

# MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

February 2025 *Step, Tradition, Concept Two*

## Step Two

**“Came to believe that a Power greater than ourselves could restore us to Sanity”**

My best attempt at running my life landed me in A.A., a complete and total failure in every department of living at 21 years old. Unlike my first attempt to stay sober when I was 15, this was different. The stakes were higher. Everything was worse than ever, not just for me, but for my baby and husband too. Life had beaten me into a sense of reasonableness. Humiliated and filled with fear, I knew I was powerless over alcohol and my life was unmanageable. My frequent lie to myself - that a drink could make me feel better was exposed by the truth that there wasn't a drink big enough! The insanity of it all. My thinking could not be trusted, I have an alcoholic mind. ... "Willpower and self-knowledge would not help in those strange mental blank spots." (Alcoholics Anonymous, pg. 42)

I had a defiant, negative attitude toward life and living. The word "God" made the hair on the back of my neck stand up. I had a pretty good idea that "God" was mad at me and most likely hated me as much as I hated myself. Seemed to me that "God" had given up on me because none of my prayers ever seemed to be answered while other people seemed "blessed." Turns out, I was wrong about all that. In desperation I cried out to "God," please help me! HE did, but not as I expected. Soon afterward, people came into my life that could help me, ones that I could hear, if I would. Someone suggested that I go to a certain A.A. meeting and ask a certain person to be my sponsor. Astonishingly, I did just that.

At that group, they said come to the meeting six times consecutively and decide for myself if this was something I was interested in. I wanted what they had. They seemed so happy sober. I joined the group and held onto their message of hope.

Came – I came to the meeting and met with my sponsor each week. My sponsor was my first real relationship with another person whom I would come to know, like and trust.

Came to – the fog started to lift; I started to believe maybe A.A. could work for me.

Came to believe – that this program would work for me too! I started to trust the intent that my sponsor wasn't going to hurt me, and she had my best interest at heart.

I first had to learn to trust another human being who was tangible; someone I could see, hear and touch. Only then, I was able to trust a Power greater than myself who was intangible, something I couldn't see, hear or touch. By trusting my sponsor, I learned to trust others AND a Higher Power.

Step 2 says "Came to believe that a Power greater than ourselves COULD restore us to sanity." It doesn't say it WOULD, unless we start doing sane things. "Belief meant reliance, not defiance." (Twelve Steps and Twelve Traditions, pg. 31) I stopped arguing with myself (and my sponsor) and accepted that I couldn't save myself from this disease. My sponsor asked me to "pray for the willingness to do whatever is necessary today to stay sober."

"We found that as soon as we were able to lay aside prejudice and express even a willingness to believe in a Power greater than ourselves, we commenced to get results... Much to our relief, we discovered we did not need to consider another's conception of God. Our own conception, however inadequate, was sufficient... Do I now believe, or am I even willing to believe that there is a Power greater than myself?" (Alcoholics Anonymous, pg 47)

While asking myself what is MY conception of God, it occurred to me that WE is a Power greater than me and ever since coming to A.A., WE can do together what I couldn't do by myself. I could no longer deny that my GOD was doing for me what I couldn't do for myself.

My Higher Power is stronger than my alcoholism. I have come to know, like and trust my God, my Higher Power. I know that my God has given me the strength I need to stay sober and has prepared me for anyone and anything that comes my way today. In addition to being sober and happy, I finally feel whole, secure and loved by my God.

"True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to him." (Twelve Steps and Twelve Traditions, pg.33)

Angie E, Eagan, MN

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**Greater Minneapolis Intergroup • Alcoholics Anonymous ®**

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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.”

#### Office Notes ...

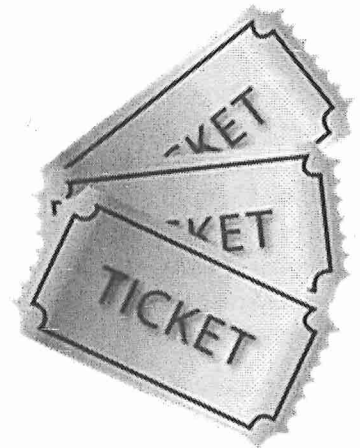
Okay, now we are off to a good start to 2025! This year like so many others brings lots of opportunities for service work and reaching the still suffering alcoholic like no one else can. We can start by holding the meeting door open for the alcoholic behind us. Reaching a welcoming hand out to the new comer and actively looking for ways to be of service. Being of service can look different on each of us BUT the results are the same, a sense of belonging and meaning, a spiritual gift that can't easily be explained but can be felt through peace and purposeful moments. Are you looking for ways to be of service and connect in our amazing fellowship circles? Stop by the Intergroup Office, check out the Service Opportunities page on our website, or submit a Contribute Your Time form either in person or directly through the website ([aaminneapolis.org](http://aaminneapolis.org)). We need people on the 12<sup>th</sup> step list, daytime office volunteers, Night Owls and Early Birds or just help spread the word that each group can help us by letting us know what their group is doing

Gratitude Night is fast approaching and there are plenty of ways to get involved there too, the first of which is picking up a packet of tickets to sell and start making your plans to join us on April 26, 2025!

