

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

March 2025 *Step, Tradition, Concept Three*

Step Three

Active Third Step

I never gave much thought to decision-making. I was okay letting my internal "autopilot" make decisions. Depending on the circumstances, Mr. Autopilot could be ego, emotions, logic, or whatever. As you can imagine, Mr. Autopilot lacked consistency and was excellent at causing chaos. I use step 3 as my guide to conscious contact. My Higher Power wants me to make good decisions.

My first experience with Step 3—"Made a decision to turn our will and our lives over to the care of God as we understood Him"—was with my sponsor. We followed my group's AA tradition of reading pages 60-63 from the Big Book, kneeling, and saying the 3rd Step Prayer. He asked me to list out the "those" from the line "those I would help," to memorize the prayer, and to start each day on my knees with the 3rd Step Prayer. This gave me immediate relief, but unfortunately, it was short-lasting. In the safe space of the rooms, it was great. But in daily life, I was unable to bring into my consciousness the full power of Step 3.

"Don't Worry, Be Happy," the 1988 song by Bobby McFerrin, was impossible for me to listen to (I'd switch the station). My life motto was "WORRY! Bad stuff is ABOUT to happen!" The notion that everything would be okay was impossible to believe. I had chicken-and-egg syndrome: What comes first, Faith or Turning Over?

I recall hearing in a meeting that "doing nothing," or at least pausing, is often the best and most difficult choice for us to make. I never considered this before; doing nothing was doing something. Not taking immediate action requires me to be patient with myself. And that is an uncomfortable feeling.

**DON'T WORRY.
BE HAPPY!**

After receiving the "doing nothing" advice, I faced a difficult situation during our yearly camping trip. There was a conflict between two groups of campers. My first instinct was to jump in and fix the issue. Instead, I practice step 3 and let the issue resolve itself. It worked! Slowly I started getting more comfortable with turning my life over. A friend recently reminded me "We decided that hereafter in this drama of life, God was going to be our director". Give God a chance. Amen to that.

Dave L., St Paul, MN



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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:

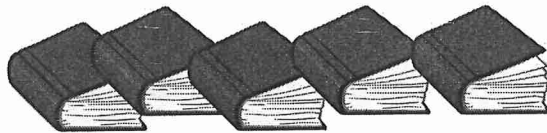
The General Service Theme for 2025 is: “Working Together, Increasing Trust.”

I can't believe it's time to put our March 2025 MIRUS to print. The saying, time flies when you're having fun, is one that most accurately describes the day-to-day happenings here in the office. I am filled with gratitude and in awe daily that I get to work for and with our incredible fellowship of alcoholics. I invite you all to visit YOUR Minneapolis Intergroup Service Center to join in the fun by participating in any of the opportunities offered to carry the A.A. message. That could mean answering the phone for the 24-hour Hotline, joining a Committee, volunteering for an event, helping in the office with the MIRUS and Pamphlets, or bringing literature to your groups and flyers out to the fellowship.

Our upcoming 42nd Annual Gratitude Night on April 26th is a great opportunity to celebrate all the incredible service work our members, like you, make possible with their strong commitment to carrying the AA message by volunteering. Tickets are on sale in the office or through your Intergroup Rep, \$20 in advance and \$25 at the door. It is sure to be a wonderful event for our amazing fellowship. It is one of my favorite events and I hope to see you all there. If you are unable to attend, please consider purchasing a ticket to donate; those tickets will be given to alcoholics in need through our Event Committee and have historically been very impactful for both the recipient and our event.

With all that fun, we are also happy to let you know we now have The Plain Language Big Book and the revised Service Manual available for purchase again. Both titles have been so popular they sold out pretty much as soon as our order was received. You can purchase copies for your groups and yourself when you stop by to get your Gratitude Night tickets or just join us for a cup of coffee and say hi.

