MIRUS
Minneapolis Intergroup: Recovery, Unity, Service
February 2026 *Step, Tradition, Concept One*

Step Two

Came to believe that a Power greater than ourselves could restore us to sanity

How Step Two Changed My Life

Recovery is a journey filled with unexpected lessons, and sometimes the most powerful ones come from the steps we least understand at first. Step Two is one of those steps for me — a turning point that reshaped not only my sobriety but my entire outlook on life.

When I first walked into an A.A. meeting and saw Step Two on the wall — *"Came to believe that a Power greater than ourselves could restore us to sanity"* — I was certain it didn't apply to me. Insanity? Not me. My life was a little unmanageable, sure, but I had a job, a place to live, and money in the bank. How could I be insane?

It wasn't until I sincerely worked the steps that I understood what insanity really meant: doing the same thing over and over again and expecting different results. That realization was humbling. Accepting that my alcoholism had led me to insanity was the first step toward change.

Believing in a Power greater than myself was even harder. My ego was thick, and self-reliance felt like my superpower. My sponsor suggested an exercise: call other women in the program and ask how they came to believe. Those conversations opened my mind to the possibility that something greater was at work in my life. That was the beginning of a relationship with a Power I now call God.

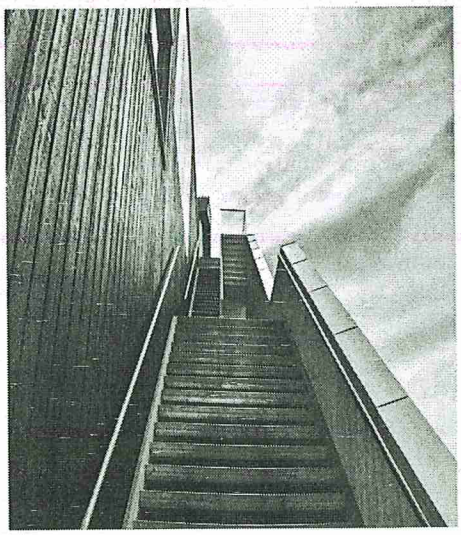
I am deeply grateful for this step and how it transformed me. Even after years of sobriety, insanity can creep back in if I stop using the spiritual tools. Step Two reminds me that sanity is a daily practice, not a one-time achievement.

Recently, I faced one of the hardest challenges of my life: 16 months of breast cancer treatment, interrupted by a severe ankle break. I approached it as if I were newly sober. The experience felt overwhelming, and old behaviors tried to resurface. But nearly every day — progress, not perfection — I believed that a Power greater than myself would restore me to sanity. I trusted God to take care of each day, one day at a time. My job was simple: show up, believe, and do the next right thing.

Step Two isn't just about sobriety; it's about life. It's about surrendering control and trusting that we're not alone. For me, that trust has made all the difference — and continues to guide me through every challenge, one day at a time.

Gratefully,

Lisa Dawn G., Bloomington, 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 2026 is:

"Humility in Action"

Office Notes:

As we step into a new year together, I am filled with gratitude for the living, breathing example of Step Two we see every day at Minneapolis Intergroup. "Came to believe that a Power greater than ourselves could restore us to sanity" is not just a personal awakening—it shows up collectively when alcoholics answer the phone, show up for service, and trust that something greater than any one of us is at work. Each call returned, each shift covered, and each "yes" to service reminds me that we are not and could NEVER do this alone.

Tradition Two tells us that "for our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience." I see that loving authority clearly in the response to our 12th Step call list. Volunteers continue to step forward with willingness, trusting the process and being of service. I am especially grateful for the seven new Night Owl and Early Bird Committee Members and Coordinators who have said yes to open shifts in the past month and are leading our fellowship with that service. Your willingness ensures that no alcoholic has to face the night—or the early morning—alone.

Concept Two reminds us that the ultimate responsibility and authority for AA services rests with the groups. Intergroup exists because groups care deeply about carrying the message beyond their own walls. Every volunteer shift filled, every coordinator trained, and every Intergroup Rep and committee meeting attended is an expression of that responsibility in action. It is a privilege to witness how faithfully our groups continue to support Intergroup and the vital services we are allowed to provide together.