In Service,

Erin D.,

Your Office Manager



#### Notes from Your Board Chair:

February is one of my favorite months for a few things. It is a time of finding good chocolate at lower prices post Valentine's Day, the daylight hours getting longer as we get closer to Spring and a new year of service opportunities that Intergroup provides to our AA community.

As we start the year, I encourage all of you reading this message to find inspiration and inspire others to build on your spiritual program of service and reach out to the Intergroup office to see what service opportunities are available. Our 12-step work is one of the foundations to our unity and I thank those that currently provide services and a thank you in advance if you are thinking about it.

Jeff A.  
Board Chair



**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  
952.922.0880 [aaminneapolis.org](http://aaminneapolis.org)

## 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

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District 13	Andy D.
District 14	Pam N.
District 17	Thomas D. 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	Maverick M.

### 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.

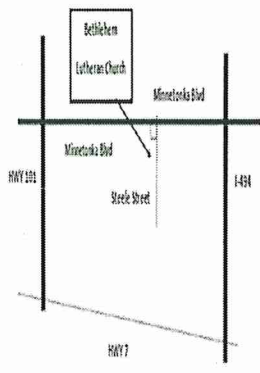
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The MIRUS represents the experience of A.A. members. Their thoughts, expressed herein, are not to be attributed to Alcoholics Anonymous as a whole, nor does publication imply endorsement by either Alcoholics Anonymous or Greater Minneapolis Intergroup.

## The Intergroup Rep Meeting will be held at

**Bethlehem Lutheran Church**  
16023 Minnetonka Blvd.  
Minnetonka, MN 55345

This is a HYBRID meeting.  
**Thursday, February 27th at 6:30pm**



## Metro District General Service Meetings

<b>District 7</b>	Second Monday, 6:30 pm Zoom Meeting ID: 865 2796 7405 Passcode: District7
<b>District 13</b>	First Tuesday, 7:00 pm United Methodist Church 10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
<b>District 14</b>	First Monday, 7:30 pm United Methodist Church 609 8th St NW, Buffalo, MN 55313
<b>District 17</b>	Second Tuesday, 7:30 pm Lighthouse Assembly of God 10478 Bell Ave., Plato, MN 55370
<b>District 18</b>	Second Thursday, 6:30 pm Meeting on Zoom Please email dist18@area36.org for info
<b>District 19</b>	Second Wednesday, 7:00 pm Rosemount Community Center, Room 210 13885 S. Robert Tr., Rosemount, MN 55068
<b>District 20</b>	Fourth Tuesday, 7:00 pm Twin Lake Alano Club 4938 Brooklyn Blvd., Brooklyn Center, MN 55429
<b>District 21</b>	Second Tuesday, 7:00 pm Pilgrim United Methodist Church_ 4325 Zachary Lane, Plymouth, MN 55442
<b>District 22</b>	Second Wednesday, 7:00 pm Vista Lutheran Church 4003 Wooddale Ave. St. Louis Park, MN 55416
<b>District 24</b>	First Wednesday, 6:30 pm HYBRID Shakopee Community Center 1255 Fuller Street Shakopee, MN Downstairs Zoom Meeting ID: 836 0086 5659 Passcode: h5XNU1
<b>District 25</b>	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

2/1	Step Two/Tradition Two Her Story
2/8	Importance of Having a Sponsor His Story
2/15	Step Three / Tradition Three Her Story
2/22	Importance of Singleness of Purpose His Story



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

### Concept Two

- **Long form:** "When, in 1955, the AA 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

**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."

I do not care to write (nor have I) yet I am grateful for the opportunity to write a Concepts article monthly for the Minneapolis Intergroup Mirus publication. By having to write these articles on the Concepts it requires me to read up on the Concept of the month, talk to others about their experience, reflect on the information and attempt to formulate a more informed article all of which should help me become a better servant to the Groups in Area 36.

We have a new 2024-2026 World Service Manual that I picked up from Minneapolis Intergroup recently, it is green in color and has been updated from previous versions. It is our main source on the business of our society and where I started to write this article. Please pick up the updated Service Manual when you have the opportunity to do so. As I heard in a meeting this week, "how do you know you are a member of A.A. if you do not know what you are a member of?"

Concept II outlines the importance of group conscience as the ultimate authority within the fellowship, ensuring that decisions are made collectively and reflect the shared values and experiences of its members.

