MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

August 2026 *Step, Tradition, Concept Eight*

Step Eight

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

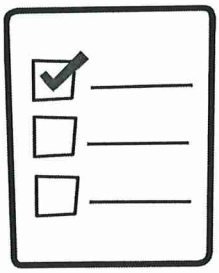
Step Eight in the *Twelve Steps and Twelve Traditions* assures us that this point in the Steps "is the beginning of the end of isolation from our fellows and from God." More than twenty years ago I completed my first Fourth and Fifth Steps and finally felt like I belonged in Alcoholics Anonymous. I had done the deal. I was now willing to make amends - to some. I called old boyfriends, made financial amends to businesses I had stolen from, and began repairing relationships with family, friends, co-workers - anyone I could remember. I received accolades and encouragement during many of these amends, and I practically floated through those early years of sobriety.

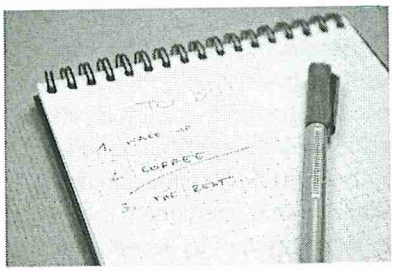
But I didn't stay sober. Looking back, I can see I lost sight of one of Step Eight's central principles: willingness. After making a thorough list and many amends, was I actually living differently? The *12&12* reminds us, "We can go far beyond those things which were superficially wrong with us, to see those... flaws which sometimes were responsible for the whole pattern of our lives." I wasn't stealing from stores anymore, but was I stealing time from employers by being disengaged? Was I still isolating myself from God and others through gossip, judgment, and envy? Was I treating the people closest to me with patience, respect, and love, or was I still living with my hand out, crying, "Gimme!"

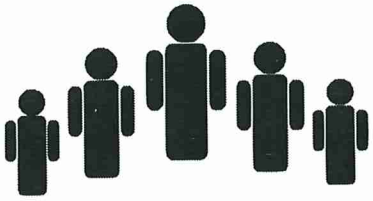
I am also struck by the word "all" in Step Eight. It is a tall order, but it reminds me to ask, "How free do I want to be?" Today, willingness means more than making a list or even making amends. It means asking God each day, in every interaction, "What actions would you have me take?"

Step Eight prepares me to make amends to them all, even when it is uncomfortable, humbling, or costly. More importantly, it calls me to live differently so I stop creating new amends. When I ignore my character defects, I repeat the same patterns and create more wreckage. Years of eating humble pie have taught me that I cannot afford to live in isolation - that is right where my alcoholism wants me. Today, I want to live in harmony with God and my fellows, so I ask for His guidance each day to become the woman He would have me be. For me, that is the lifelong practice of Step Eight.

Jaime M., New Hope, MN







All images are stock photos

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 2026 is:

"Humility in Action"

Office Notes:

Summer is in full swing, and so is our Fellowship! From our regular meetings and outreach visits to conferences and summer fellowship events, this season reminds me just how alive Alcoholics Anonymous is when we come together with a common purpose. There is no shortage of opportunities to share our experience, strength, and hope with one another and with the alcoholic who still suffers.

This month we reflect on **Step Eight**: *"Made a list of all persons we had harmed, and became willing to make amends to them all."* Step Eight is about willingness—the willingness to grow, to repair relationships, and to continue practicing these principles in all our affairs. Service asks us for that same willingness: to show up, to lend a hand, and to be available when someone reaches out for help.

Tradition Eight reminds us that *"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."* I am grateful every day to witness this Tradition in action. Minneapolis Intergroup is supported by dedicated volunteers and trusted servants who freely give their time, while special workers help provide the continuity that keeps our office, hotline, literature distribution, and other essential services available to the Fellowship. Together, we help ensure that A.A. is there when someone needs us.

Concept Eight tells us that *"The Trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services..."* While this speaks to the General Service structure, its spirit is reflected throughout our Fellowship. Healthy service depends on trusted leadership, thoughtful planning, and delegating responsibilities so that everyone has an opportunity to participate. When each of us accepts our part—whether answering the hotline, stocking literature, serving on a committee, visiting a meeting, or simply welcoming a newcomer—we strengthen the entire Fellowship.

