

Step Ten

October 2022 Step, Tradition, and Concept Ten

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

I recently spoke about taking Step 10, and it felt great to be at the podium for the first time is a long time. To prepare, I used my 4th Edition Big Book and my Twelve Steps and Twelve Traditions to "study" for the task at hand. I always find it interesting that things that I have read over and over throughout the years can take on new meaning depending on where I'm at in my life.

When we take the 4th and 5th step, we make a fearless and searching inventory and admit the exact nature of our wrongs. We can't begin on our new journey without looking at the past and in turn make our best effort to learn from it. When we take Step 8, we make a list of people we had harmed, become willing to make amends, and then make those amends when we take step 9. That is all vital, but we are still human beings, and we are far from perfect. So how do we continue this work when we make mistakes in sobriety?

To me, taking Step 10 is a practice of taking inventory and making corrections *now*. While I would never suggest skipping around or taking the Steps out of order, taking Step 10 is something I feel I started once I decided to become part of this Fellowship. Once I was able to start taking direction from someone other than myself and started thinking more about others, I began to grow more of a conscience and had much more self-awareness of how my actions affected the people in my life.

When I was drinking, all I sought was escape from reality. It was not surprising that I did not want to admit I was wrong. I hated being wrong and I hated the idea that someone would think I was wrong. However, when I do something wrong in recovery, I can feel it almost immediately. This lets me know that I need to

There are different ways to do this, and one method is not necessarily better than the other. Step 10 is a personal practice and can be executed very differently depending on the individual. The nature of the wrong can also play a part in how to approach it.

A spot-check inventory is one that can be taken throughout the day when these situations occur. This is what resonated with me and how my life has been lately. Recently, I have felt like the practice of pausing when agitated was not going well. Relaxing and taking it easy was much harder than normal.

When I react instantly, it is a problem because my first thought is usually not a good one. I don't know why I react so quickly, and I don't like that it happens. After reading through Step 10 in the Twelve and Twelve, I talked about it with my sponsor and my wife. It talked about patience, pausing, and the restraint of pen and tongue. My impatience and quick reactions are clearly defects of character and when they come out it is apparent that something within me needs fixing.

I need help to do God's will and not my own. In this case I got stuck and I needed re-learn that I have tools that can be utilized in these situations. It has gotten easier, but I still have a lot of work to do. It is important to remember that character defects can come back for a visit and then stay for an extended vacation. They can also crash on your couch for months if you let them. It doesn't matter if you are a newcomer, or you have decades of sobriety.

Some individuals do a nightly inventory where they go through their whole day to determine what actions were done well and what actions were done poorly. I have done this as well. I would read pages 86 and 87 in my Big Book and then use it as a guide to evaluate my day. Some people write it down and there are even printable worksheets you can find online to help.

Depending on the situation, admitting the wrong may be better saved until after you consult with your sponsor. There have been times in sobriety where I thought I was wrong and needed to do something about it but not necessarily right away. After speaking with my sponsor, I was able to approach it from a different perspective. There have also been times when my sponsor has told me I was overthinking something and did not actually need to act.

Step 10 is a practice that never ends, and it is paramount for us to continue this work if we want to maintain our sobriety.

Dan S., Plymouth



Greater Minneapolis Intergroup • Alcoholics Anonymous ®

Notes from your Service Office:

The General Service Theme for 2022 is:

"A.A. Comes of Age 2.0: Unified in Love and Service."

Happy October!

On Labor Day weekend, September 3-5th, I attended the 37th Annual Intergroup/Central Office Alcoholics Anonymous (ICOAA) Seminar in Denver, Colorado. Last year because of Covid our seminar was online. To be in person was so great. This was the 10th seminar I have attended. There were 76 attendees registered, which was lower than usual. Probably still post Covid affects. There were Intergroups and Central Offices from across the U.S. and Canada.

An example of the workshops offered were:

- Getting to Know Your General Service Office, chaired by the General Manager of GSO, Bob W.
- Money Management, talked about budgets, Quickbooks, prudent reserves, etc.
- Hello!, discussed what does your office say to a person when someone walks in the first time, how to handle situations, etc.
- All Things Internet, website design, social media, zoom meetings and Traditions, etc.
- ♦ I Hear You!, discussed conflict resolution, chronic callers, etc.

There were fifteen workshops in all. It was hard to choose. I will have access to the audio recordings of them all at a later date.