As we look ahead, I am joyful and hopeful—especially as we prepare for our annual Gratitude Night on April 11th. This is a chance to pause, reflect, and say thank you to the many hands and hearts that make this work possible. Thank you to every volunteer, coordinator, and group who continues to answer the call. Your service is a powerful reminder that when we come together in trust and gratitude, something greater than ourselves truly does the work.

Erin D. Your Grateful Office Manager

Notes from Your Board Chair:

The Resolution That Actually Sticks

As we step into 2026, many of us are busy selecting a "word of the year" or setting ambitious resolutions to improve our lives. We start with the best intentions, but we all know the reality: by February, those new habits often slide—and I'll admit, I'm currently typing this while snacking on cheese and crackers instead of the celery sitting in my fridge.

However, there is one commitment that doesn't require perfection or a special talent: **Service at the home group level.**

In Alcoholics Anonymous, the New Year is a perfect time to take on a new "job." Whether it's greeting people at the door, setting up the coffee, or chairing a meeting, these commitments provide a vital boost to our sobriety. Unlike a gym membership that might gather dust, a service position gives us a concrete reason to show up and stay connected.

I've realized that the only reason I can even *consider* improving other areas of my life—like health or fitness—is because I continue to participate in AA. Sobriety is the foundation that makes everything else possible.
So, while I keep aiming for those "extra" goals, my primary aspiration for 2026 remains simple: **Show up and participate to the fullest.** There is truly nothing better than seeing a new member keep coming back, and being there to welcome them reminds me why I keep coming back, too.

Angelique P.
Board Chair

Intergroup Board

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Secretary	Crissy H.
Treasurer	Thomas D.

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Richard M.	Bob T.
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Erin D. Office Manager, Ex-Officio

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District 20 Linda M.
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District 22 Tina C.
District 24 Crissy H.
District 25 Andy D.

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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 Intergroup Office.

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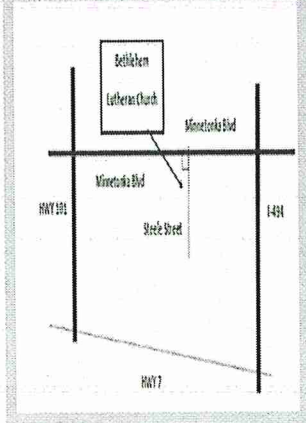
The MIRUS represents the experience of A.A. members. Their thoughts, expressed herein, are not to be attributed to Alcoholics Anonymous as a whole, nor does publication imply endorsement by either Alcoholics Anonymous or Greater Minneapolis Intergroup.

The Intergroup Rep Meeting will be held at Bethlehem Lutheran Church 16023 Minnetonka Blvd. Minnetonka, MN 55345 This is a HYBRID meeting. Thursday, February 26th 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, 7:30 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
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

02/07	What are A.A.'s Three Legacies
	His Story
02/14	Step Five/Tradition Five
	Her Story
02/21	The History of A.A. and Its Founders
	His Story
02/28	Step Six/Tradition Six
	Her Story

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

Concept Two

Short Form: *The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.*

Long Form: *When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference—excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter—the actual voice and the effective conscience for our whole Society.*

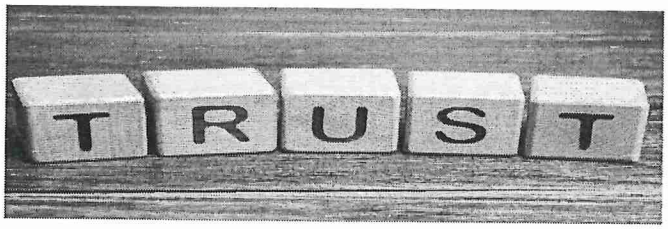
Alcoholics Anonymous Concept II explains how authority and responsibility function within A.A., balancing spiritual guidance with practical service by delegating the responsibility to manage our affairs to our trusted servants through our Conference. At its heart, the Concept reminds us that A.A. is not governed by individuals or personalities, but by a loving God as expressed through the collective conscience of the A.A. groups. This spiritual principle keeps our Fellowship focused on our primary purpose: carrying the message to the alcoholic who still suffers.

