

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

July 2026 Step, Tradition, Concept Seven

Step Seven

Humbly asked Him to remove our shortcomings

The directions for Step 7 in the Big Book are concise and clear. However, following the directions is not always easy for someone like me who is naturally convinced that I can live exclusively by my own individual strength and intelligence.

After I did my first 5th step, my sponsor instructed me to go home and follow the instructions laid out in the BB that includes Step 7. I also remember hearing somewhere that I don't get to choose what gets removed and what does not; if I had that choice, I would likely choose the wrong things.

My experience has been that I don't give up my ideas easily unless there is good reason. In early sobriety, I recall doing things my way until I was mentally, emotionally, and/or physically exhausted. Only then would I consider tapping into others' experiences I heard in meetings or from my sponsor related to applying these principles in all my affairs. When the intensity of the discomfort was high enough, I would surrender a bit and try to apply some of the principles. Surprisingly, I would briefly feel a bit of peace. Having gotten past the perceived issue, I would turn back to my natural tendency of being self-dependent. Eventually, I would return to a state of being discontent.

This cycle has repeated itself likely thousands of times in my life. However, the discomfort threshold has been reduced over time. I more quickly turn to the principles now than I once did. It is also easier to recognize the patterns of selfishness and self-centeredness in my life today because of multiple 4th and 5th steps and years of nightly inventories. Seeing the patterns and understanding how these drive me to show up in a way that is not aligned with the person I want to be makes it easier to turn things over sooner.

I am usually comfortable in my own skin and experience peace on a more regular basis today. There is no doubt this is a result of a Higher Power working in my life. Every day I try to do my part by being willing to turn my life over to my creator and go out there and help people. Sometimes this happens without much fuss and other times this is not the case. Overall, I believe I am heading in the right direction even though there are times I revert to my old default settings.

My experience has been similar to what Bill describes in the 12x12:

"This lack of anchorage to any permanent values, this blindness to the true purpose of our lives, produced another bad result. For just so long as we were convinced that we could live exclusively by our own individual strength and intelligence, for just that long was a working faith in a Higher Power impossible. This was true even when we believed that God existed. We could actually have earnest religious beliefs which remained barren because we were still trying to play God ourselves. As long as we placed self-reliance first, a genuine reliance upon a Higher Power was out of the question. That basic ingredient of all humility, a desire to seek and do God's will, was missing."

Twelve Steps and Twelve Traditions p. 72

Dan H. Glencoe, MN



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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 has arrived, and with it comes one of my favorite times of the year—a season filled with fellowship, service, and countless opportunities to carry the message of Alcoholics Anonymous.

Step 7 reminds us that humility opens the door to growth and usefulness. Tradition 7 teaches us that every AA group ought to be fully self-supporting, declining outside contributions. Concept 7 further reminds us that our trusted servants act within carefully defined responsibilities while remaining accountable to those they serve. Together, these principles help ensure that AA remains strong, unified, and available to the alcoholic who still suffers.

Here at Minneapolis Intergroup, our Summer Outreach efforts are in full swing. This year, we are visiting meetings throughout our service area, with special attention to communities where we need additional volunteers on our Twelfth Step List. Every name added to that list represents another opportunity to answer a call for help, share experience, strength, and hope, and extend the hand of AA when it is needed most.

We are also gearing up for an exciting year at the MNYPAA Convention over the Fourth of July weekend. We look forward to connecting with members from across the state and supporting the enthusiasm and energy that young people bring to our Fellowship.

Throughout the summer, Intergroup looks forward to supporting Public Information efforts at the Pride Festival, the Minnesota State Fair, and numerous county fairs throughout our service area. These opportunities allow us to make sure that anyone seeking help can find Alcoholics Anonymous and learn that recovery is possible.

And, of course, planning has already begun for Intergroup's Annual Open House. This event continues to be one of my favorite opportunities to celebrate our Fellowship, connect with old friends, meet new ones, and showcase the many ways Intergroup supports AA throughout our community. I hope to see as many of you there as possible.

Summer offers a unique opportunity to reconnect—with meetings, with service, and with one another. Whether you're attending a picnic, volunteering at an event, serving on a hotline shift, joining the Twelfth Step List, or simply sharing your story with a newcomer, you are helping to ensure that the hand of AA is always there when someone reaches out for help.

Thank you for allowing Minneapolis Intergroup to be of service. I am continually grateful for the privilege of witnessing the fellowship, generosity, and commitment of our AA community. Together, we continue to carry a message of hope that changes lives every day.