In Service,
Erin D.,
Your Office Manager

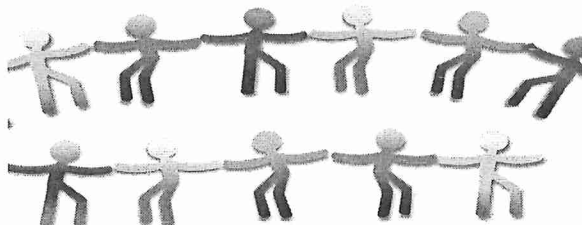


Notes from Your Board Chair:

As I reflect, almost halfway through my service as Board Chair, I am amazed at how fast and how much more I have learned about this vital organization. I never tire, and I am continuously renewed in spirit by my experiences of hearing and seeing the depth of devotion and gratitude many have for the 12-step work Minneapolis Intergroup does day-in and day-out.

The board of directors, its committees, and Erin, our amazing office manager, have committed this year to improve where we can as an organization to not only sustain our mission but to insure its health and longevity for as long as the hand of AA is needed to be there no matter where, how, or when. I hope that you will join us in this commitment, and you can do this in many ways. Everything from having an Intergroup Rep keeping your group part of the equation on how we are doing to volunteering time and financial support, or all the above. This service work is the lifeblood of Intergroup, and it provides all of us the opportunity not only to enrich our spiritual health through this service work, but more importantly, to save lives.

Jeff A., Board Chair



Intergroup Board

Board Officers

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 Co-Chairperson Maverick M.
 Secretary Andy D.
 Treasurer Mark S.

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Kelli B. Melissa A.
 Crissy H. Karleen K.
 Pam N. Thomas D.
 Angelique P. Gabriella R.
 Erin D. Office Manager, Ex-Officio

General Service District Board Liaisons

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 District 13 Andy D.
 District 14 Pam N.
 District 17 Maverick M. Angelique P.
 District 18 Melissa A.
 District 19 Karleen K.
 District 20 Linda M.
 District 21 Crissy H.
 District 22 Kelli B.
 District 24 Mark S.
 District 25 Thomas D.

Intergroup Staff

Erin D. Office Manager
 Meg H. Office Staff
 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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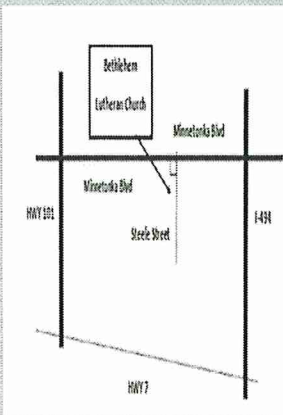
The MIRUS represents the experience of A.A. members. Their thoughts, expressed herein, are not to be attributed to Alcoholics Anonymous as a whole, nor does publication imply endorsement by either Alcoholics Anonymous or Greater Minneapolis Intergroup.

Metro District General Service Meetings

- District 7** Second Monday, 6:30 pm
Zoom Meeting ID: 865 2796 7405
Passcode: District7
- District 13** First Tuesday, 7:00 pm
United Methodist Church
10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
- District 14** First Monday, 7:30 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

The Intergroup Rep Meeting will be held at

Bethlehem Lutheran Church
16023 Minnetonka Blvd.
Minnetonka, MN 55345
This is a HYBRID meeting.
Thursday, March 27th
at 6:30pm



Intergroup A.A. Orientation Open Meetings

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

- 3/1 Step Four/Tradition Four
Her Story
- 3/8 What are A.A.'s Three Legacies
His Story
- 3/15 Step Five / Tradition Five
Her Story
- 3/22 The History of A.A. & Its Founders
His Story
- 3/29 Step Six/Tradition Six
Her Story

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

Concept Three

Long form of Concept 3

“As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus ensuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional “Right of Decision.”

Short form of Concept 3

To ensure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.” With the gift of Right of Decision comes great responsibility at all levels of our society. I am aware that as your Delegate I need to act on behalf of all the groups in Southern MN but also acting for the fellowship as a whole; what makes the most sense not for the individual, or group, district, or area, but for Alcoholics Anonymous.

