY
GREATER MINNEAPOLIS INTERGROUP
Alcoholics Anonymous®**

Alcoholics Anonymous and A.A. are registered trademarks of A.A. World Services, Inc.

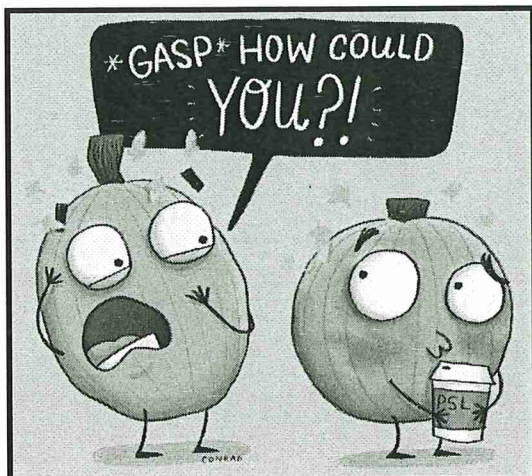
The Twelve Traditions - How They Apply In Our Lives

These questions * were originally published in Grapevine in conjunction with a series of articles on the Twelve Traditions that ran from November 1969 to September 1971. While they were originally intended as suggestions for individual use, many AA groups have since adopted them and use them as a basis for wider discussion.

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

1. Do I ever give the impression that there really is an "AA opinion" on doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? Prescribed medications? Other drugs? Other 12-Step programs? Vitamins? AI-Anon? The federal or state government?
2. Can I honestly share my own personal experience concerning any of those without giving the impression that I'm stating the "AA opinion"?
3. What in AA history gave rise to our Tenth Tradition?
4. What would AA be without this Tradition? Where would I be?
5. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
6. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?
7. Should the meeting secretary intervene to remind AA members about this Tradition if a member starts criticizing one political party compared to others or favoring a religion over others?

Copyright © AA Grapevine, Inc. Reprinted with permission.



Step Ten continued from page 1

This sort of rigorous honesty about what's going right and wrong in our lives leads to the acceptance of ourselves in our situation as it is today, ... not wishing for something different, not sinking in despair over failure, not getting puffed up and proud about what went right.

All the steps are linked to each other, and the 11th step asks us to think seriously about and meditate on the truth of our situation. After that comes the 12th step when the truth of our situation becomes the means of helping others overcome their alcoholism.

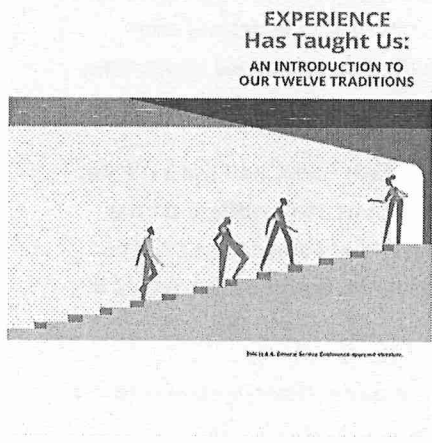
A simple way to put these three steps together is to say in step 10 we evaluate who we are. and step 11 we meditate on who we are. In Step 12 we participate in the life of the world by sharing with others our wisdom strength and hope which we have gleaned through the previous 11 Steps.

For the last three years of my 4 1/2 years of recovery I have practiced a daily inventory. Those inventories have taught me how to grow, how to love myself and how to relate more positively and show up better in the new world which my higher power has helped me construct in Recovery. And what could be better than that?

RavenWolf/ Phil B., Minneapolis

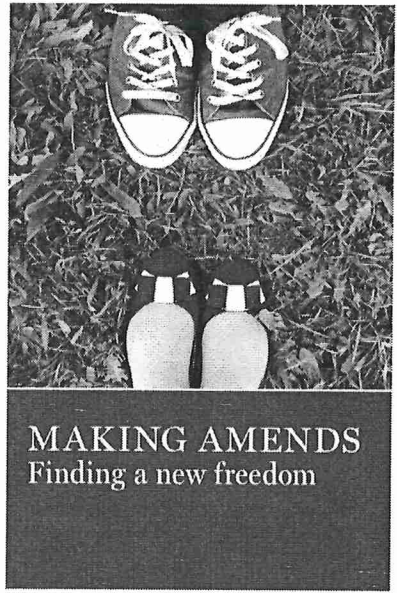
**Minneapolis Intergroup
Office will be closed on
Wednesday,
October 14th in
observance of
Indigenous Peoples'
Day**

A.A. Pamphlet of the Month:
What Experience Has Taught Us



AA Books of the Month:
Our Great Responsibility

Grapevine Book of the Month:
Making Amends



Group Contributions - August 2024 Thank you all, in the Spirit of Hope.

- A Way Out Sunday
- Andover Alano - Squad 11
- Andover Alano Squad 77
- Annandale Lakers
- Anoka Today Alano Squad 26
- Basic Twelve & Twelve
- Big Book and Meditation at Peace
- Bridges AA Group
- By The Book AA
- Cavalier West Thursday Men
- Cedar Lake Women's Group
- Chunks & Measures Squad 88 at 2218
- Common Solution Big Book Study
- Continuous Action
- Crushed Grapes
- Elk River Alano Squad 10
- Elko New Market Weds Group
- Friday Night Shift
- Golden Valley Group
- Grapevine Thursday Night LGBTQ+
- Happy Destiny
- I'll Quit Monday Big Book
- It Might Have Been Worse
- Kozy's Noon Men's AA
- Ladies Night Happy Hour
- Lakeville Sat. Big Book Meeting