Saturday night the GSO General Manager, Bob W. and the Chair of A.A. World Services (AAWS), Deb K. gave a presentation on their roles at the New York office. Sunday evening The Grapevine Senior Editor, Jon W., and the Customer Relations Coordinator, Sonja D. presented on all things Grapevine. What stood out to me about both presentations was what a huge responsibility they all carry every day, but we couldn't be in more capable hands.

I cannot tell you how valuable and great it was to touch base with many men and women I have connected with over the years of attending the annual seminars. It was rewarding to offer support to newly hired men and women too.

There wasn't a person who I connected with that did not have a passion for being of service at their office. There are over 500 Central Offices or Intergroups across the U.S. and Canada. It was a very rewarding and worthwhile weekend in so many ways! Thank you for allowing me to attend each year.

Yours in Love and Service,
Gail S., your Office Manager

Notes from Your Board Chair:

Congratulations to the newly elected board members, and to the new Executive Committee members. I hope it is as fulfilling for you as it was for me. It is also that time of year where there has been a lot of talk about service, and serving on the Intergroup Board, but those that serve on Intergroup Committees are not too often recognized. For each committee that board members are on, there are 2 appointed non-board committee members. Some of these members have previously been on the board, served on similar committees, or their jobs give them the expertise to serve. These committees are the finance committee, facilities and e-committee, human resource committee, the orientation meeting committee, and the group & member services committee. All these committees help Minneapolis Intergroup run successfully. Then there are the coordinators and cocoordinators of the early bird and night owl programs that ensure the phones are answered by a person after hours. Finally, all the Intergroup Reps that are willing to participate. Looking back to when I was first elected 3 years ago, until now, the whole world has changed, and AA is still here. Thank you everyone for your service and thank you for letting me serve.





Intergroup Board

Board Officers

Chairperson Cory S.
Co-Chairperson Mike A.
Secretary Tanya L.
Treasurer Mark M.

Board Members

Jim R. Dwight C. Grace C. Dan S. John M. Betsy G. Steve S.

Gail S. Office Manager, Ex-Officio

General Service District Board Liaisons

District 7 Tanya L. District 13 Steve S. District 14 Grace C. District 17 Jim R. District 18 Dwight C. District 19 Betsy G. District 20 Doug H. District 21 Mike A. District 22 Dan S. District 24 Deb W. District 25 John M.

Intergroup Staff

Gail S. Office Manager
Erin D. Office Assistant
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.

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NOTICE • NOTICE



The Intergroup Rep Meeting will be held at Mizpah UCC 412 5th Ave N. Hopkins, MN 55343 This is a HYBRID meeting. Thursday, October 27th at 6:30pm

Metro District General Service Meetings

District 7 Second Monday, 6:30 pm

Zoom Meeting ID: 894-9573-7082

Password: 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_ HYBRID

Pilgrim United Methodist Church_
4325 Zachary Lane Plymouth MN 5

4325 Zachary Lane, Plymouth, MN 55442 Zoom ID:88445082151 Password: D22

District 22 Second Wednesday, 7:00 pm

Mizpah United Church of Christ 412 5th Ave N. Hopkins, MN.

District 24 First Wednesday, 6:30 pm Hybrid

Shakopee Community Center

1255 Fuller Street Shakopee, MN Downstairs Zoom Meeting ID: 886 6871 6747 No Password

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 Mizpah United Church of Christ 412 5th Ave N. Hopkins, MN

	Conservation and the control of the
10/1	Step One/ Tradition One
	His Story
10/8	Staying Away from the First Drink
	Her Story
10/15	Step Two / Tradition Two
	His Story
10/22	Importance of Having a Sponsor
	Her Story

Step Three/ Tradition Three

His Story

10/29

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

Concept X

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

The structure of service is that of an upside-down triangle. Page 7 of the A.A. Service Manual has a graphic that demonstrates this structure. Since Concept 10 deals with service responsibility, authority, and well-defined scope of authority, I thought it might be helpful to provide a little overview of the structure as it relates to the group.

In A.A.'s structure, groups are at the top. That means we place the highest value on the views of our members as expressed through the group conscience. The Service Manual further illustrates that the group will meet to form their conscience on matters relating to A.A. This is the group's specific service responsibility to A.A. These matters present themselves in the form of agenda items to be discussed by the General Service Conference and there is a new list of items each year. My home group sets aside time each year to go over agenda items. We don't typically get through them all, but we cover what we can, so we are doing our part in this service responsibility.