In grateful service,

Erin D., Your Minneapolis Intergroup Manager

Notes from Your Board Chair:

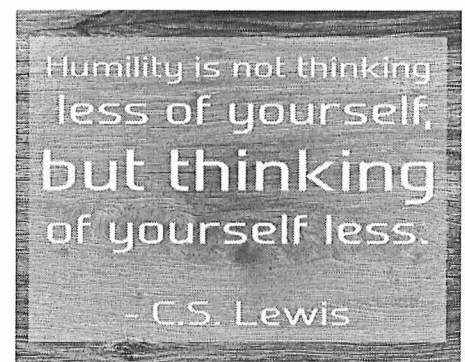
Gratitude in Action

July is here, bringing our focus to self-support, character defects, and trustees. For me, serving on the **Intergroup Board** has completely transformed my understanding of **Tradition Seven**.

Like many, I always dropped money in the basket, knowing a percentage supported Intergroup. Since my second year of sobriety, I have also participated in the **Birthday Plan**—giving a dollar for every year of sobriety to GSO, my Area, my District, and Intergroup. I feel incredibly lucky to give back to an organization that has always been there for me and my friends. I also choose to participate in **Grateful Givers**.

However, financial contributions are only one piece of the puzzle. The true foundation of Intergroup is **participation**. We fulfill our primary purpose when members show up for phone commitments, fill out a "Contribute Your Time" sheet, volunteer for events and outreaches, or simply walk into the office asking to be put to work. Self-support means giving our time just as much as our dimes.

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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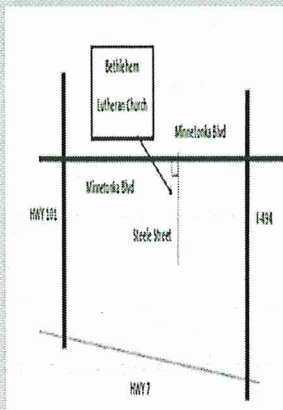
Metro District General Service Meetings

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

The Intergroup Rep Meeting will be held at

Bethlehem Lutheran Church
16023 Minnetonka Blvd.
Minnetonka, MN 55345

This is a HYBRID meeting.
Thursday, July 23rd 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

07/04	Step Three/Tradition Three His Story
07/11	Importance of Singleness of Purpose Her Story
07/18	Step Four/Tradition Four His Story
07/25	What are A.A.'s Three Legacies? Her Story

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

Concept Seven

Short Form: "The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness."

Long Form: "The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness."

Concept Seven speaks directly to how A.A. governs itself and why our governance has endured for decades. The Concept draws a clear line between the Charter and Bylaws of the General Service Board, legal documents, while the General Service Conference is the voice and conscience of our society that our Boards honor and respect.

The General Service Board, composed of A.A.'s trustees, must operate within the world we live in. It manages finances, oversees subsidiaries, and administers the affairs of a global fellowship. The whole service structure resembles that of a large corporation — the A.A. groups function as stockholders, delegates serve as their representatives, and the General Service Board trustees act as directors of a holding company that owns and controls the subsidiaries carrying on active world services. For trustees to function effectively in that role, they must be equipped with genuine legal authority. Their Charter and Bylaws provide that.

The General Service Conference, on the other hand, derives its power from something far less formal and yet more powerful — the trust, conscience, and financial support of the Fellowship itself. The practical power of the Conference derives from the traditional influence of the Conference Charter itself, from the fact that the delegates chosen by the groups always constitute more than two-thirds of the Conference members (this year 93 of the 136 voting members of the 76th Conference), and from the ability of the delegates to cut off financial support by the groups (what we hear referred to as the power of the purse).



