

# MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

October 2019 Step, Tradition, and Concept Ten

## Step Ten

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

The longer I've been sober, the more I incorporate the steps of the program into my everyday life. It has been said in the rooms of AA that the steps that start with a number one should be done every day. When I first heard this, I stopped to think of the steps that started with one. It then became clear why this was such a good idea.

Of course, we need to do Step 1 each day. "Admitted we were powerless over alcohol – that our lives had become unmanageable. If I don't remember Step 1, I risk going back to using and using means death of a productive and useful life.

The next step in the equation is Step 10. Step 10 is the beginning of the maintenance Steps; 10, 11, and 12. When I go through my day, and I'm disturbed, I often to go Step 10 and try to figure out my part in the discomfort. Am I disturbed because I have unrealistic expectations of life? Am I refusing to accept life on life's terms? Sometimes, I expect everything in life to be easy and pleasant, and then I'm reminded that we exist to grow and learn. Growing and learning means we face our challenges. Step 10 helps me to evaluate my actions, beliefs, and behavior. I want to become a better person, which is a never-ending quest.

To follow the concept of doing all the steps each day that starts with a number one, we are brought to Step 11 and Step 12. Step 11 – Sought through prayer and meditation to improve our conscious contact with God. Step 11 helps me to stay connected with my Higher Power, the life-blood of the program. Step 12 – Having had a spiritual awakening as a result of these Steps, we tried to carry this message to alcoholics, and to practice these principals in all our affairs. Step 12 helps me to remember to carry the message and live the principals of the program each day.

I'm so thankful for the AA Program. Step 10 is the beginning of the maintenance Steps. I'm reminded that I can work this program one day at a time and through the good times and the bad times it offers many blessings to grow in our personal development.

Bonnie F., Minnetonka, MN

**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](http://www.aaminneapolis.org) • email: [info@aaminneapolis.org](mailto:info@aaminneapolis.org)  
OFFICE HOURS: Monday, Wednesday, Friday 9 am-4:30 pm • Tuesday & Thursday 9 am-7 pm • Saturday 9 am-1 pm

## Notes from your Service Office:

### The General Service Theme for 2019 is:

### “Our Big Book - 80 Years, 71 Languages.”

The Intergroup Information Committee, also referred to as AA Information Talks, is an important 12 Step service of Greater Minneapolis Intergroup.

In addition to telling your personal story we are requesting that each AA member provide information on what AA *is* and what AA *is not*. Your commitment would be to speak one time each month.

We currently have thirty non-AA facilities we schedule speakers for. They consist of out-patient treatment centers, residential and a few inpatient treatment centers. We serve seventeen locations in Minneapolis and Suburban cities. Some cities include Farmington, Chanhassen, Waconia, Minneapolis, Brooklyn Center, Coon Rapids, Fridley, Otsego, etc. You will shadow someone for your first two commitments for your orientation. Our two coordinators schedule fifty-five (55) commitments per month. If you would be interested in serving on this committee call me at the Intergroup office at 952-922-0880 to arrange a time to meet.

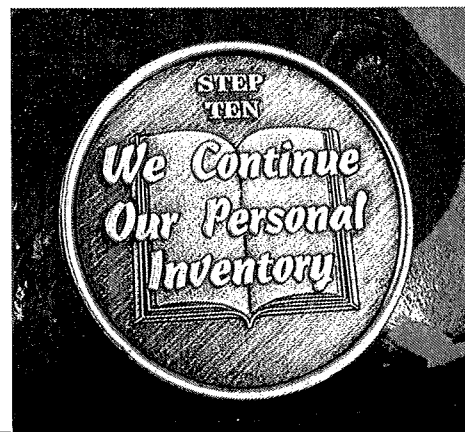
The suggested requirements are three years of sobriety and consistent service experience. Information Committee members are Board selected. Board selection takes place at the monthly Board Meetings.

Better yet, on Saturday, November 2<sup>nd</sup> immediately fol-

lowing the regular Saturday Orientation Meeting, at 11:00 am will be the AA Information Talk Orientation (*see the flyer inserted in this issue*). We invite everyone currently on the Committee to come and share their experience and/or voice any issues speaking at these facilities. We will also have a long time member of the committee demonstrate how they do a presentation. Lunch will be provided.

We need your help. This is a great way to be of service and give back. Come and find out what it is all about. Any questions feel free and contact me at the Intergroup office.