Our group conscience is expressed to a General Service Representative, or G.S.R. The G.S.R. is the next level of the triangle. The G.S.R. has the service responsibility of carrying their group's conscience to the District and Area and ultimately into the delegate's mind. They also have the authority to vote on behalf of their group at District and Area. The role of G.S.R. is so essential that it is the Chapter One in the A.A. Service Manual. This is where the scope of their authority is defined. The Service Manual outlines three ways that the G.S.R. ensures that their group's thoughts and wishes – their conscience – are expressed. The group's voice is heard when:

The G.S.R. is present at assemblies. This is so important that the group should encourage and support the G.S.R. in getting there. My home group provides reimbursement to make sure that our G.S.R. can attend regardless of their financial situation.

The G.S.R. participates. A G.S.R. participates by letting the Area know about their group, by sharing the group's conscience, and by providing feedback on a variety of things at the Area level.

The G.S.R. votes. The G.S.R.s elect a new Delegate (and other officers) every two years. This is part of their service authority. If the G.S.R. has been present and participating at Area events, they will have a better grasp of who will serve Area 36 well.

For our structure of service to work, the groups and the G.S.R.s must perform their service responsibilities. It is essential that groups elect, support, and encourage G.S.R.s to that the group

is connected to the rest of AA. Groups play a major role in charting the course for A.A. in the future. Area 36 will hold our next election assembly on October 22nd in New Ulm. Please be sure your group participates in this important element of ensuring our future.

Yours in service,

Stacy M. Delegate

As of July 1, 2022

MINNEADOLIS INTERGROUD
12 Step Service Opportunity

GROUP PHONE COMMITMENTS

Open Shifts

1st Wednesday

4:15-7:00pm

4th Thursday 4:15-7:00pm

IF INTERESTED STOP BY OR CALL INTERGROUP STAFF (952) 922-0880

Minneapolis Intergroup
will be closed Saturday,
October 1st for our
Annual Inventory

WELCOME ALL GROUPS TO ATTEND THE MONTHLY INTERGROUP MEETING:

The Intergroup Representative

A Link between your Home Group and Greater Minneapolis Intergroup

What is an Intergroup Rep?

The Intergroup Representative is your Home Group's voice for assuring that your Intergroup Service Office functions and carries out its Primary Purpose. All AA groups are welcome to participate at Intergroup.

What is the Primary Purpose of Intergroup?

Our main purpose is to help alcoholics find AA meetings and assist newcomers in the recovery program of Alcoholics Anonymous.

Intergroup's VITAL SERVICES

- 1. We answer our Telephone Hotline Service 24 hours a day to assist new members with the help and hope of AA
- We stock all AA Conference-approved literature and other books for the AA community
- 3. We maintain an office to facilitate 12 Step calls and service opportunities
- 4. We maintain a web-based meeting directory which is updated weekly
- 5. We publish a print meeting directory at least once annually
- 6. We publish the MIRUS newsletter every month
- 7. We respond to inquiries from outside agencies, including the media, seeking information about the Fellowship of Alcoholics Anonymous
- 8. We support the 12 Step service of over 500 Intergroup volunteers

How does someone become an Intergroup Rep?

All AA groups/squads are eligible for membership. Groups elect an Intergroup Representative and an Alternate Representative; they usually serve a 2 year term. Each Group determines length of sobriety for their Representative however experience has shown that at least 2 years is ideal. A group must be registered with Intergroup at least five (5) days before their Representative is entitled to vote at the Intergroup Representatives Meeting.

What does an Intergroup Rep do?

Intergroup Reps and Alternate Reps attend the monthly Intergroup Representatives' Meeting. These 'Reps Meetings' are held 12 times per year on the 4th Thursday of every

month unless it falls on a Holiday. Intergroup Reps are responsible for two-way communication between their Home Group and Intergroup.

Reps may have input into the agenda by calling the Intergroup Service Office or by communicating requests for agenda additions with the Board Chairperson before the Agenda is approved at the beginning of the Reps Meeting. Minutes from the previous month's Reps Meeting are available after they have been approved at the Reps Meeting. Copies of the minutes are then available at the Intergroup Office.

What are Intergroup Rep meetings like?

Representatives register with Intergroup at each Reps Meeting by providing their contact information and home group. Each Rep and home group is responsible for providing the office with current contact information to insure that AA group members have the opportunity to participate in Intergroup 12 Step Services.