A heartfelt thank you to everyone who stopped by and supported Minneapolis Intergroup during the **MNYPAA Conference** over the Fourth of July weekend. Whether you volunteered, purchased literature, or simply spent time in fellowship, your enthusiasm and commitment to carrying the message made the weekend truly special. It is inspiring to see members of every generation united by the same primary purpose.

Our **Summer Outreach Program** continues to build momentum as volunteers visit meetings throughout our service area, sharing information about Intergroup services and inviting members into Twelfth Step work. Every visit helps strengthen communication between groups and Intergroup while reminding members that there are many meaningful ways to be of service. If you have been thinking about volunteering, there is still plenty of summer left to join us!

Looking ahead, I hope you'll mark your calendar for our **Summer Open House on Saturday, August 15**, at Greater Minneapolis Intergroup. It's always one of my favorite days of the summer—a chance to reconnect with friends, welcome newcomers, tour the office, enjoy fellowship, and celebrate the many volunteers whose quiet acts of service help keep our Fellowship strong. Whether you've served for years or are just beginning your service journey, we would love to see you there.

Thank you for allowing me the privilege of serving alongside each of you. Every phone answered, every meeting visited, every book sold, every cup of coffee poured, and every welcoming smile is another reminder that A.A. works because its members are willing to serve. I hope your summer is filled with fellowship, gratitude, and countless opportunities to carry the message of hope to those who need it most.

In Love and Service,

Erin D., Your Intergroup Office Manager

Notes from Your Board Chair:

Summer is flying by, and autumn is already on the horizon.

With the change of season comes our annual Intergroup board elections this September. Throughout the year, I often find myself looking around our rooms and thinking, "They would be a wonderful asset to the board." Everyone I have spoken to about their service experience on the board has shared deeply positive reflections and a genuine love for the commitment.

Angelique P., Board Chair

Intergroup Board

Board Officers

Chairperson	Angelique P.
Co-Chairperson	Pam N.
Secretary	Jennifer M.
Treasurer	Thomas D.

Board Members

Melissa A.	Brian B.
Tina C.	Andy D.
Richard M.	Bob T.
Mark S.	Richard M.

Erin D. Office Manager, Ex-Officio

General Service District Board Liaisons

District 7 Melissa A.
District 13 Bob T.
District 14 Thomas D.
District 17 Richard M. /Jen M.
District 18 Mark S.
District 19 Brian B.
District 20 Linda M.
District 21 Pam N.
District 22 Tina C.
District 24 Richard M.
District 25 Andy D.

Intergroup Staff

Erin D.	Office Manager
Meg H.	Office Staff
Bridgette M.	Office Staff
Patrick G.	Office Staff

Your Intergroup board meets every month at 6:30 pm on the Tuesday before the Rep's meeting in the

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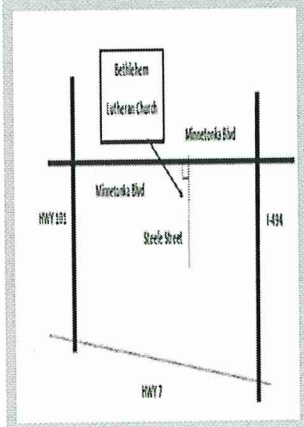
The MIRUS represents the experience of A.A. members. Their thoughts, expressed herein, are not to be attributed to Alcoholics Anonymous as a whole, nor does publication imply endorsement by either Alcoholics Anonymous or Greater Minneapolis Intergroup.

The Intergroup Rep Meeting will be held at Bethlehem Lutheran Church



16023 Minnetonka Blvd.
Minnetonka, MN 55345
This is a HYBRID meeting.
Thursday, August 27 at 6:30pm

Metro District General Service Meetings

District 7 Second Monday, 6:30 pm
Immanuel Lutheran
16515 Luther Way, Eden Prairie, MN 55346
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, 7:00 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
Hy-Vee Training Room
1451 Adams St S. Shakopee, MN 55379
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

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

08/01 Step Five/Tradition Five
His Story
08/08 The History of A.A. & Its Founders
Her Story
08/15 Step Six/Tradition Six
His Story
08/22 A.A. Literature—The A.A. Grapevine
Her Story
08/29 Step Seven/Tradition Seven
His Story

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

Concept Eight

Short form: The Trustees are the principal planners and administrators of overall 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 overall 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.

