

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

August 2025 *Step, Tradition, Concept Eight*

Step Eight

Made a list of all persons we had harmed, and became willing to make amends to them all.

"I cannot think of one single person I have harmed. Everyone has harmed ME!"

These are the thoughts I had when I first read the steps on the wall of an AA meeting. Those thoughts became the words said out loud to my first sponsor, Betty, when she agreed to sponsor me. All said with the bravado that becomes a newly recovering alcoholic who hadn't even opened the Big Book.

Betty patiently pointed out that I MIGHT change my mind about this step once I got to it. It was then that I told her, "Betty. I am going to work ALL TWELVE of these steps to prove they don't work!" All she could say was, "Okay! Let's try the experiment first and argue about results later." And the experiment worked. By the time I had worked the first 7 steps, not only was my mind changed, but my heart as well. I started to feel connected to the program of AA, the steps and to my Higher Power.

I prepared my list of people and institutions I had inflicted harm and hit me: I wasn't willing to make amends to every person and institution on my list. I was frightened to make financial amends. I was frightened to face some of the people I harmed and still held anger toward some of the people on my list. I tried to 'cleverly' avoid the topic on the status of my list when asked by Betty. After a few weeks, Betty had had enough and finally got the whole truth out of me. I braced myself to be fired, but Betty just gently took my hand and gave me the solution. And, as usual, she was right: a simple solution for a really "complicated" over-thinker.

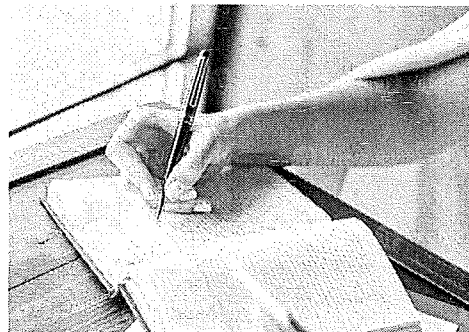
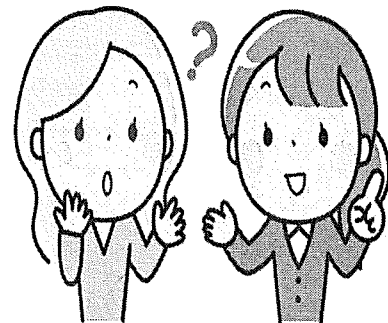
I first learned that my fear rooted in Step 9, which I was currently not working. Then, Betty told me to make three columns on a piece of paper: one for those that I had complete willingness to make amends, one for those I wasn't completely willing to make amends to, and one for those I was not willing to make amends no matter what.

The point was to move the third column to the second then the first and the second column to the first. Willingness in Step 8 did not mean I had to make amends right away. Willingness is a state of mind and heart that leads me to the spiritual principle of Step 8: Love. And that Love is what freed me from fear and judgment: of myself and others.

In order to live that principle, I focused on what the Big Book says about it: "If we haven't the will to do this, we ask until it comes" (Alcoholics Anonymous, p.76).

Anna R..

Minneapolis, MN



Greater Minneapolis Intergroup • Alcoholics Anonymous ®

7204 W. 27th St., Suite 113 • St. Louis Park, MN 55426-3112 • 952-922-0880 • www.aaminneapolis.org • email: info@aaminneapolis.org

OFFICE HOURS: Monday, Wednesday, Friday 9 am-4:30 pm Tuesday and Thursday 9am-7pm Saturday 9 am-1 pm

Notes from your Service Office:

The General Service Theme for 2025 is:

“Working Together, Increasing Trust.”

This has been a time of great change for Minneapolis Intergroup, with many moving parts and new challenges that have required flexibility, focus, and faith. Through it all, we have stayed grounded in the principles of the A.A. program—honesty, service, humility, and unity. With dedication and hard work from our staff, board, and volunteers, we are navigating these transitions thoughtfully and with purpose, always keeping our primary mission at the center: to help the still-suffering alcoholic. Change isn't always easy, but with the guidance of the Steps, Traditions, and the wisdom of the Fellowship, we are growing stronger together.

I am so grateful to serve Minneapolis Intergroup. Each day, I am shown the incredible strength and unity of our fellowship—the very heartbeat of our 12th Step work. It's a privilege to be part of a space where service, recovery, and connection intersect to help carry the message to the still-suffering alcoholic. The volunteers and members who walk through our doors or call in with a willingness to serve inspire me every day. At our **Unity Summer Open house on August 16th from 9 am -1 pm**, there will be plenty of opportunities to meet some of these amazing alcoholics, including Board members, Staff, and volunteers that support Minneapolis Intergroup daily and throughout the year(s) in many different ways. You can also learn about the many opportunities available that you can get involved in. All while having FUN - we are not a glum lot!