Full names and contact information of individual AA members submitted to the Intergroup Service Office are kept confidential in accordance with Intergroup Bylaws and the principle of anonymity.

Notice of the Reps Meeting, including any meeting changes, is published each month in the MIRUS newsletter and on the Intergroup website.

ANNUAL BOARD ELECTIONS

Intergroup's Annual Election Meeting is on the 4th Thursday of every September. IG Reps in attendance at this meeting elect four new Board members to serve 3-year terms; this then replaces the 4 rotating off the board. Elections are conducted according to the Third Legacy procedure as outlined in, "The AA Service Manual." At least 26 Representatives (a quorum) must be present in order to conduct the election. A quorum is also needed to make any changes to the Intergroup Bylaws. Copies of the Greater Minneapolis Intergroup Bylaws are available during office hours or at the Reps meeting.

According to our Bylaws there are 12 elected Board Members. No more than 2 members can be from the same Home Group. All Board Members must have a minimum of 5 years sobriety. The 12-member elected Board has the fiduciary responsibility for the financial integrity of maintaining vital services during their term of office. The following officers are elected at the IG Board meeting the Tuesday prior to the Annual Election meeting: Chairperson, co-Chairperson, Treasurer, and Secretary. Each serves a one-year term, October 1st to September 30th, which is the Fiscal Year of Greater Minneapolis Intergroup.

The Twelve Traditions - How They Apply In Our Lives

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

Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?

Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?

What in AA history gave rise to our Tenth Tradition?

Have I had a similar experience in my own AA life?

What would AA be without this Tradition? Where would I be?

Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?

How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

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This Month in A.A. History

Oct 1

1957 - Book "A.A. Comes of Age" published.

Oct 3

1945 – AA Grapevine adopted as national publication of AA.

Oct 5-7

1972 – 2nd World Service meeting held in New York.

Oct. 9-11

1969 – 1st World Service meeting held in New York with delegates from 14 countries.

Oct 13

1947 – The Melbourne Group held its first meeting in Australia.

Founder's Day Minnesota 2022

November 26, 2022

Celebrating 82 Years of AA in the Upper Midwest and Honoring AA Members with One Year of Sobriety!

Register Online at: www.FoundersDayMN.org

Saturday, November 26

9:30 AM Registration opens

10:30 AM *AA Speaker Meeting: Sloan B. (Madison, WI)

12:00 PM - A.A. Call up Meetings (Steps 1,2,3)

- Al-Anon Breakout Meeting
- YPAA Panel

1:00 PM History Panel

2:00 PM - A.A. Call up Meetings (Steps 1,2,3)

- Al-Anon Breakout Meeting
- YPAA Panel

3:00 PM *Al-Anon Speaker Meeting: Sarah C. (Phoenix, AZ)

4:30 PM - A.A. Call up Meetings (Steps 1,2,3)

- Al-Anon Breakout Meeting
- YPAA Speed Sponsorship

6:00 PM Banquet

7:30 PM *AA Speaker Meeting: Harold L. (St. Louis, MO)

9:00 PM Dance

*These meetings are ASL Interpreted

Registration

\$25.00

Registration required and must be paid to attend Founder's Day Minnesota events.

Registration & Banquet \$75.00 (limited seating)

The Banquet begins at 6:00 PM Saturday evening.

Celebrate sobriety with great speaker meetings, history panel and A.A., Al-Anon and YPAA activities.

- > A.A. Call Up Meetings
- > Al-Anon Breakout Meetings
- > YPAA Breakout Meetings
- > Archives
- > History Panel
- > Banquet
- > Dance

Activities and Accommodations at

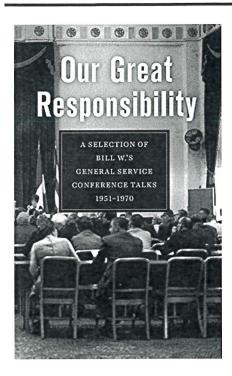
DoubleTree by Hilton Bloomington - Minneapolis South - Bloomington, MN 7800 Normandale Blvd, Bloomington, MN 55439 • 952.835.7800 or 800.222.8733

Special Room Rates are available with early reservations.

Please make reservations directly with the DoubleTree by Hilton Bloomington Hotel.

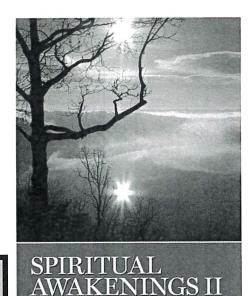
Indicate they are for Founder's Day Minnesota.