Concept Eight teaches us something we practice in our own recovery: the wisdom of knowing when to let go and trust our trusted servants. Our trustees carry real responsibility for the big picture—our finances, our public relations, our overall direction. In these matters, we ask them to plan, decide, and act.

But when it comes to the daily work of publishing our literature or producing our magazine, we ask our trustees to step back and trust as well. They don't micromanage the staff at A.A.W.S. or the Grapevine. Instead, they choose capable directors, hold them accountable, and trust them to do the work. Many of our Trustees wear multiple hats when serving on one or more of our three corporations (GSB, AAWS, GV/LV) while hopefully not diluting their attention from the larger questions of what is best for our society as a whole.

We see in this Concept the same balance we seek in sponsorship and in our home groups: guidance without control, responsibility without domination. When we delegate with trust and oversee with humility, our services thrive—and so does our primary purpose of carrying our message to the alcoholic who still suffers.

We can see how the Concepts are intertwined as it is a reminder that we are incumbent to select our trusted servants with care and encourage the next generation to 'get in the car' and get involved in service to ensure our future.

Thank you for the privilege to serve as your panel 75 Delegate,
Doug H.

Greater Minneapolis Intergroup
Annual Outreach Program
Service Opportunity |

We are looking for volunteers to visit groups around our service area. This year we are visiting meetings in areas that our 24/7 Hotline needs more members on our 12th step list.

To be of service & learn more, stop in the Intergroup Office and sign out a group to visit and bring a packet of information. Visits need to be completed by August 31st.

Your service will enhance Intergroup's efforts in two ways:

1. Assuring that our meeting directory information is correct.
2. Informing members about opportunities to carry the AA message through Intergroup 12 Step Services.

Basics of Group Outreach:

1. Visit the Group
2. Complete Group Update Form
3. Notify the office of which group you visited and the date.
4. Turn in the Group Update Form

The Intergroup Office

will be closed on:

Monday September 7, 2026

for Labor Day

(Phones are answered 24 hours/day 365 days/year)

See aaminneapolis.org for meeting closing announcements during holidays

INTERGROUP'S 24TH ANNUAL

UNITY OPEN HOUSE

JOIN US IN CELEBRATING

58 YEARS OF SERVICE

SATURDAY AUGUST 15, 2026

9AM - 1PM

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"

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Basics of Group Outreach:

1. Visit the Group
2. Complete Group Update Form
3. Notify the office of which group you visited and the date.
4. Turn in the Group Update Form

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

It is interesting that in the beginning of Alcoholics Anonymous there was an idea that people such as sponsors would be paid for their work. But they soon found that having "professionals" didn't have the same effect as just sharing the experiences of one drunk to another. Anyone who has worked to help another alcoholic has seen that. This is the key in gaining one's trust and a good foundation for further work. In the Big Book it says, "practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics."

As a phone volunteer at Minneapolis Intergroup, I am able to assist people who are in trouble by helping them understand a little of what A.A. can do. We can help them find meetings, answer some questions they might have or set them up with a twelve step call where they can speak with another alcoholic about the next move for them if they are willing. But if we can't answer a question we can turn to a paid staff member and get the answer that we are looking for. They are there for the clerical or administrative work that A.A. requires, not for 12th step work. However, the ones I know do plenty of that in their off hours.

So, the principle of the 8th Tradition is humility and service. As we know from the 12th Step, sharing what we have learned through the steps is a privilege, one that people can hardly wait to get to. We feel so good mentally and physically that we want other people to benefit. We have learned the importance of honesty and of doing service work. There are so many ways we can be of service. Sponsorship is certainly a big one but there are many other ways too.

We can share the message in rehab centers or hospitals, during fellowship at our home groups sharing about our experiences and past struggles. Even going into correctional facilities, anywhere we can find fellow A.A.'s that are ready to make a change in their lives. We want to practice these principles in all our affairs.