Please join us for a day of connection, community, and celebration at our **Summer Unity Open House**. This family-friendly gathering is open to everyone and offers a warm and welcoming atmosphere filled with games, delicious breakfast and lunch foods, books, and items available for purchase, and exciting prizes to win. Whether you're part of the fellowship or simply a friend of the community, you'll find something to enjoy and someone to connect with. Al-Anon is hosting their open house at the same time just down the hall, and this year; to celebrate their 50 years, they have an ice cream truck to add to this awesome summer family fun event! It's a perfect way to cool off and connect. Come celebrate recovery, friendship, and fun with us—this event is sure to be one you won't want to miss, and a good time for the whole family.

With Gratitude & In Service,

Erin D.

Office Manager

Notes from Your Board Chair:

Change is one of the only constants in life, at least from my experience. I have never been 100% able to immediately accept it depending on the type of change, and sometimes my defects of character boil up to defend my need to not accept it if it goes against my sense of wellbeing and ego. I am forever thankful that in practicing the principles of my program I can learn to accept change and keep living life on its terms, not mine - and remembering how a spirit of humility saves me from the insanity of trying to control the things I cannot or should not. That was and still is a big part of the psychic change I needed to make.

Intergroup has seen quite a few changes over this fiscal year and undoubtedly there will always be more to come. But it is with the grace of our collective higher power, our love for this organization and its ability to serve/save the still suffering alcoholic, that it has remained a beacon to those who reach out for the gift of recovery through us that only A.A. can provide. I am grateful to you, the groups in our area, our office staff, board members, volunteers, and Fellowship for everything they do to support Intergroup as it moves through its changes to stay spiritually fit and running soundly as a business entity.

Jeff A.,

Board Chair

Intergroup Board

Board Officers

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

Board Members

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

District 7	Gabriella R.
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

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 Eagan Community Center 1501 Central Pkwy, Eagan, MN 55121
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

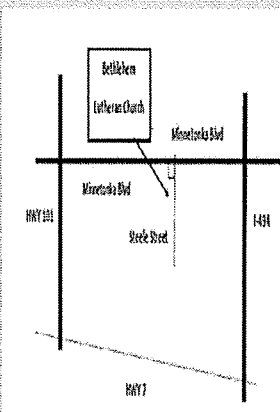
Intergroup A.A. Orientation Open Meetings

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

8/2	Step Three / Tradition Three His Story
8/9	Importance of Singleness of Purpose Her Story
8/16	Step Four / Tradition Four His Story
8/23	What are A.A.'s Three Legacies? Her Story
8/30	Step Five / Tradition Five His Story

The Intergroup Rep Meeting will be held at

Bethlehem Lutheran Church
16023 Minnetonka Blvd.
Minnetonka, MN 55345
This is a HYBRID meeting.
Thursday,
August 28th
at 6:30pm



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

Concept Eight

Concept VIII

Short Form: The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

Long Form: The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

From our pamphlet *The Twelve Concepts Illustrated*: *"This Concept deals with the ways the General Service Board 'discharges its heavy obligations,' and its relationship with its two subsidiary corporations: A.A. World Services, Inc. and AA Grapevine, Inc. Long experience has proven that the board 'must devote itself almost exclusively to the larger questions of policy, finance, group relations and leadership . . . In these matters, it must act with great care and skill to plan, manage and execute.' The board, therefore, must not be distracted or burdened with the details or the endless questions which arise daily in the routine operation of the General Service Office or the publishing operations, including Grapevine. 'It must delegate its executive function' to its subsidiary, operating boards."*

At its core, Concept Eight recognizes that effective leadership and management are essential for the continuity and success of AA. The General Service Office (GSO) plays a pivotal role in facilitating communication among groups, providing resources, and maintaining the integrity of the message of AA. This concept reflects the principle that while individual groups operate autonomously, there must be a centralized office that can oversee operations, manage resources, and ensure that the core messages of AA are consistently communicated across the board.

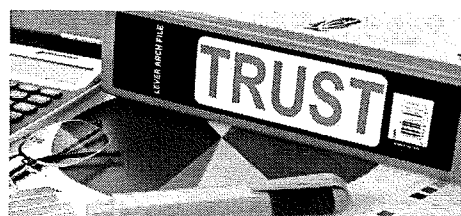
Our upside down triangle has taught us the group conscience from our groups down through our 27 districts, our area, and our conference signifies trust in leadership while also emphasizing the importance of a collaborative approach. The Board of Trustees, which is made up of representatives from various backgrounds, ensures that the diverse voices within AA are heard and considered in decision-making processes. Our governance model fosters a sense of unity and shared purpose, which is critical for an organization that relies heavily on the voluntary contributions and participation of its members.