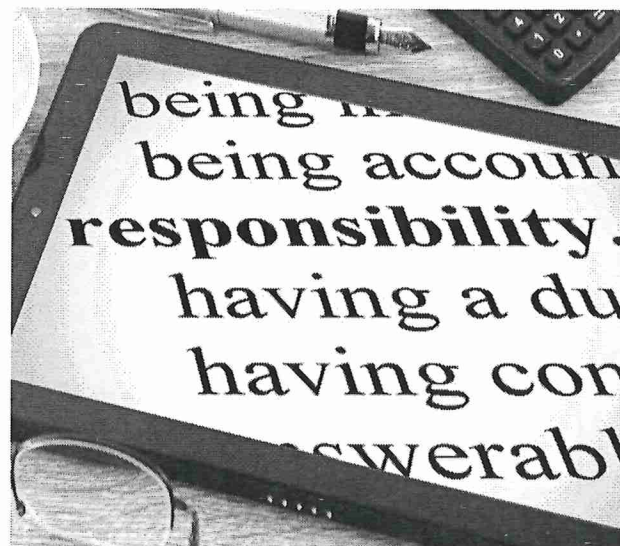
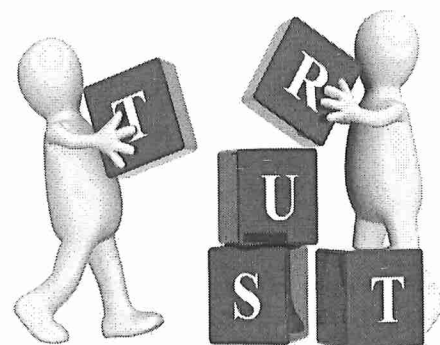
What a unique structure of the General Service Board coupled with the conscience of the fellowship through our General Service Conference that has served us well throughout all these years.

I am grateful for the privilege of serving the groups in Area 36.

Doug H.

Panel 75 Area 36 Delegate

serving on Conference Literature



The Twelve Traditions - How They Apply In Our Lives

Tradition Seven

Every A.A. group ought to be fully self-supporting, declining outside contributions

When I slipped into the back of my first Alcoholics Anonymous meetings, I was not concerned with who was paying. Money was not on my mind; I just wanted a way out of my misery. I saw others dropping a couple of dollars into the basket that went around the table, so I did the same. Oh, and I gratefully helped myself to the coffee that somehow appeared at every meeting.

Later, I learned about Alcoholics Anonymous' Tradition Seven, which states: *"Every A.A. group ought to be fully self-supporting, declining outside contributions."* It ensures that our fellowship is never beholden to outside financial influences. At its core, Tradition Seven is a practical guide for group survival. When I dug into the history of this Tradition, I was impressed by the co-founders' lengthy debate over whether to accept large donations from wealthy benefactors. They eventually realized that money often comes with strings attached, finding that large gifts could lead to outside control, distractions, or internal disputes over fund management.

I can identify with that concept. I remember when I borrowed \$500 from my parents for personal reasons; I unwittingly opened the door for them to take a great interest in my spending habits. Suddenly, I was hearing, "We don't understand why you need a \$6 latte from Starbucks when you have a coffee maker at home," or "We shop at the dollar store and Walmart for that." I had accidentally signed a money management contract with my parents! It's funny now, but it certainly wasn't then.

By relying solely on the voluntary contributions of its own members—usually passed in a basket during meetings—AA insulates itself from external pressures (just like I needed to do with Mom and Dad). A group only takes what it needs to pay for rent, coffee, literature, and incidentals. Contributions are also made to support A.A. at the local Intergroup level all the way up to A.A. World Services.

Passing the basket is not just a collection; it is an act of gratitude and solidarity. Personally, I feel a sense of ownership and belonging by contributing to my own recovery. Putting a dollar or two in the basket each week can be an affirming step toward responsibility for those who first enter the rooms financially, emotionally, and spiritually bankrupt. (Of course, no money is ever required to join AA, and contributions are strictly voluntary. The only requirement for membership is a desire to stop drinking.)

Tradition Seven protects A.A.'s primary purpose: to carry its message to the alcoholic who still suffers. I am grateful to Bill Wilson and the other early members for creating a financial blueprint that allows groups to focus entirely on what matters most—working with other alcoholics. The genius of Tradition Seven proves that a global organization can thrive without government grants, corporate sponsorships, or massive endowments. We can be self-supporting, and it all begins with that humble basket passed around the rooms.

In Respect and Recovery,
Kathy W. Eden Prairie, MN

The Intergroup Office

will be closed on:

July 3rd and 4th

for Independence Day

We will be at

MNYPAA this weekend



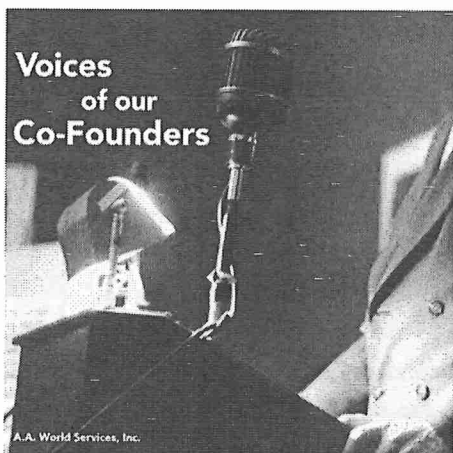
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24 hours/day 365 days/year)