The Concept emphasizes that AA is an organization, where authority is not held by individuals or committees, but rather by the collective voice of its members through the groups. This principle is rooted in the idea that decisions affecting the fellowship should be made with input from the group conscience, reflecting AA's foundational values of unity and equality. No single person or small group has ultimate control over AA's policies or direction. Instead, responsibility is shared among members through a structured process involving groups, districts, areas, and then through the General Service Conference.

The General Service Conference serves as AA's collective conscience. It is composed of trusted servants—delegates,

trustees, and staff who gather to discuss and work together on matters affecting the entire fellowship. These representatives act on behalf of our AA groups, ensuring that all voices are heard and considered.

By adhering to Concept II, AA protects itself from authoritarian leadership and promotes a culture of mutual respect and accountability. Decisions are made through consultation and deliberation, rather than imposed by any single authority. This ensures that AA remains true to its primary purpose: helping alcoholics achieve and maintain sobriety.

Ultimately, Concept II reinforces the spiritual principle that the collective wisdom of the group, guided by a Higher Power, is more reliable than any individual opinion, ensuring the integrity and longevity of AA's mission.

Finally as Bill wrote in 1962, available to see in our Service Manual — *"Therefore the General Service Conference of AA — plus any later formed sections — has become for nearly every practical purpose the active voice and the effective conscience of our whole Society in its world affairs."*

I am grateful for the opportunity to serve all of the Groups in Area 36.

Doug H

Panel 75 Area 36 Delegate



IS THE

**SECRET**



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

### **Tradition Two**

"For our groups purpose there is but one ultimate authority - a loving God as He may express Himself in our group's conscious. Our leaders are but trusted servants; they do not govern."  
Twelve Steps and Twelve Traditions; p132.

Now the long form of this Tradition as stated on page 189 of Twelve Steps and Twelve Traditions goes as this:

"For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience."

When I first walked into Alcoholics Anonymous, I was not even thinking about the authoritativeness of God or the spirituality part of my drinking, or in my life at all. Instead, I was looking for a way to get a different kind of authority off my back, because at that time I was staring down a lengthy jail sentence, which led me to make an act of desperation to change.

Now looking back at my very first meeting, the topic was reading a Tradition from "Twelve Steps and Twelve Traditions". I wish I could say the Tradition we read that night was Tradition Two, but it wasn't. I could have mentioned to the group that night, that this was my first meeting, and the trusted servant may have taken an authority and switched the format to Step One or something suited to where I the newcomer was; but fortunately with my reclusiveness and sense of reserve did not let them govern the change to suit me. Which helped me feel more comfortable to go along with the Group Conscious, because like I said I was desperate to change.

For that Group's primary purpose that night was to carry the message to the still suffering, even if they may or may not have known there was one in their presence, at first. This experience reminds me today of how to act on God's will in my or the Group's conscious.

So, when I continue to attend my Homegroup each week I need to continue to act natural and go with the flow mostly, like those members at my first meeting, because like me, a newcomer may not appreciate the spotlight aimed at them. Of course, I am very much the actor that enjoys the attention occasionally, but I, and our Home Group, need to let God be the authority.

Eric M. Hopkins, MN

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

**31<sup>st</sup> 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**

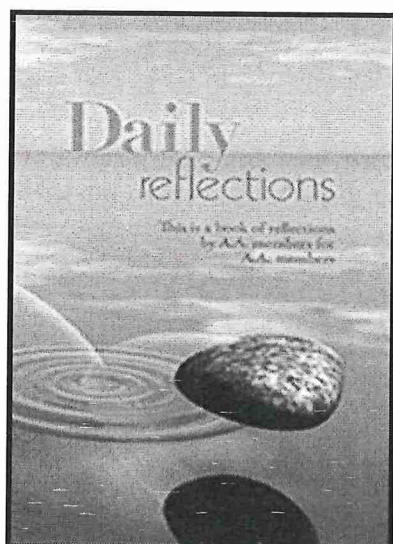
**Speaker Meeting: 10:30 am to Noon  
Breakfast: 8:30 am to 10:25 am**



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

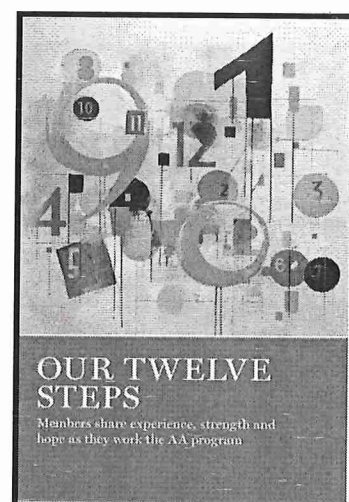
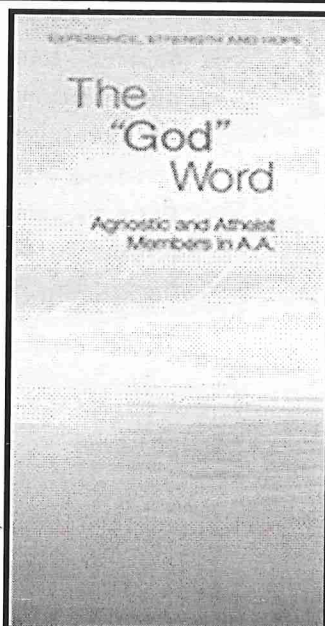