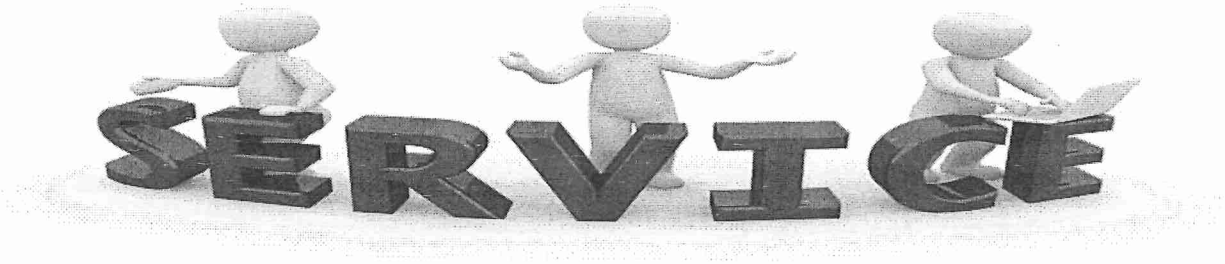
The short form emphasizes humility in leadership. Trusted servants are necessary for A.A. to function but are not rulers. Whether at the group level or in world services, our elected servants serve the Fellowship rather than direct it. This understanding encourages participation, shared responsibility, and respect for minority opinions. Authority flows downward in our upside-down triangle from the

The long form places this spiritual idea into a practical framework. In 1955, A.A. groups formally entrusted the General Service Conference with the responsibility for maintaining our world services. This act did not remove authority from the groups; rather, it allowed them to delegate responsibility so that A.A. could function efficiently and remain unified worldwide. The Conference became the "voice" and "effective conscience" of A.A., acting on behalf of the groups while remaining accountable to them. Concept II also highlights a crucial balance: while the Conference has broad authority over world services, it does not have the power to change the Twelve Traditions or alter A.A.'s fundamental safeguards without group consent. This preserves A.A.'s spiritual foundation and ensures that no service body can drift away from the principles that have sustained the Fellowship

Ultimately, Concept II teaches trust—trust in a Higher Power, trust in the group conscience, trust in one another, and of course trust in our trusted servants. By combining spiritual humility with responsible delegation from the groups down through our service structure, Alcoholics Anonymous remains both guided and practical, to be able serve alcoholics still to come join us.

Doug H
Panel75 Area 36 Delegate
serving on Conference Literature





The Twelve Traditions - How They Apply In Our Lives

Tradition Two

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

The concept of the "inverted pyramid" would have made no sense to me when I was drinking. Back then, I was the self-appointed manager of my small world, and I couldn't understand why others didn't see things the way I did. I tried to manipulate the world to fit my narrow understanding, and it never turned out the way I expected.

The first big realization I had when I got sober was that I had to be fired as manager of my life. If this were a job, I'd have been let go years ago. I had a profound realization that I had no idea how to live, nor what kind of life I even wanted. Because of this, it was easy for me to take suggestions and follow in others' footsteps in early sobriety. The service pyramid was nowhere near my conscious thoughts for some time. I heard GSR reports at meetings, but I assumed they were like student representatives in a high school senate—I figured there was probably some "president" out there running things. How were they elected? Who knew? I had bigger things to worry about as I dug myself out of the mess I had created.

Years went by. After a relapse, I returned to the rooms in a new state, willing to try new ways. I had a family, a career, and more to lose. I found a home group. My group was very involved in service, so I took a coffee position—the first commitment I'd had in years. Before I realized it, I was the Treasurer. I remember thinking, *How will I do this?* It felt like too much responsibility. But I realized I couldn't do it without the group and my Higher Power. I was just a trusted servant; I didn't have to decide how to spend the money.