In Love and Service,  
Gail S.,  
Office Manager



## Notes from Your Board Chair:

As I write this month's MIRUS article, we are gearing up for our Board elections, which means this will be my last article as Board Chair. Wow! What an honor it has been to serve in this role and on this Board alongside the most dedicated group of people I could imagine. When I started my time as Chair last year, I had one hope and that was to not screw things up. Success! We also wanted to continue to demonstrate that we were listening to the needs of our community and especially the needs of the still-suffering alcoholic.

I have consistently heard from our accountant that Intergroup is a “super stable” organization, which is really amazing considering we are a group of recovering alcoholics, formerly incapable of anything stable. That being said, we have been in a position to spend down some of our budget in order to provide the talented employees of Intergroup with some new office equipment as we round out the year.

This year we took some important steps in better protecting Intergroup and members attending Intergroup sponsored events and commitments through new policies and procedures, with an eye toward making sure all

feel welcome, safe, and supported when it comes to Intergroup. I want to thank all Board members (current and former), Gail, our special workers, and other members of the AA community that backed this work specifically, as it was not an easy task and required a lot of time, understanding, and honest conversation in order to arrive at a workable solution.

It has truly been a privilege to serve as Board Chair over the last year. I am forever grateful to the people I've served with and especially to Gail, Intergroup Office Manager, for the example she sets day in and day out for us all. It has been a pleasure to work with her over the last three years and especially over this last year. Intergroup's future looks bright!

With Love,  
Melanie Y., Board Chair

## Intergroup Board

### Board Officers

Chairperson	Melanie Y.
Co-Chairperson	Mitch K.
Secretary	Linda M.
Treasurer	Dave A.

### Board Members

Jessica B.	Brad R.
Jack J.	Dan S.
Deb W.	Mike A.
Donny H.	Patti P.
Gail S. Office Manager, Ex-Officio	

### General Service District Board Liaisons

District 7	Jessica B.
District 13	Deb W.
District 14	Dan S.
District 17	Mike M.
District 18	Jack J.
District 19	Patti P.
District 20	Tom B.
District 21	Donny H.
District 22	Mike A.
District 24	Linda M.
District 25	Dave A.

### Intergroup Staff

Gail S.	Office Manager
Terri D.	Office Assistant
LeeAnn G.	Office Assistant
Erin D.	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 St. Andrew's Lutheran Church 13600 Technology Dr., Eden Prairie, MN 55344
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. N.W., Buffalo, MN 55313
District 17	Second Tuesday, 7:30 pm Crossroads Assembly of God Church 10478 Bell Ave., Plato, MN 55370
District 18	Second Thursday, 6:30 pm Plymouth Congregational Church 1900 Nicollet Ave. S., Minneapolis, MN 55403
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, 7:30 pm Pilgrim United Methodist Church 4325 Zachary Lane, Plymouth, MN 55442
District 22	Second Wednesday, 7:00 pm Mizpah United Church of Christ 412 5th Ave. N., Hopkins, MN 55343
District 24	First Monday, 7:00 pm St. John's Lutheran Church 119 8th Ave. W., Shakopee, MN 55379
District 25	Second Wednesday, 7:30 pm Woodlake Lutheran Church 7525 Oliver Ave. S., Richfield, MN 55423

## Intergroup A.A. Orientation Open Meetings

The Saturday Orientation Open Meeting takes place every week at 10 A.M. at the Mizpah Church, 412 5th Ave. N., located just west of Highway 169 and just south of Highway 7 in Hopkins.

10/5	Step Seven/Tradition Seven Her Story
10/12	Self Support and A.A.'s Vital Services His Story
10/19	Step Eight/ Tradition Eight Her Story
10/26	Local Service Office— Minneapolis Intergroup His Story

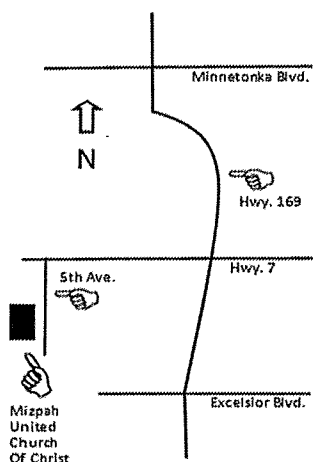
## NOTICE

## NOTICE

### Intergroup Reps Meeting

Thursday,  
October 26th  
6:30 pm

At Mizpah United  
Church of Christ:  
412 5th Ave N.  
Hopkins, MN 55343.  
(See orientation mtg  
directions)



Yours in Service  
Missy P.,  
Area 36 Delegate Panel 69



"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail."