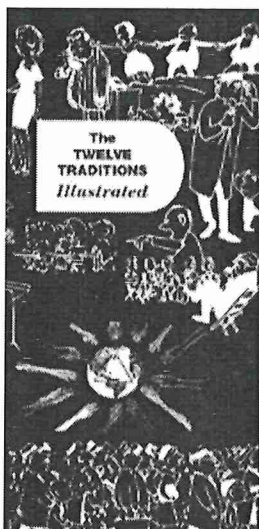
**See aaminneapolis.org for meeting
closing announcements during**

holidays

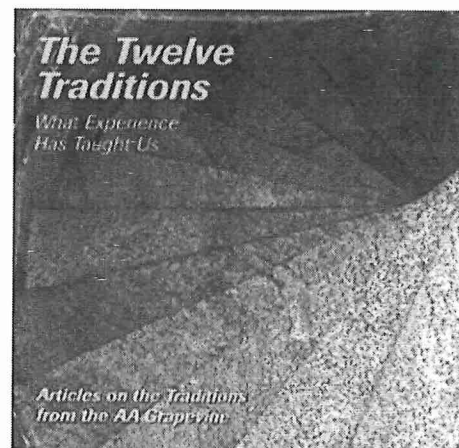
A.A. CD of the Month:
Voices
of Our
Co-Founders



A.A. Pamphlet of the Month:
The Twelve Traditions
Illustrated



GV CD of the Month:
The Twelve Traditions
What Experience Has Taught Us



Group Contributions - May 2026 Thank You

Andover Alano
Anoka Alano
Back to Basics
Bridges AA Group
Cavalier West
Changing Lanes AA
Continuous Action
Cliffhangers IV
Continuous Action
Crushed Grapes
Elko New Market Weds Group
First Class
Foxhall Chapter 7 Group
Happy Destiny
Hit Squad
Isanti AA
It Might Have Been Worse
Ladies Night
Lakers Big Book Meeting

Life is Good AA Group
Meditation at Peace
Minnetonka Big Book Study Group
Monticello Alano Squad 10
New Hope Alano-Squad 16
Nicollet AA Group
Pillars of Prospect Park
Practical Experience
Primary Purpose
Rule 62 Cavalier
Sahara Sunrise Mon 630
Saturday Morning Fever
Saturday Night Live Group
Senior Men's Barn Group
Serenity Sisters
Sisters In Sobriety
Sisters of Service
St. Louis Park Sunday Night AA Group

TGIF Women 's AA Group
The Hand of AA
Third Tradition Group of AA Northfield
Three Legacies
Thursday Night Women's Group
Women's 12 x 12 on Central
Women's By The Book
Worthy Women's Big Book Study

Thank You

Group Contributions/Birthday Plan** May 2026

**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.



**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"

GREATER MINNEAPOLIS INTERGROUP

7204 West 27th Street, Suite 113

St. Louis Park, MN 55426

map & directions at www.aaminneapolis.org

This Month in A.A. History

On July 4, 1935, Bill D., "the man on the bed", got down on his knees and turned his will over to a Higher Power. Having entered the Akron hospital in June he was visited several times by Bill W. and Dr. Bob., who shared their personal stories of recovery; speaking freely of honesty, amends, and seeking guidance from a Higher Power. Although Bill D. was initially skeptical, he was encouraged by their stories, and decided to give their suggestions a try.

After praying he told his wife, Henrietta, to fetch his clothes, he was ready to leave the hospital and face life. He left the hospital on July 4th and stayed sober for over 19 years before passing in 1954.

A pillar of his professional community, Bill D. is remembered by Alcoholics Anonymous as A.A. Number Three, helping to establish the principles of our A.A. program through his work with many others.

**UPCOMING
Events**

July 3—5, 2026

MINYPAA XIII

Minneapolis Marriott West

9960 Wayzata Blvd

St. Louis Park, MN 55426

July 11, 2026

Joint Area 35/36 Committee Meeting

11:00am—1:00pm

Online event, see area36.org for credentials

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

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

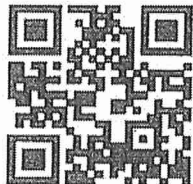
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