Grapevine Book of the Month:

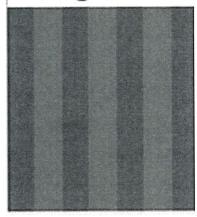
Spiritual Awakenings II, More Journeys of the Spirit



More Journeys of the Spirit



It Sure Beats Sitting In A Cell



A.A. Pamphlet of the Month:

It Sure Beats Sitting In A Cell

AA Book of the Month:

Our Great Responsibility, A Selection of Bill W.'s General Service Conference Talks from 1951-1970

Group Contributions - August 2022 Thank you all, in the Spirit of Hope.

Happy Destiny

Amigo's II Group Andover Alano - Squad 10 Andover Alano Squad 7 Basic 12 Group Better than Gold Blaine Alano Squad 24/7 **Bright Spot AA** Cavalier West Thursday Night Clay City AA Cliffhangers 1 **Continuous Action Crushed Grapes** Delano Saturday Morning Elk River Alano Squad 14 Elk River Alano Squad 2 Fourth Dimension AA Group Foxhall Chapter 7 Group Fridley Alano Squad 19

Hope AA - Richfield Isanti Alano Squad 12 It Might Have Been Worse Joe and Charlie Big Book Meeting Keep It Simple NERR Kenwood Group Kozy's Noon Men's AA Ladies Night Happy Hour-Sahara Lakers Alano Wednesday Group Minnetonka Senior AA Monday Primary Purpose Group NE Recovery Room 12X12 New Hope Alano Squad 20 New Hope Alano-Squad 16 Norwood Young America AA Pax Christi Thursday Night

Plymouth 2 Monday Night Group Polaris Group Primary Purpose Group Rich/Blmngtn Alano Squad 4E Rich/Blmngtn Alano Speaker Meeting Richfield/Bloomington Squad 1y Ringmasters AA Group River Valley AA Group Rule 62 Cavalier Saturday Night Live Group Senior Men's Barn Group Serenity Seekers at Ridgewood Church SOS AA - Minneapolis Southwest Women's Group

St. Louis Park Sunday Night AA

Sunrisers (Thursdays)
The Way Out Group
Third Tradition Group of AA Northfield
Tradition One
Tuesday Night Mens -Colfax
Valley Step AA Group
We Agnostics In Recovery
Winsted Group
Woodlake 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 2022

Group

Foxhall Chapter 7 -(x7) ~ Tradition Five ~ Cavalier West Men's Thursday

**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:

<u>Central Pacific Group</u>, 7:30 PM Hybrid Meeting 511 Groveland Ave., Minneapolis, MN 55403 <u>Foxhall Chapter 7 Group</u>, 7:30 PM Hybrid Meeting

Gethsemane Lutheran Church 715 Minnetonka Mills Rd., Hopkins, MN 55343

Friday:

<u>From the Heart</u> Open Speaker Meeting, 7:00 PM St. Paul's Church of Christ

201 Buffalo St. Delano, MN 55328

<u>Three Legacies</u>, 7:30 PM Hybrid Meeting Cross of Glory Church

4600 Shady Oak Rd., Hopkins, MN 55343

Saturday:

A.A. Orientation Meeting 10:00 AM
Mizpah United Church of Christ
412 5th Ave N, Hopkins, MN 55343
Saturday Night Live 7:30 PM
Basilica School 3rd floor (behind the church)
1601 Laurel Ave W., Minneapolis, MN 55403

<u>Saturday Night Open Speaker Meeting</u>, 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 8th

Corrections Service Workshop

10:00am to 2:00pm

Location TBD

For more info: email corrections@area35.org

or email ctcp@area36.org

October 15th

District 7 Workshop

How is the Health of General Service Important to Me and AA as a Whole?

Hopkins Gethsemane Lutheran Church

9:30am to 11:30am

(See flyer on event calendar)

General Service Announcements

October 22

Area Assembly/ Election and Budget Assembly

9:00 am - 5:00 pm

New Ulm Conference Center

2101 South Broadway

New Ulm

November 5

Area Inventory

9:00 am - 1:00 pm

Remote Zoom Meeting

December 10

Area Committee Meeting

Committees 9:30 am - 11:30 am

GSR/Alts 10:30-11:30 optional

Area Committee 12:30 pm-5:00 pm

Remote Zoom Meeting

Most Area 36 events have a map on how to find the location @ 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

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