The same is true for everyone who stands and holds a trusted servant’s position. When I was first elected as a GSR my group did not hold regular business meetings but had a short time each week for any business during the meeting. When I came to the group with all the information I collected from my first District meeting I was interrupted and told something like ‘we elected you as our group’s conscience, we trust you to not only act and vote on the group’s behalf but also to keep us informed to what you think may be of interest to this group, otherwise have the information provided to the group available for any of us to review’.

The Right of Decision is crucial for maintaining AA’s effectiveness and adaptability. It acknowledges that those entrusted with responsibilities, whether GSRs, DCM, Committee members, Delegates to the General Service Conference, Trustees, often have access to more information than the groups they serve. This principle prevents decision-making from becoming rigid or inefficient while still ensuring accountability.

This Concept is essential to the smooth operation of AA’s service structure. It prevents micromanagement while encouraging us to elect individuals who understand and uphold AA’s principles. We trusted the individual enough to elect them, we should therefore trust them enough to make the best decisions. We made the decision through the conscience of the group to put the individual in the position to be our voice and to act for us.

Ultimately, Concept III reflects our guiding spirit of love and service. It reinforces the idea that leadership in AA is not about authority but about responsibility.

Doug H
Area 36 Panel 75 Delegate

RESPONSIBILITY



This Month March in A.A. History

1936 Bill and Lois visit Fitz M., “Our Southern Friend” from the Big Book stories

1940 Bill and Lois visit the Philadelphia A.A. Group

1941 Saturday Evening Post article by Jack Alexander published

1941 Cleveland forms A.A.’s first A.A. Women’s group and first Black Women’s group

1944 New York Intergroup is formed

1951 Dr. William D. Silkworth died, at Towns Hospital

1966 Ebby T., dies sober

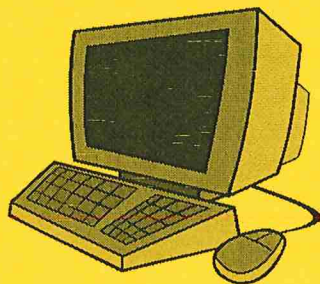


Request for Email Addresses

Minneapolis Intergroup would like to ask respectfully for your email address!

If you are sending contributions to Intergroup for your group, or as an individual, we would like to be able to email you your receipts. This will help us reduce our paper consumption, as well as our postage costs.

Please feel free to give us a call at 952-922-0880 and ask for staff, or you can email us 😊 at staff@aaminneapolis.org . We will update our databases, and you can look forward to emails from us!



For Your Consideration

Did you know you can subscribe to The MIRUS to be delivered by email only? That way you won't have paper piling up on your kitchen table. It will be right there, in your inbox when you are ready to read it. You can even read it while you're eating dinner, without spilling hot dish on it!

An email only subscription will also help Minneapolis Intergroup reduce our paper and postage costs, helping us to be better stewards of the generous contributions we receive from you.

If you still prefer to receive the paper copy in the mail, we will, of course, be happy to mail them out. We just thought we'd let you know of the email option, so you can choose the best delivery for you. Thank you, as always, for your support for *your* Intergroup!

Give the gift of MIRUS...*the shared voice of Intergroup!*

Keep up on current events in the Greater Minneapolis and Western Suburban Area. The MIRUS monthly newsletter features a correlating Step, Tradition, and Concept, District meeting location and times, feature articles and the pamphlet and book of the month. It's simple and it's easy. Just fill out this form and choose to have it emailed to you, or sent to your home each month.

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

Tradition Three

AA Tradition Three states: *"The only requirement for AA membership is a desire to stop drinking."*

When I first came to AA, I was not sure I belonged and had no idea what to expect. At that first meeting, people welcomed me warmly and told me to keep coming back. I remember going home that night, walking from my car to the house, and thinking, "Wow, I don't even have to stop drinking to be part of this. All I need is a desire." That realization stuck with me and gave me the space to keep showing up, even when I did not know if I could stay sober.

