

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

October 2020 Step, Tradition, and Concept Ten

Step Ten

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

When I first heard these words I was 22yrs old and sitting in my first meeting of Alcoholics Anonymous. I had just received my first DWI, and in an attempt to look good for the judge I figured I would start going to AA. In my mind, I certainly didn't belong there, I was too young... drinking wasn't my problem at all, everything else was my problem and drinking was just my way of "releasing" at that point. In those early meetings I stopped listening after Step 3, because I grew up going to church so if God was the solution then I must have it already! It wasn't until 5 years later that I would first read those words in the Big Book for myself. I was 27yrs old and lying on a bed in a treatment center reading the Big Book, because there wasn't much else to do in there. I had just received my fourth DWI and in typical fashion I was trying to impress the judge by doing a short in-patient treatment program. By this time I had already done AA and an out-patient treatment program for earlier DWIs, so I had to step up my game and do in-patient to look like I'm really serious.

A few months after leaving that treatment center I finally understood what Step 10 meant and how to incorporate it into my life. By now I had spent the last few months working the first nine steps of the AA program with a sponsor. We got together and read through the Big Book, often stopping so he could share his experience with me to provide more examples which I could relate to. It took working these first nine steps with a sponsor for me to understand what a "personal inventory" even is and how to recognize when I may have wronged someone and how to "promptly admit" that. Without learning that first, I was never ready for Step 10.

Early on in my recovery I tried to do a nightly Step 10 at the end of each day. I would sit and think through my day and try to identify any areas that didn't sit well with me. When something came up I would try to understand what role I played in it and if it was something that I needed to make amends for the next day. This was a great way for me to get into a routine of self-examination because it wasn't anything I was familiar with before AA. This became a regular habit for me and worked its way into other areas of my life.

Today Step 10 for me is more of a constant gut-check than a nightly routine. When I first came into AA, I knew the right thing to do in any situation was the exact opposite of my initial gut reaction, because my gut reaction would tell me to do things like lie, cheat, manipulate, steal, etc. Now, through continuing to work the 12 steps with a sponsor I've developed a personal relationship with my Higher Power. This relationship has changed the way I react to life, my gut reaction! Today my gut reaction is often the right thing to do and is in-line with what I understand to be God's will for my life. So Step 10 for me is listening to my gut when it tells me that I messed up, that I crossed a line, or that I hurt someone. It's taking action to admit that mistake and make amends for it right away. As much as it has become more of a natural reflex a lot of times, to do a thorough Step 10 I still need to make a conscious effort to stop and self-reflect. I do this during my times of prayer/meditation; I'll ask my Higher Power to show me areas I've fallen short, stepped on the toes of others, and need to make amends if I haven't done so already. I also continue to utilize my sponsor to talk through situations because he pro-

Step Ten continued on page 4



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 & Thursday 9 am-7 pm • Saturday 9 am-1 pm

Notes from your Service Office:

The General Service Theme for 2020 is:

“2020: A Clear Vision For You.”

Welcome to Fall. We knew it was coming, but where did the summer go?

We are updating our website almost daily. Meetings continue to open slowly. Some went to meeting outside. You can search on the website putting “outside” in the first search box. Just be certain to use: Outside Everywhere Anyday Anytime Any Type. A few expressed they were uncertain what was going to happen when the weather got too cold to meet outside because they were told by their facility they would not be opening up until the first of the year. We will keep you posted. Please keep Minneapolis Intergroup posted if anything changes with your group information and with your zoom meeting information.

We continue to go through changes with Covid19. There is still a lot of unknown factors every day. I know I continue to struggle some days with lack of peace and serenity. Reading my daily meditations saves me every time. I would like to share one that calms and fills my heart with gratitude. The question of the day was how a person can live without liquor and be happy, we say: “You will be bound to the other A.A.s with new and wonderful ties, for

you and they will escape disaster together and all will commence shoulder to shoulder the common journey to a better and more satisfactory life. You will know what it means to give of yourself that others may survive and rediscover life. You will become happy, respected, and useful once more. Since these things have happened to us, they can happen to you.” from Twenty-Four Hours a Day, September 11th. It doesn’t get much better than that. And I am grateful to be one of many and walk alongside with you all.