It was at the group business meetings where I learned the power of the Group Conscience versus the individual. I watched motions introduced by "elder statespersons" get rejected by the room. This was the top of the inverted triangle in action: a hundred years of sobriety and experience around the table, yet no single person was in charge. It was the conscience of a group of alcoholics who had been given a new life. Eventually, I dropped off a check at the District meeting and left with a service commitment there—another growth opportunity. I walked into a new room of alcoholics, but I understood they were there to serve the groups, the next row *down* the pyramid.

I knew if I needed help, I could pray and reach out to those who came before me, those who are still here keeping this wonderful organization going.

Matt T.
Mahtomedi, MN

AA Literature Price Update

Effective February 1, 2026

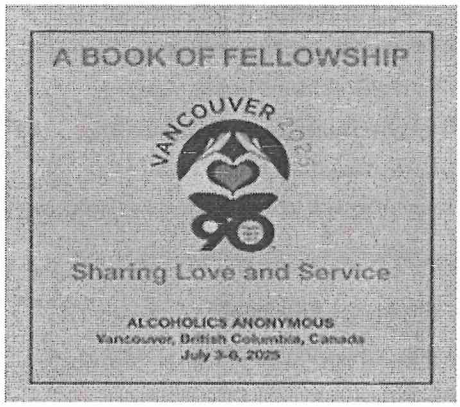
Alcoholics Anonymous World Services (AAWS) has announced a price increase on AA literature effective February 1, 2026.

In accordance with AAWS, the Minneapolis Intergroup Service Center will implement this increase beginning February 1, 2026. An updated literature price list will be available soon and shared with the Fellowship as soon as it is finalized.

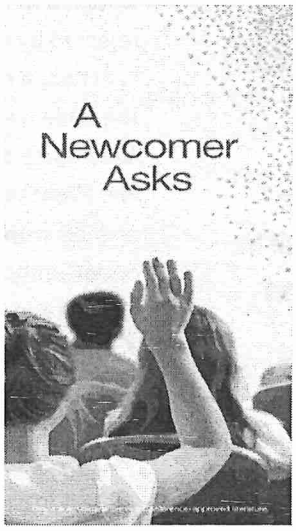
Thank you for your understanding and continued support of Minneapolis Intergroup.

A.A. Book of the Month:

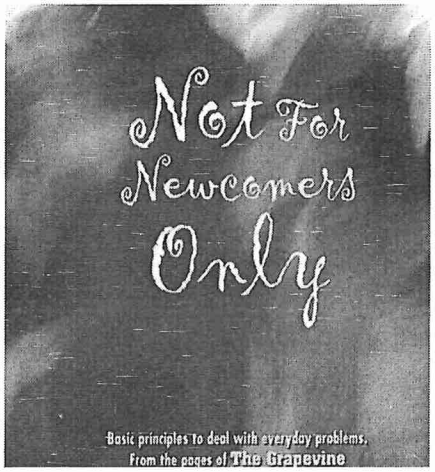
A Book of Fellowship
Vancouver 2025
Sharing Love and Service