- *Alcoholics Anonymous*, p. 89

## 12 Step Service Opportunities

## Carry the AA Message To Outside Agencies\*

**The following facilities are looking for a Group to bring a meeting to:**

**AUGUSTANA HEALTH CARE  
(MEN & WOMEN)**

**ANTHONY LOUIS CENTER,  
BURNSVILLE  
(MEN & WOMEN)**

**ONE TWELVE TREATMENT CENTER  
(MEN ONLY)**

**Call or Stop by the Office for Details**

*\*In Cooperation with the Professional Community/*

"This is our *twelfth suggestion*: Carry this message to other alcoholics! You can help when no one else can."

--Alcoholics Anonymous, p. 89

# **AA Information Talks**

Carrying the Message  
Outside the Rooms of Alcoholics Anonymous

## **Orientation**

Sponsored by  
Greater Minneapolis Intergroup  
Alcoholics Anonymous

**Saturday, November 2nd, 2019**

**11:00am - Lunch provided**

**11:45 - Discussion –Shared Experiences**

**12:30 - How to Present to Non-AA Facilities**

A shared experience of how we can carry  
the AA message beyond our meetings

**Mizpah United Church  
412 5th Ave N  
Hopkins, MN 55343**





## The Twelve Traditions - How They Apply In Our Lives

### TRADITION Ten

AA Has no opinion on outside issues; hence the AA name ought never be drawn into public controversy

When I first got sober it occurred to me that the world and its many organizations, i.e. religions, political parties, and national businesses, such as news organizations need to hear the AA messages so that they would adhere to our traditions, etc.

Thankfully I had a sponsor that set me straight on just exactly what I might be able to do. That was to take care of me and my sobriety and leave the world to take care of themselves.

At that time, I was living in Northeast Minneapolis, just north of Lowry Ave. A woman came to my door with a petition she wanted me to sign. It seemed that the area north of Lowry and Central avenue were zoned "no liquor outlets." The city was planning on allowing liquor into that zone, and this woman wanted me to sign the petition to not allow that. I at first got really excited about the fact that an AA member might have some impact on this. After a few minutes the thought of my sponsor's words came to me and I did not mention that I was an AA member, but I just said that I had no opinion on this matter.

When it comes to matters of personal application to this tradition, my wife and I adhere to the principle: that if we don't discuss these things privately we will never discuss them in public:

Larry F. Minnetonka, MN

**Easy.  
Does  
It**

## Founder's Day Weekend 2019

November 29, 30 & December 1, 2019  
Celebrating 79 Years of AA in the Upper Midwest  
and Honoring AA Members With One Year of Sobriety!

Register Online at: [www.FOUNDERSDAYMN.org](http://wwwFOUNDERSDAYMN.org)

**Friday, November 29**  
4:00 PM Registration Opens  
7:00 PM \*History of AA in the Upper Midwest  
9:00 PM \*AA Speaker:  
Beth H. (Cary, NC)

**Saturday, November 30**  
10:30 AM \*Panel of Weekend Speakers  
1:00 PM AA Open Call-Up Meeting  
1:00 PM Al-Anon Open Meeting  
3:00 PM \*Al-Anon Speaker:  
Kathy H. (Cincinnati, OH)  
6:00 PM Banquet  
7:30 PM \*AA Speaker:  
Don L. (Bellingham, WA)  
9:00 PM Dance

**Sunday, December 1**  
9:00 AM Breakfast  
10:00 AM \*AA Speaker:  
Sharon C. (Los Angeles, CA)

\*These meetings are ASL Interpreted 

Pre-Registration \$20.00  
At the Door \$25.00  
Registration required and must be paid to attend Founder's Day Weekend events.

Banquet (Limited Seating) \$40.00  
The Banquet begins at 6:00 PM Saturday evening.

Breakfast \$20.00  
The Breakfast begins at 9:00 am Sunday morning. Theatre seating will be provided at 9:45 AM for the Speaker Meeting.

### Archive Room

Friday  
Saturday  
Sunday until 10:00 AM

Founder's Day Weekend Dance  
Saturday 9:00 PM

Activities and Accommodations at  
DoubleTree Bloomington - Minneapolis South - Bloomington, MN  
7800 Normandale Blvd, Bloomington, MN 55439 • 952.835.7800 or 800.222.8733

Special Room Rates are available with early reservations.  
Please make reservations directly with the DoubleTree Bloomington Hotel.  
Indicate they are for Founder's Day Weekend.