At present we are operating into our prudent reserve, we are continuing the substantial support covering Grapevine and La Viña ongoing shortfalls, we have renewed our General Service Office lease combining all the entities on one floor and updating the office with substantial buildout costs while serving our membership are indeed *"heavy obligations"*. I am mindful daily as your Delegate that we all need to work together to continue and grow our relevance and effectiveness in helping individuals struggling with alcoholism and the environment we are working in at present.

In conclusion, Concept Eight serves as a reminder of the vital role of structure and shared responsibilities in Alcoholics Anonymous. It emphasizes that while individual groups may operate independently, a unified approach to governance and administration is necessary to uphold the values and mission of AA. This balance of autonomy and collective responsibility is what allows AA to thrive and support countless individuals in their own journey toward recovery.

I am grateful for the opportunity to be of service.

Doug H Area 36 Panel 75 Delegate



The Twelve Traditions - How They Apply In Our Lives

Tradition Eight

Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

"Alcoholics Anonymous will never have a professional class." - pg 166 Twelve Steps and Twelve Traditions. That's the first line of the chapter on Tradition 8. I find it very encompassing and quite adequate. It doesn't say "A.A. will never have professionals", merely no "professional class". That is because we have no differing "classes" in A.A., we are equal here.

My most basic understanding is that 12th Step work is where the "message" is carried, Service Work allows the spaces for the "message" to be carried, and Special Workers provide a system, structure, brick and mortar, for the "message" to stay alive.

I was taught early to personalize the Traditions by putting them in the First Person. Therefore, I shall remain forever nonprofessional (in my AA work), but for my services I may employ people. I always do this for fun, for free, and to pay the debt to those who did it long enough to get me here. Also, if AA members assist me with services that I would otherwise pay for, maybe I ought to still pay these AA members too.

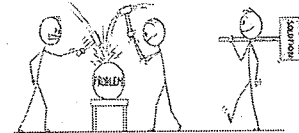
I have hosted a few AA events and conferences. When contracting DJ's, catering people, comedians, etc. even if they are members of A.A.; we still pay them a going rate. Granted, if out of the kindness of their heart they feel like doing their services for a discount, that is their professional financial decision, but we ought not ask for a discount due to their membership in A.A. That may also be known as a form of charitable manipulation.

Question 3 on the A.A. Grapevine Traditions Checklist for Tradition 8 asks, "Do I sometimes try to get some reward—even if not money—for my personal A.A. efforts?" I found that quite intriguing. When I looked inside of myself I found, of course I have tried to get some reward. I'm an alcoholic aren't I?

Selfish, self-centered, and always looking for a way to better myself. I just try my absolute best to adhere to, and follow these spiritual principles, and I pray that I drop and stop weaponizing these Traditions so that I may feel above or better than you. These are just guides laid out born through the experience and mistakes of those before me.

Jared H.

Minneapolis, MN



"The job was not to *do* Twelfth Step work; it was to make Twelfth Step work possible."

"Twelve Steps and Twelve Traditions" - pg. 168

REFLECTIONS ON CONNECTIONS

I got sober in North Dakota, in a town of about 40,000 people. We didn't have anything like Minneapolis Intergroup. We tried to work together as a district to provide information and support for alcoholics, but it paled in comparison. When I moved to Minnesota I was so impressed with Minneapolis Intergroup and ALL the services provided. The most impressive thing to me was that the phones are answered 24 hours a day by a sober member of A.A. I have been involved, and of service, steadily since 2007, which has been so helpful to my sobriety and hopefully helpful to others as well! If you haven't had a chance to get involved, please call or stop into the office and find out how you can be of service! You will be so glad you did!

Melissa A

If you have a Connection Reflection you would like to share please email it to us at:

info@aaminneapolis.org

You could see yourself in print!

AA Book of the Month:

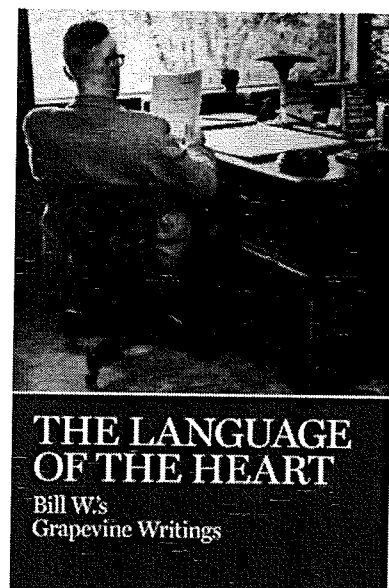
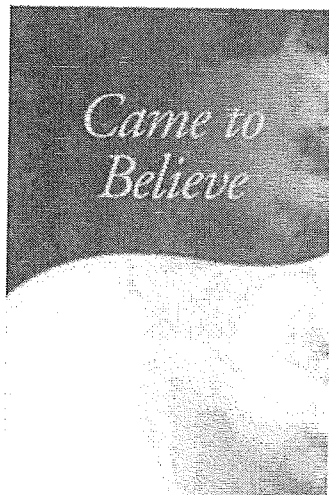
Came to Believe

A.A. Pamphlet of the Month:

The Twelve Steps Illustrated

Grapevine Book of the Month:

The Language of the Heart



Group Contributions - June 2025 Thank you all, in the Spirit of Hope.