Over the next three years, I was in and out of AA, struggling and unsure. My financial resources were slim but, gratefully, AA has no dues or fees, and I was always welcome. Sobriety felt so out of reach. But no matter how many times I came back, the people in the rooms welcomed me the same way they had that first time. Nobody judged me for drinking again—they only cared if I still had a desire to stop, even if that desire was shaky and unsure.

It was not until I finally surrendered and committed to working the program that things started to change. Letting go of control was one of the hardest things I have ever done and paradoxically it turned out to be the most freeing. I stopped fighting and started listening, and that is when my life began to get better.

The acceptance I found in those early meetings made all the difference. Even when I stumbled, people supported me and celebrated the fact that I kept trying. That kindness gave me hope.

This tradition—just having a desire to stop drinking—saved me. It gave me space to find my path even when I did not think I would ever find one. It gave me a chance at a recovery and new life where I get to be—Happy, Joyous & Free!

"New people are the lifeblood of AA. I am eternally grateful to them. By extension I am, therefore, grateful to Tradition Three for making it possible for all who want what we have to come to AA."

Los Gatos, Calif., February 1993

Betsy G., Eagan, MN

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**Minnetonka Big Book Study Group
of
Alcoholics Anonymous
presents its**

**31st Annual Serenity Breakfast
Sunday, May 18, 2025**

at the Minnetonka Community Center
14600 Minnetonka Blvd ~ Minnetonka, MN 55345



Guest AA Speaker

Paul G. from Brecksville, OH

Speaker Meeting: 10:30 am to Noon

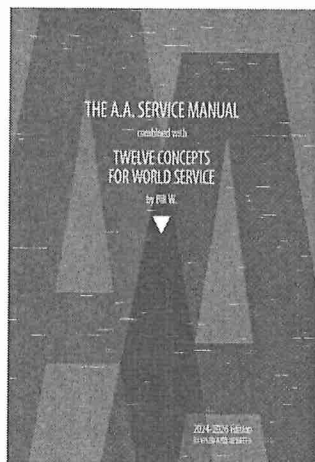
Breakfast: 8:30 am to 10:25 am



Only \$15.00 in advance ~ \$20.00 at the door
(Speaker only = Seventh Tradition)



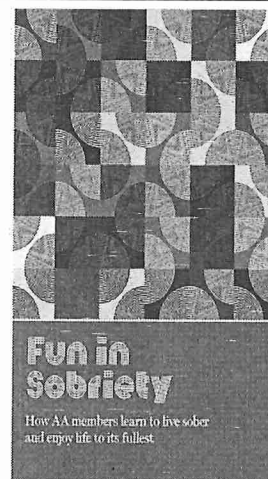
**AA Book of the Month:
The A.A. Service Manual combined with
Twelve Concepts for World Service**