A.A. Pamphlet of the Month:
A Newcomer Asks



Grapevine CD of the Month:
Not For Newcomers Only



Group Contributions - December 2025 Thank You

12 Steppers Audubon Park
Andover Alano Squad 4
Basic Twelve & Twelve
Beltline Groups
Blaine Alano Squad 99
Boiled Owls
Bridges AA Group - Prior Lake
Cambridge Thurs Night AA
Carry the Message
Cavalier West Thursday Night Mens Group
Cliffhangers 1 - Thurs 7 30 Group
Colfax Group
Continuous Action
Cottagewood Meeting AA
Crushed Grapes
Daily Reprieve of St. Olaf's
Delano Saturday Morning
Desire Meeting
Early Risers Group
First 164 Group
Friday Freedom Seekers
Fuente de Vida
Gratitude Group
Happy Destiny
Isanti Alano Squad 12
It Might Have Been Worse
It's Noon Somewhere-Blmgtn Groups
Kozy's Noon Men's AA
Ladies Night Happy Hour
Lake of the Isles Men's Tues PM
Lakers AA GROW Group
Mainstreeters AA (Plymouth II Alano)
Minnetonka Big Book Study Group
Minnetonka Big Book Study Group
Monticello Alano Squad 3
NERR 12X12 Friday Morning
Nicollet AA Group
Norwood Young America AA
Plymouth 2 Monday Night Group
Ramsey AA (NowThen AA)
Relapse Enders Tues. Womens AA
Ridge Runners II Group
Ringmasters AA Group
River Valley AA Group
Riverlyn AA Group
Sahara Thurs 730 Men's Closed Group
Saturday Night Live Group
Senior Men's Barn Group
SPD-Tuesday Night Group
Squad 2 A Design For Living
Squad 29 808 Young Persons
St. Louis Park Sunday Night AA Group
St. Martin's Group
Step by Step - Long Lake
Sunday Serenity Group
The Way Out Big Book Meeting
Third Tradition Group of AA Northfield
Three Legacies
Thursday Night Women's Big Book
Thursday Night Womens Group
Tradition Five
Turning Point Women's BB Monday
We Are Not Saints-Richfield
Westwood AA Group
Worthy Women's Big Book Study

Group Contributions/Birthday Plan December 2025**

***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.

Sponsored by
Greater Minneapolis Intergroup
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Welcome Al-Anon & Alateen

Save the date

43nd Annual Gratitude Night

Saturday, April 11th, 2026

6:30pm - 12:00am

Minneapolis Convention Center

1301 Second Avenue South, Minneapolis
Ballroom A-Across from Dunn Bros

AA & Al-Anon Speakers
About Intergroup/Volunteer Countdown/Sobriety Countdown/Area 36 Service Committees Info Tables/DJ and Dance/Photo Booth
Available at the Intergroup Office and IG Representatives
*This Intergroup event is self-supporting through the sale of tickets

Minneapolis Intergroup -7204 W 27th Street Suite 113 - St Louis Park MN 55426
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"Why should not each of us tell himself: 'Yes, we were once a burden on everybody. We were 'takers.' Now that we are sober, and by the grace of God have become responsible citizens of the world, why shouldn't we now about-face and become 'thankful givers'!
Yes, it is high time we did."

Bill W., *Language of the Heart*, p. 86
originally published in the April 1958 Grapevine
reprinted with permission of The A.A. Grapevine, Inc.

The Central Office helps carry the A.A. message to the alcoholic who still suffers by coordinating the following services:

- ✓ Answer Phones 24 Hours a Day
- ✓ Information & A.A. Meeting Location Calls
- ✓ A.A. 12-Step Calls
- ✓ A.A. Literature–English & Spanish
- ✓ A.A. Grapevine Publications
- ✓ A.A. Orientation Meeting
- ✓ A.A. Group Evening Phone Answering
- ✓ MIRUS Newsletter...the Shared Voice of IG
- ✓ Public Information/CPC Resource
- ✓ Intergroup Information Committee
- ✓ Intergroup Sponsored Events
- ✓ Meeting Directories
- ✓ Daytime Office Volunteers
- ✓ Night Owl/Early Bird Phone Committee
- ✓ Cooperation with Outside Agencies
- ✓ Web Site–Meetings Updated Weekly
- ✓ Special Event Information

UPCOMING Events

February 7, 2026
Area 36 Southern Minnesota Area Committee Meeting
9:30am—5:00pm
Online Details at www.area36.org

February 12-15, 2026
62nd International Women's Conference
Community Choice Convention Center
833 5th Ave.
Des Moines, IA 50309

February 21, 2026
Self-Will Run Riot: Happy Destiny A.A. Workshop
12:30—3:00pm
Crowne Point Church
7121 Bloomington Ave S
Richfield, MN 55423

February 27– March 1, 2026
West Central Regional A.A. Service Conference
Double Tree Downtown Cedar Rapids
350 1st Ave NE
Cedar Rapids, IA 52401

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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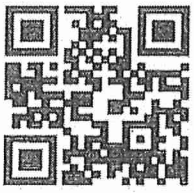

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