Forms available at the Greater Minneapolis Intergroup office

### VOLUNTEERS NEEDED

Founder's Day Weekend LXXIX, which will be held over Thanksgiving weekend Nov 29, 30 and December 1, 2019, takes an incredible amount of work to make it the exciting spiritual weekend that it always is for everyone.

If you would like to become a part of making it all happen, just check the committee you would like to work on and return the form to the address listed below. You will be contacted for your assignment as the Weekend date nears.

I would like to work on the following committee:

\_\_\_\_\_ Host \_\_\_\_\_ Registration

Name: \_\_\_\_\_

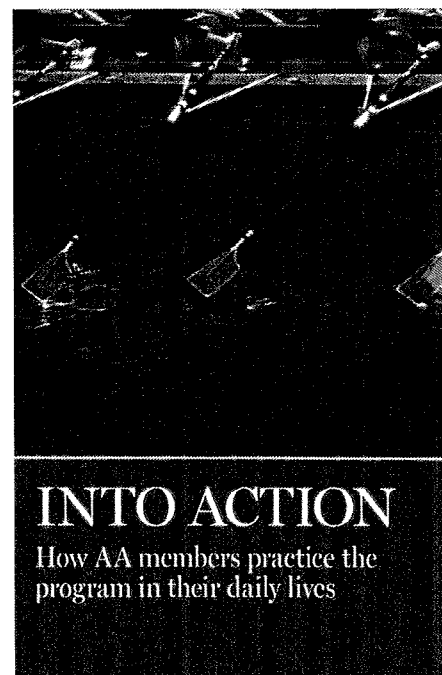
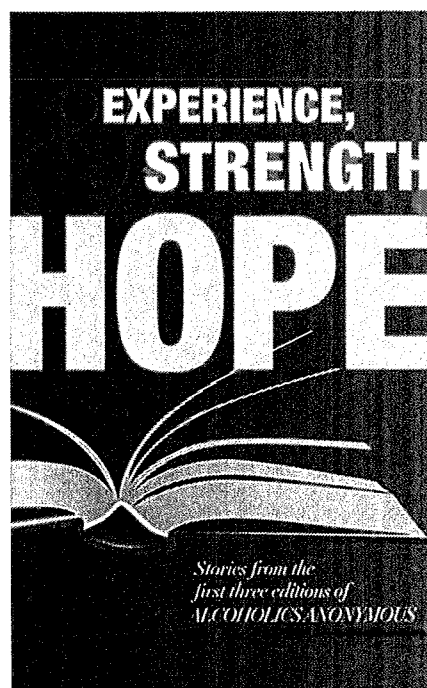
Email: \_\_\_\_\_

Homegroup: \_\_\_\_\_

Phone Number with Area Code \_\_\_\_\_

Please return completed form to:

Founder's Day Weekend  
P.O. Box 8327  
Minneapolis, MN 55408-9998



AA Book of the Month:  
*Experience, Strength  
& Hope*

Grapevine Book of the Month:  
*Into Action...How AA  
members practice the  
program in their daily lives*

Pamphlet of the Month:  
*The A.A. Group...where it  
all begins*

## Group Contributions - August 2019. Thank you all, in the Spirit of Hope.

A Levelers Group  
A New Freedom - Plymouth  
A Vision for You  
Alive and Aware Group  
Amazing Grace  
Andover Alano Squad 77  
Basic Principles  
Basic Twelve  
Better than Gold  
Birds of a Feather  
Bridges-Shakopee  
Bryant Lake Group  
By the Book Group  
Carma Coffee Meetings  
Cause for Hope AA  
Cavalier Mens Thurs 8pm Group  
Common Solution Big Book Study  
Complete Defeat AA Group

Crushed Grapes  
Dakota Alano-Saturday 11am  
Edina Thurs Men's Group I  
Elders Big Book Stories-Friday  
Elders Big Book- Thursday  
Elders Steps & Traditions Tuesday  
Elders Topic - Sunday 10 am  
Elk River Alano Squad 12  
Excelsior Wednesday Night Group  
Fourth Dimension AA Group  
Foxhall Chapter 7 Group  
Fridley Alano Squad 33  
Gopher AA Wednesday  
Gratitude Group  
Groveland Group  
Happy Destiny  
Hope's on Penn  
Isanti Alano Squad 12