Amazing Grace	Foreword XIX Grp	Monday Primary Purpose Group	Sunday Serenity Group
migo's Grp	Foundation Stone Group of AA	Monticello Alano Sq 3	The Hand of AA
nnandale Lakers	Foxhall Chapter 7 Grp	New Beginnings Women's	The Way Out BB Mon @ Hen. United
noka Today Alano Squad #26	Happy Destiny	New Hope Squad 6	The Way Out Group
ack To Basics Women's Grp at St Luke's	Hope's on Penn	Normandale AA Grp	Third Tradition Group of AA Northfield
asic Principles	Hope AA - Richfield	Pax Christi Thursday Night	Three Legacies
oiler Room Men's Group	Hope Tuesday AA Lakeville	Pearls of Wisdom	Thursday Night Womens Group
ridges AA Group - Prior Lake	Howard Lake-Waverly AA Grp	Polaris Grp	Tradition Five
right Spot AA	Insite and Hope	Practical Experience	Tradition Three Group Waconia
andlelight Group—Chaska	Isanti Alano Sq 12	Ringmasters AA Group	Up the Creek Big Book Group
arry the Message	Isanti Thursday Night 530 Big Book	River North AA	Wednesday Lunch Bunch
avalier West Thursday Night Mens Grp	It Might Have Been Worse	River Valley AA Grp	Women's Big Book Study Thurs Buffalo
entral Pacific Grp	Kozy's Noon Men's AA	Rockford Riverview AA Group	
liffhangers 1 - Thurs 7 30 Grp	Lakeville Sat. Big Book Meeting	Sahara Sunrise	
ontinuous Action	Living Sober AA Group(Burnsville)	Saturday Night Live Group	
ottagewood Meeting AA	Mainstreeters AA (Plymouth Il Alano)	Senior Men's Barn Group	
elano Saturday Morning	Minnetonka Big Book Study Grp	Step by Step - Long Lake	
ik River Alano Squad 5	Minnetonka Senior AA	Sunday Morning A.M. Grp Prior Lake	



Group Contributions/Birthday Plan** June 2025

Tradition 5, Minnetonka Big Book, Foxhall Chapter 7, Primary Purpose

****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.**

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.

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

IMMANUEL Lutheran Church

16515 Luther Way, Eden Prairie MN 55346

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



August 2, 2025

Happy Destiny Anniversary Potluck

Noon—3:00pm

Sheridan Park

6500 Upton Ave.

Richfield, MN

August 9, 2025

West Suburban Alano

41st Annual Pig Roast

1:00pm-5:00pm

5235 Woodhill Rd

Minnetonka, MN

August 16, 2025

Summer Unity Open House

9:00am-1:00pm

Minneapolis Intergroup

7204 West 27th Street'

St. Louis Park, MN 55426

August 15-17, 2025

48th Annual Cornhuskers Roundup

Fri 10:00am-Sun 12:00pm

Liberty First Credit Union Arena

Omaha, NE

August 28-31, 2025

65th ICYPAA

Hilton Minneapolis

1001 S Marquette Ave

Minneapolis, MN

September 5-7, 2025

34th Annual Heartland Round-Up

Fri. 3:00pm—Sun. 3:00pm

20033 County 1

Park Rapids, MN

INTERGROUP'S 24TH ANNUAL
UNITY OPEN HOUSE
 JOIN US IN CELEBRATING
57 YEARS OF SERVICE
SATURDAY AUGUST 16, 2025
9AM - 1PM

BINGO				
10	18	40	53	74
3	23	37	55	70
15	24	★	51	62
5	30	43	54	65
1	28	33	58	67

INTERGROUP INVITES YOU

COME FOR FOOD!

COME FOR GAMES!

COME FOR BINGO!

COME FOR PRIZES!

COME FOR FELLOWSHIP!



NEED A SERVICE OPPORTUNITY? LEARN ABOUT...

Phone Volunteering: Daytime Phones, Group Phones, Early Birds and Night Owls

Southern Minnesota Area 36 Temporary Contact Program

Southern Minnesota Area 36 Correctional Facilities Contact Program

"An opportunity for all AA members to connect into service"

GREATER MINNEAPOLIS INTERGROUP

7204 West 27th Street, Suite 113

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map & directions at www.aaminneapolis.org

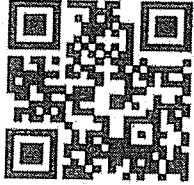
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