Pete A., Minneapolis, MN

THIS MONTH IN A.A. HISTORY

August 8, 1879 Dr. Bob born in St. Johnsbury, VT

August 1934 Rowland H. and Cebra persuade court to parole Ebby T. to them

August 11, 1938 Akron and New York members begin writing stories for the Big Book

August 16, 1939 Dr. Bob and Sister Ignatia admit first alcoholic to St Thomas Hospital, Akron, OH

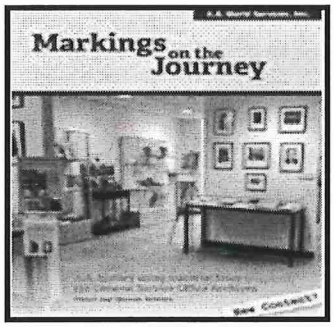
August 19, 1941 First A.A. meeting in Colorado is held in Denver, CO

August 26, 1941 Bill writes to Dr. Bob to tell him Works Publishing has been incorporated

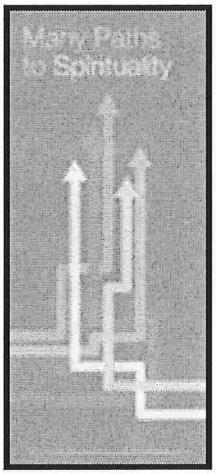
August 3, 1954 Brinkley A. gets sober at Towns Hospital after 50th detox

August, 1981 Sales of the Big Book surpasses 3,000,000

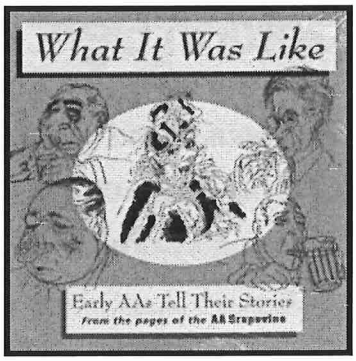
A.A. DVD of the Month:
Markings on the Journey



A.A. Pamphlet of the Month:
Many Paths to Spirituality



GV CD of the Month:
What It Was Like



Group Contributions - June 2026 Thank You

4th Step Workshop
A New Freedom - Excelsior
Amazing Grace
Andover Alano - Squad 11
Back to Basics Coon Rapids
Bloomington Groups Alano
By The Book AA
Cavalier West Thursday Night Mens Group
Cedar Lake Women's Group
Continuous Action
Coon Rapids Alano
Desire Meeting
Elko New Market Weds Group
For Today Group
Foxhall Chapter 7 Group
Fridley Alano Squad 19
Happy Destiny
Howard Lake-Waverly AA Group
Isanti Alano Squad 12
Kozy's Noon Men's AA
Ladies Night Happy Hour
Lake of the Isles Open AA
Living Sober AA Group (Burnsville)
Minnetonka Big Book Study Group
Minnetonka Senior AA
Monday Night Step Group-St. Louis Park
Monday Night Women's 12x12 Elk River
Monday Primary Purpose Group
New Hope Squad 3
Nicollet AA Group
Ramsey AA (NowThen AA)
River Valley AA Group
Rule 62 Cavalier
Sahara Sunday 8.30 AM Big Book
Saturday Night Live Group
Senior Men's Barn Group
Shakopee Monday Big Book
Sisters In Sobriety
Squad 7, Blaine Alano Thurs
St. George Thurs Night AA Group
St. Louis Park Sunday Night AA Group
Step by Step - Long Lake
Steps to Serenity @ Westwood
Suburban North Alano Squad 7
The Way Out Group
Third Tradition Group of AA Northfield
Three Legacies
Thursday Night Womens Group
Tradition Five
Tuesday Night Mens -Colfax
Valley West AA
Voices Of Recovery
Wayzata Women's - Thursday Group
We Are Not Saints-Richfield
Women's AA Group at Elim

Group Contributions/Birthday Plan June2026**

***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.

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UPCOMING Events

August 8, 2026

Area 36 Committee Meeting
11:00am—1:00pm
Online event, see area36.org for credentials

August 15, 2026

Greater Minneapolis Intergroup Unity Open House
7204 West 27th Street
St. Louis Park, MN
9:00am—1:00pm

August 15, 2026

West Suburban Alano Club BBQ
5235 Woodhill Road
Minnetonka, MN 55345
1:00pm—3:00pm

August 22, 2026

Happy Destiny Summer Picnic
Jefferson Park
6700 Thomas Avenue S
Richfield, MN 55423
11:00am—1:30pm

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

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St. Louis Park, MN. 55426

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