**AA Books of the Month:**  
Daily Reflections

**A.A. Pamphlet of the Month:**  
The "God" Word  
Agnostic and Atheist Members in A.A.



**Grapevine Book of the Month:**  
Our Twelve Steps  
Members share experience, strength and hope as they work the A.A. program

## Group Contributions - December 2024 Thank you all, in the Spirit of Hope.

A Better Way AA	Gratitude Group	Pax Christi Thursday Night	Third Tradition Group of AA
A New Day Lakeville	Hanover Thursday	Plymouth II Big Book 7pm	Thursday Big Book-Northfield
Amigo's II Group	Happy Destiny	Practical Experience	Tonka Alano Society
Anoka Today Alano Squad #26	Hit Squad - H-2	Principles Before Personalities	Tradition 3 Group of Edina
Back To Basics Women's Group	Hope AA	Ridge Runners II Group	We Are Not Saints-Richfield
Big Book and Meditation at Peace	HOW II Group	River Valley AA Group	Wed Knight Avenue Group
Blaine Alano Squad 99	Insite and Hope	Road To Freedom	Women's AA Group at Elim
Bloomington West Enders	It Might Have Been Worse	Rule 62 Cavalier	Women's ESH
Bridges AA Group - Prior Lake	Kozy's Noon Men's AA	Saturday Morning Men's AA	
Cavalier West Thursday Men's	Ladies Night Happy Hour	Saturday Night Live Group	
Colfax Tuesday AA Group	Lake of the Isles Men's Tues PM	Savage Unity AA Group	
Common Solution Big Book Study	Lakers Big Book Meeting	Senior Men's Barn Group	
Continuous Action	Mainstreeters AA	Sisters In Sobriety	
Delano Saturday Morning	Minnetonka Big Book Study Group	Sisters in Step	
Discovering AA Squad 1	Monday Primary Purpose Group	Solution Seekers	
Foreword XIX Group	Monthly Campfire Meeting	Squad 2 A Design For Living	
Foxhall Chapter 7 Group	Nicollet AA Group	Step by Step - Long Lake	
Friday Men's Step Meeting	Nuevo Amanecer	The Becker Group	
Golden Valley Group	Parkway AA Group	The Way-Out BB Monday	

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.

### Group Contributions/Birthday Plan\*\* December 2024

#### Foxhall Chapter 7, Nicollet A.A. Group

**\*\*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



### February 22nd 2025 1:00-3:00pm

Happy Destiny 2025 AA Workshop

Crowne Point Church

7121 Bloomington, Ave S

Richfield, MN

### April 26th 2025 7:30pm—Midnight

Gratitude Night

Minneapolis Convention Center

### March 14-16th 2025

MNYPAA XII Duluth, MN

Mnypaa.org

**Minneapolis  
Intergroup Office  
will be closed on  
Monday February 17th  
Presidents Day**

## General Service Announcements

### February 8, 2025 9:30am—5:00pm

Area 36 Committee Meeting online

[https://us02web.zoom.us/j/83705794078?](https://us02web.zoom.us/j/83705794078?pwd=7Xb8G55bHYw2Okgq15P3UVcmdrR9VC.1)  
[pwd=7Xb8G55bHYw2Okgq15P3UVcmdrR9VC.1](https://us02web.zoom.us/j/83705794078?pwd=7Xb8G55bHYw2Okgq15P3UVcmdrR9VC.1)

Meeting ID: 837 0579 4078

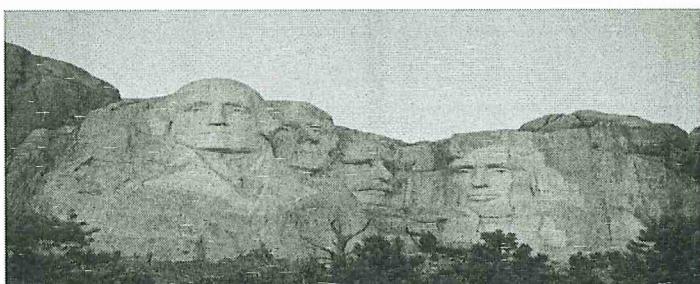
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### February 28—March 2, 2025

West Central Regional A.A. Service Conference

Best Western Downtown

123 West E Street



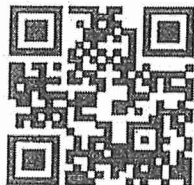
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