We are always looking for volunteers for the phones, etc. Don’t let fear keep you from trying new service opportunities. I guarantee you that you will be sure to get more back than you give. And your sobriety will take on a whole new meaning.

You all have added so much to my sobriety. Thank you!

Yours in Love and Service,

Gail S., Office Manager



Notes from Your Board Chair:

How different everything is since this time last year. Literally 12 months ago, I was excited, and admittedly scared of being trusted to be the Board Chair. The first few months went as expected; one on ones with Gail; deciding on service speakers for both the Board and Rep meetings; actually leading said meetings! Oy! There were extra committee meetings and writing for the MIRUS. Along about February, early March, I started to relax and enjoy my new role...and then COVID came along and threw everything I had been practicing right out the window! Chaos ensued, but thanks to Gail's leadership, things continued as smoothly as could be expected, and I was able to "practice these principles in all of my affairs."

Appreciation must also be given to an outstanding Executive Committee: Linda M, Mike A, Dan S -- thank you for your unwavering support! To the other 8 on the Board -- I am proud to work beside each of you and I'm grateful to have one more year with so many you

Your Outgoing Board Chair,

Patti P.

HAPPY
joyous
FREE

Intergroup Board

Board Officers

Chairperson	Patti P.
Co-Chairperson	Linda M.
Secretary	Dan S.
Treasurer	Mike A.

Board Members

Jessica B.	Deb W.
Mitch K.	Mike H.
Natalie N.	Cory S.
Brian C.	Dwight C.
Gail S.	Office Manager, Ex-Officio

General Service District Board Liaisons

District 7	Natalie N.
District 13	Brian C.
District 14	Mitch K.
District 17	Cory S.
District 18	Mike H.
District 19	Dwight C.
District 20	Brad R.
District 21	Dan S.
District 22	Linda M.
District 24	Deb W.
District 25	Jessica B.

Intergroup Staff

Gail S.	Office Manager
Erin D.	Office Assistant
Brent R.	Office Assistant
Thomas 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 Zoom Meeting ID: 379-996-391 Dial in: 646-558-8656, 379996391#
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 Lighthouse Assembly of God 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 Spirit of Peace (Mizpah) 412 5th Ave. N., Hopkins, MN 55343
District 24	First Wednesday, 6:30 pm Shakopee Community Center 1255 Fuller Street S., Shakopee, MN 55379
District 25	Second Wednesday, 7:30 pm Woodlake Lutheran Church 7525 Oliver Ave. S., Richfield, MN 55423

NOTICE • NOTICE

The Intergroup Rep Meeting will be held on Zoom until further notice.

The next meeting is

Thursday, October 22th

The reps will be sent the link by email one week prior to the meeting.

If you are a new Rep please call the

Intergroup office at 952-922-0880

to talk with a staff member to be added to the list.

Intergroup A.A. Orientation Open Meetings

The Saturday Orientation Open Meeting takes place every week at 10 A.M. Temporarily meeting online with Zoom meeting ID: 740 667 236 Password:506032 or dial: +1 (312) 626-6799 and enter meeting ID: 740 667 236 # Password:506032

10/3	Step Nine/Tradition Nine Her Story
10/10	A.A. Service Entities: District & Area His Story
10/17	Step Ten/ Tradition Ten Her Story
10/24	A.A. World Services/ General Service Office His Story
10/31	Step Eleven/Tradition Eleven Her Story

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

Concept X:

Long Form: Every service responsibility should be matched by an equal service authority – the scope of such authority should be always well defined whether by tradition, resolution, by specific job description or by appropriate charters and by-laws.