- McRae AA
- Minnetonka Big Book Study
- Minnetonka Senior AA
- Monday Primary Purpose Group
- Monticello Alano Squad 10
- New Hope Alano Squad 7
- New Hope Alano-Squad 16
- New Life AA
- No Bull Big Book-Squad 164
- Pearls of Wisdom
- Pocket Our Pride
- Practical Experience
- River North AA
- River Valley AA Group
- Rule 62 Cavalier
- Saturday Morning Fever
- Saturday Night Live Group
- Senior Men's Barn Group
- Serenity Sisters
- SOS AA - Minneapolis
- Squad 2 A Design For Living
- St. Louis Park Sunday Night AA
- Step Sisters of Anoka
- Steps to Freedom Group
- Suddenly the Thought
- Sunday Night Grace

- The Becker Group
- The Hand of AA
- The Promises
- The Way Out Group
- Third Tradition Group of AA
- Three Legacies
- Thursday Night Women
- Tonka Alano Society
- Tradition Five
- Turning Point
- Twelve West AA Group
- Wayzata Women's Group
- We Think Not
- Women's AA Group at Elim
- You Are Not Alone

Every AA group that sends a contribution is sent a receipt along with a "Thank You" letter from the office. It is the responsibility of the group treasurer or trusted servant to share the receipt and "Thank You" letter with their respective group. Every AA group that sends a contribution will be listed in the MIRUS. Upon inquiry your AA group can request a contribution summary.

Group Contributions/Birthday Plan August 2024**
Foxhall Chapter 7 (2) and Tradition Five (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 Intergroup. Some members attribute their birthday contribution to their home group. Those groups receive a receipt and "Thank You" letter from the office and are listed in the MIRUS.**

Calendar of Events

Open Speaker Meetings

Thursday:

Central Pacific Group, 7:30 PM Hybrid Meeting
 511 Groveland Ave., Minneapolis, MN 55403
Foxhall Chapter 7 Group, 7:30 PM Hybrid Meeting
 ASL
 Gethsemane Lutheran Church
 715 Minnetonka Mills Rd., Hopkins, MN 55343

Friday:

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

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

Saturday:

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

Saturday Night Live 7:30 PM
 Basilica School 3rd floor (behind the church)
 1601 Laurel Ave W., Minneapolis, MN 55403

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

Sunday:

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



October 12th

12th Step Opportunities-Getting Involved
 By Greater Minneapolis Intergroup
 Bethlehem Lutheran Church
 16023 Minnetonka Blvd, Minnetonka
 11:00am to 1:00pm
 Lunch provided
 (see flyer on event calendar for details)

October 29th

Basic 12's 37th Anniversary
 Valley of Peace Lutheran Church
 4735 Bassett Creek Dr
 Golden Valley 55422
 6:30pm Potluck/7:30pm Speaker

General Service Announcements

October 19th
 Area Assembly – Budget & Elections
 New Ulm Conference Center
 2101 South Broadway
 New Ulm 56073
 9:00am – 5:00pm
 (In -Person)

Founder's Day Minnesota 2024

Celebrating 84 Years of AA
 In the Upper Midwest and
 Honoring AA Members with
 One Year of Sobriety!

Saturday
 November 30, 2024
 8:30AM - Midnight

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

- Featured Speakers:
- ★ Carolyn Z. Surrey, B.C. Canada, A.A.
 - ★ Ramona C. Chicago, IL, Al-Anon
 - ★ Patt O. Fullerton, CA, A.A.
 - AA & Al-Anon Speakers
 - History Panel
 - Call Up Step Meetings
 - Hospitality Suites
 - Banquet
 - Dance

SCAN ME
 to go to
www.foundersdaymn.org



Sign up Today - Save \$5!
 \$25 - Pre-Register
 \$30 - Day of Event

Activities and
 Accommodations at:

DoubleTree by Hilton
 Bloomington - Minneapolis South

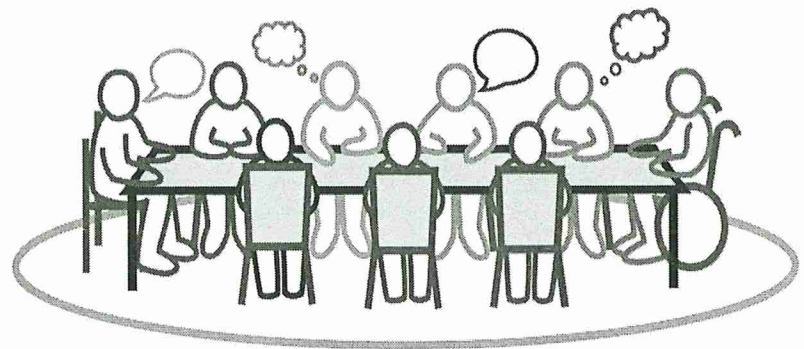
7800 Normandale Blvd
 Bloomington, MN 55439

952.835.7800 or 800.222.8733

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

PRE-REGISTER TODAY!

Groups can
 book their
 Hospitality
 Suite here



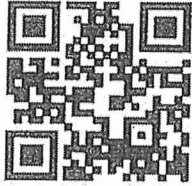
INTERGROUP ASSOCIATION
7204 W. 27th St., Suite 113
St. Louis Park, MN. 55426

NON—PROFIT
ORGANIZATION
U.S. Postage

PAID

Permit No. 416
Hopkins, MN

Change Service Requested



Annual MIRUS subscription: \$10 by mail, or \$5 via email.

Please make checks payable to Intergroup Association and send to:

7204 West 27th Street-Suite 113 St. Louis Park, MN 55426-3112

Please print:

New

Renew

Name _____

Address _____

City _____

State _____

Zip _____

Email Address _____