**A.A. Pamphlet of the Month:
The A.A. Group
Where it all Begins**



**Grapevine Book of the Month:
Fun in Sobriety
How A.A. members learn to live sober
And enjoy life to its fullest**



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

8 to 80 Grp	Fridley Alano Sq 7	Monday Primary Purpose Group	Stepsisters of Northfield
Andover Alano - Squad 11	Golden Valley Group	Monticello Alano Squad 10	Suburban North Alano Sq 7
As Bill Sees It - Delano	Gratitude Group	New Hope Alano Sq 13	Suburban North Alano Sq 86
Back to Basics Coon Rapids	Happy Destiny	New Hope Squad 6	Suddenly the Thought
Back To Basics LGBTQ+	Isanti AA Squad 3	Oasis Group – Shakopee	Sunday A.M. Group Prior Lake
Basic Principles	Isanti Alano Sunday	Practical Experience	Sunday Night Grace
Beltline Groups	It Might Have Been Worse	Promises Group	Temple Wed. AA Group
Blaine Alano Squad 10	Kozy's Noon Men's AA	Prospect Park AA Group	There is a Solution – Minnetonka
Bridges AA Group	La Nueva Esperanza	Relapse Enders Tues. Womens AA	Third Tradition Group Northfield
Bryant Lake Group	Ladies Night Happy Hour	Ringmasters AA Group	Thursday Night BB in Buffalo
Carry the Message	Life is Good AA Group	River Valley AA Group	Thursday Night Womens Group
Cavalier West Thursday BB	Lindstrom Big Book 12 x 12 Group	Rule 62 Cavalier	Tonka Alano Society
Cavalier West ThursdayPM Men	Living Sober AA Group	Sahara Thurs Men's Closed Group	Tradition Five
Changing Lanes AA	Lost & Found Step Group Zimmerman	Saturday Night Live Group	Tradition Three Group Waconia
Cliffhangers 1	Lourdes AA Group	Saturday Sisters - Pax Christi	Tues Mom Discuss Group Byerly's
Common Solution Big Book	Mainstreeters AA (Plymouth II)	Senior Men's Barn Group	Tues Morning Step Group Buffalo
Continuous Action	McRae AA Sq.	Southwest Women's Group	Tuesday Night Grace AA
Crushed Grapes	Medina AA Group	Squad A - Depth and Weight	Victory AA
Elk River Alano Sq 10	Meditation At Peace	St. Luke's Mon Nite AA Group	Watertown AA - Wednesday
Elm Creek Group	Minnetonka Big Book Study Group	St. Lukes Saturday Mens Group	Wayzata Womens Group-Monday
Extravagant Promises	Minnetonka Senior AA	Step Sisters Mon PM	Winsted Group
Fridley Alano Sq 32 Vets	Monday Morning Women's BB	Steps Forward Group	Women's By The Book

Group Contributions/Birthday Plan** JANUARY 2025 Foxhall Chapter 7(3), Minnetonka Big Book Study

****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 Intergruop. 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



March 7-9th, 2025

3 Eleven Retreat Cross Lake, MN
3elevenretreat.com

March 10, 2025

Savage Unity A.A. Friends and Family Potluck
Bridgewood Church 6201 W 135th St Savage, MN

March 14-16th 2025

MNYPAA XII Duluth, MN Mnypaa.org

April 12, 2025

Area Assembly/Delegate's Workshop
Southern Minnesota Area 36
Area36.org

April 18-20th, 2025

HACYPAA IX Minneapolis Marriott West
<https://www.hacypaa.us/>

April 26th, 2025 7:30pm—

Midnight

Gratitude Night

Minneapolis Convention Center

May 18, 2025

Minnetonka Big Book Study Group
31st Annual Serenity Breakfast

42nd Annual Gratitude Night
Saturday, April 26th, 2025

Sponsored by
Greater Minneapolis Intergroup
of Alcoholics Anonymous
Welcome Al-Anon & Alateen

Program and Speakers: 7:30pm
DJ and Dance 10:00pm-Midnight
Minneapolis Convention Center
1301 Second Avenue South, Minneapolis
Ballroom A - Across from Dunn Bros

AA Speaker, Rose E., Spring Hill, FL
Al-Anon Speaker, Charley B., Minneapolis, MN
(Speakers ASL Interpreted)

About Intergroup/Volunteer Countdown/Sobriety
Countdown/Area 36 Service Committees Info
Tables/DJ and Dance/Photo Booth

*Tickets: \$20 in advance/\$25 at the door
Available at the Intergroup Office and through IG Reps

*This Intergroup event is self-supporting through the sale of tickets
Minneapolis Intergroup 7204 W 27th Street Suite 113 - St Louis Park MN 55426
562.922.0980 saminneapolis.org

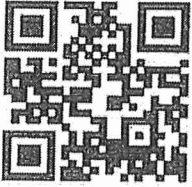
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