Short Form: Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

This time while thinking about Concept X, I was thinking, why did Bill write this one? What was it he thought we needed it for? Then I think about my own alcoholic thinking and attitudes. As alcoholics, the first 100 men and women stated pretty plainly in the Big Book, we like to play the directors, setting the stage with the actors in their places. Which for me means, that we like to control everything around us. I know that I did while I was drinking. And it has taken hard work to curb the "director" role. As I read this Concept, what it says to me now is: Find the best servant for the position and let them perform the duty that we have asked them to without standing over their shoulder as the authoritarian! If we have chosen our servants through a God guided group conscience then they are the correct servant and can do the job to the best of their ability. We give them the authority because we cannot always be there to have a group conscience on each decision that the servant needs to make! We need to ensure that we have written their job duties with care and thoughts of the fellowship as a whole. That is why it is important for our Area to make sure that those job descriptions are up to date and written with current practices in mind. The Charter and By Laws ensure the job descriptions of the Trustees for us. Bill wrote those with care and the longevity of the fellowship in his heart. My hope is that we continue to hold each other accountable at all positions and choose our servants with care so that this fellowship lasts longer than Bill or Dr Bob could have imagined. This fellowship needs to be here for our future servants and loved ones!

Missy R.
Area 36 Delegate Panel 69



The Promises from pages 83-84 of Alcoholics Anonymous

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us —sometimes quickly, sometimes slowly. They will always materialize if we work for them.

For me the biggest promise I've seen in my program is not regretting the past nor wishing to shut the door on it. I really became aware of this after steps 4 and 5. I am now able to accept myself as a human being - both good and bad. I try one day at a time to improve. That's progress

Dwight L.

Step 10 Continued From page 1

vides an unbiased perspective and helps me see areas I need to clean up that I wouldn't have noticed on my own. I'd be lying if I told you that today I work this step perfectly and consistently day in and day out. My journey with Step 10 is more like a roller coaster where I do really well for a time and then there's a period where I clearly let-up and don't do it enough. As I've gotten better at self-reflection, I still struggle with the promptly admitting it part! It's the struggle of my pride and ego and trying to take my own will back. I don't like making mistakes or hurting others, so I hate to admit that I did, even if it wasn't my intention. What I've realized though is that it doesn't take long for those small issues to grow into resentments and become life-threatening concerns for me. So a good Step 10 is not only important, but absolutely necessary for me to keep spiritually fit and lead a full and happy life!

Matt D.
Bloomington

Contribute Your Time

"Help Carry the Message"

Revised October 1, 2014

Personal Information -- *all information is confidential*

Today's Date: _____ ☐ New Volunteer ☐ Information Update

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-Mail Address: _____

Telephone-Primary #: _____ Telephone -Secondary #: _____

Home Group Name: _____ Do you have a sponsor? ☐ Yes ☐ No

Sobriety Date: _____ Birth Year: _____ ☐ Male ☐ Female

INTERGROUP SERVICE OPPORTUNITIES - Check All That Apply

- ☐ **Intergroup 12 Step List** 6 months sobriety required— may receive calls at all hours
Serve as contact for new members who call Intergroup for help
Language Fluency Other than English-Please Specify: _____
- ☐ **Daytime Office Volunteers** 24 hours sobriety required
- ☐ **Daytime Office Phone Volunteers** 30 days sobriety required
- ☐ **Night Owl Phones** 2 years sobriety required
- ☐ **Early Bird Phones** 2 years sobriety required

GENERAL SERVICE OPPORTUNITIES

- ☐ **Area 36 Temporary Contact Program: AA Member Contact** 1 year sobriety required
Serve as contact for new members leaving treatment
- ☐ **Area 36 Temporary Contact Program: Desk Volunteer** 1 year sobriety required
Phone service to contact AA member and people leaving treatment
- ☐ **Area 36 Correctional Facilities Contact Program: AA Member Contact** 1 year sobriety required
Serve as contact for new members leaving correctional facilities