It Might Have Been Worse  
Living Sober AA Burnsville  
Medina AA Group  
Men at Peace  
Men at Work-Minnetonka  
Minnetonka Big Book Study Group  
Monticello Alano Squad 4  
New Hope Alano Squad 7  
New Hope Alano Squad 40  
Normandale AA Group  
Primary Purpose Group Burnsville  
Ramsey AA (NowThen AA)  
Rich/Blmngtn Alano Sunday  
Speaker Meeting  
Ridge Runners II Group  
Ringmasters AA Group  
Rule 62 AA  
Saturday Night Live Group

Savage Unity AA Group  
St. Louis Park Sun Night AA Group  
St. Therese Thur Nite Group  
Suburban North Alano Squad 10  
Sunday Night Solutions - Big Lake  
The Becker Group  
The Hand of AA  
There is a Solution Womens AA  
Third Tradition Group of AA  
Tonka Alano Club Groups  
Tradition Five  
Tradition Three Group Waconia  
Tues Morning Discussion Group  
Wed Womens Serenity-Good  
Shepherd  
West Moore Lake AA Group

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 2019

Foxhall Chapter 7

Tradition Five

St. Louis Park Sun Night AA 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. 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  
Hennepin United Church, 511 Groveland Av., Minneapolis

Foxhall Chapter 7 Group, 7:30 PM  
Wooddale Church, 6636 Shady Oak Rd., Eden Prairie  
A sign language interpreter is provided each week.

#### **Friday:**

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

Edina Open Speaker Meeting, 7:30 PM  
Christ Presbyterian Church, 6901 Normandale Blvd., Edina

Three Legacies, 7:30 PM  
Cross of Glory Church, 4600 Shady Oak Rd., Hopkins  
A sign language interpreter is provided each week.

#### **Saturday:**

There Is A Solution (Beginners Meeting), 6:00 PM  
Dakota Alano Society, 3920 Rahn Rd., Eagan

Saturday Night Open Speaker Meeting, 7:30 PM  
At The Common Table (parking in back of Bldg.)  
2001 Riverside Ave., Minneapolis

Saturday Night Live Open Speaker Meeting, 7:30 PM  
Basilica School 3rd floor (behind the church)  
16th St. & Hennepin Ave., downtown Minneapolis  
Free parking in the ramp across 16th St.  
Wheelchair accessible

Tradition One, 7:30 PM  
Pilgrim United Methodist, 4325 Zachary Ln., Plymouth

Saturday Night Greet & Meet, 7:30 PM  
The Hall, 4805 Welcome Ave. N., Crystal

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

#### **Sunday:**

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

Step & Speaker Open Meeting, 7:00 PM  
First Baptist Church, 1021 Hennepin Ave., Minneapolis

### Special Events

#### **October 4<sup>th</sup>, 5<sup>th</sup>**

74<sup>th</sup> Annual Duluth Round-Up  
First United Methodist Church  
Duluth, MN  
[www.duluthroundup.org](http://www.duluthroundup.org)

#### **October 26<sup>th</sup>**

The Spiritual Life Is Not A Theory  
371 Industrial Blvd  
Minneapolis, MN  
Noon to 4:00 pm

#### **November 2<sup>nd</sup>**

AA Information Talks Orientation  
Mizpah United Church of Christ  
415 5<sup>th</sup> Ave N  
Hopkins, MN  
11:00 am – 1:30 pm

### General Service Announcements

#### **October 12<sup>th</sup>**

Area Assembly  
New Ulm Community Center  
New Ulm, MN  
9:00 am – 5:00 pm

#### **November – TBD**

Area 35/36 Joint Workshop  
St. Cloud, MN  
12:00 pm – 4:00 pm

#### **December 7<sup>th</sup>**

Area Committee Meeting  
Mankato City Center Hotel  
Standing Committee Mtgs-9:30 am-11:30 am  
Area Committee Mtg- 1:00 pm – 5:00 pm

Most Area 36 events have a map on how to find the location @ [www.area36.org](http://www.area36.org). Open Speaker Meetings are listed for the convenience of members who wish to bring newcomers and non-alcoholic friends. Listing in the Mirus should not be construed as any endorsement on the part of Minneapolis Intergroup. Call Intergroup if you need directions to any of these Open Speaker Meetings, Roundups, Workshops and Special Events are not endorsed by Minneapolis Intergroup and listings are provided for informational purposes only. Flyers for these events are available at the office.

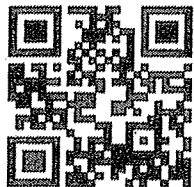
INTERGROUP ASSOCIATION  
7204 W. 27th St., Suite 113  
St. Louis Park, MN. 55426

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.

Please print:

New

☐

Renew

☐

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_