Submit this form in person at the Intergroup Office or to your GSR or Intergroup Representative

Greater Minneapolis Intergroup - 7204 W 27th Street, Suite 113 - St. Louis Park, MN 55426

Phone: 952.922.0880 • Fax: 952.922.1061 • www.aaminneapolis.org • e-mail: info@aaminneapolis.org

Revised 1/09

SERVICE OPPORTUNITY

DURING THIS TIME OF LIMITED IN PERSON
CONNECTION MINNEAPOLIS INTERGROUP HAS
EXPERIENCED AN INCREASE OF CALLS
FROM MEN AND WOMEN LOOKING FOR HELP WITH
THEIR DRINKING PROBLEM.

YOU CAN BE OF SERVICE BY SIGNING
UP TO BE ON THE 12TH STEP LIST.
PLEASE CONSIDER FILLING OUT THIS CONTRIBUTE
YOUR TIME FORM TO BE OF SERVICE TO THE STILL
SUFFERING ALCOHOLIC.

The Twelve Traditions - How They Apply In Our Lives

TRADITION TEN

"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

"No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues — particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever."

One of the first things that I experienced in early recovery was the return of my opinions, some quite strongly, others very subtly. I now realize (with much help from my sponsor) that most of those opinions were not based on many facts, but rather upon my skewed perception of life as a very sick person. Had I been allowed to voice those opinions and get on my soap box, it would have separated my home group from me and me from it. "Love and Tolerance" were not my code. I knew nothing of boundaries and I certainly was more versed at that time in conflict escalation rather than conflict resolution.

The 10th Tradition has taught me that everyone has a right to be here (both in AA and on this planet), and that their opinions are valid and none of my business. Practicing the principles in all of my affairs has taught me that I may have opinions, but that there is a time and a place in which to express them, that they do not always need to be expressed by me, and that when they are expressed it is possible to

disagree without being disagreeable. However, understanding the boundaries of others, the appropriate time and place for things, and practicing the 10th Tradition (my opinion) helps me to keep those controversies at our door so we may create a safe and serene spot to fulfill our Primary Purpose. Alcohol is no respecter of persons, and cares nothing of class, race, politics or religious background. The "worldly clamors" of "politics, alcohol reform, and sectarian religion" have no place inside the rooms of AA where they serve only to distract from our Primary Purpose and obscure the Grace of God. Had I entered a secular, or political debate I know I would not have stayed very long. I was taught that the Steps and Principles guide my life and the Traditions guide our groups.

Yours in Service,

Brad R.

Plymouth

Jokes:

Why did the accountant do so well in AA? He was already a friend of bills.

What's the hardest thing for an alcoholic law student to do?

Pass the bar

Two recovering alcoholics decided to write a song together...

but they couldn't get past the first two bars.

What do alcoholics and chemists have in common?

They both view alcohol as a solution

Alcoholics Anonymous "Big Book" Quotes

A new life has been given to us or, if you prefer, "a design for living" that really works.

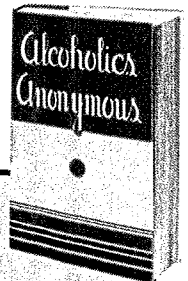
Page 28

We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity.

Page 68

Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

Page 84



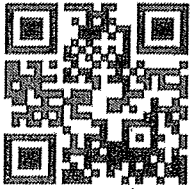
INTERGROUP ASSOCIATION
7204 W. 27th St., Suite 113
St. Louis Park, MN. 55426

NON—PROFIT
ORGANIZATION
U.S. Postage

PAID

Permit No. 416
Hopkins, MN

Change Service Requested



Write for the MIRUS!

Do you have a story to share? We are looking for your experience, strength and hope to share on the topic of the 9th Step Promises.

Submit your article to: Staff@aaminneapolis.org

Or by mail to: **7204 West 27th Street— Suite 113 St. Louis Park, MN 55426**

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