

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

December 2025 *Step, Tradition, Concept Twelve*

Step Twelve

**Having had a spiritual awakening, as the result of these steps,
we tried to carry this message to alcoholics, and practice these
principles in all our affairs**

Once we reach Step 12, the step suggests that once practiced, a spiritual awakening occurs as *the* result of working through or doing the “practice” of the 12 steps. The inner work that we’ve done to achieve, or offer us, relief from our alcoholism. The previous 11 steps have prepared us by showing us that our defects and shortcomings are no longer assets, but rather indicators of change which help us work towards joy, happiness, and a new freedom. Our literature speaks about the *joy of living* as the theme and *action* as the key word for Step 12. Using those as benchmarks in my recovery, they have allowed me to understand how my alcoholism has shown up throughout my sobriety and move towards the two other components of this step which involves carrying the message and practicing these principles in all my affairs.

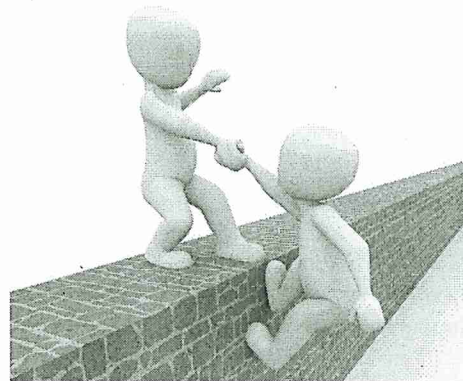
When I was new, if you were to have asked me if I was principled, I would have responded, “absolutely, I move through the world with honesty, love and integrity.” In reality, I was usually intolerant, selfish, and only helped others when I benefited. Over the course of my sobriety, I have been given many opportunities to change my perspective, and thinking, through continued practice of the steps which over time allowed me to see others and the world differently. With each passing step I was able to discover how my defects ruled my every thought and decision and then, once thoroughly worked, I was able to then do, feel, and believe that which I couldn’t do previously.

I was given the gift of purpose, that my life now meant something and needed to be lived wholeheartedly. I was shown what love and twelfth step work.

Finally, being able to practice these principles in all my affairs is my commitment to live the A.A. principles throughout all aspects of my life in areas like work and relationships. The principles I first mentioned have now been transformed and I now possess honesty, tolerance, peace of mind and love which I get to practice by giving back to the A.A. community through my participation in meetings and sponsoring. I’m grateful for the opportunities this step has brought me and will continue to do my part to carry A.A.’s message of hope.

Sarah M.

Richfield, 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.”

Office Notes:

Love in Action. Service in Action. Gratitude in Action.

Coming up on a full year as your Minneapolis Intergroup Office Manager has brought me to a place of reflection, awe, and deep gratitude. This month, we get to focus on Step 12, Tradition 12, and Concept 12 —the spiritual crescendo, the great unifying place where the whole year’s spiritual architecture comes together.

I am reminded of how unbelievably blessed I am to witness these three principles that are lived out every single day through this office, our volunteers, our Intergroup representatives and Board Members, our still-suffering members who walk through the office door or call the Hotline at 2:14 a.m., and our entire Fellowship.

Step Twelve is the sacred invitation to carry the message — not because we “should” — but because grace became real in our lives and now we *get* to. It is the joy of usefulness. Its purpose is in real motion. It’s the gentle, quiet way AA saved our lives, and therefore, we cannot help but pass that on.

Tradition Twelve reminds us why this never becomes personal empire building, popularity competition, or self-promotion. It keeps us safe in the spiritual principle that *no one owns this*. The humility that anonymity teaches is the true protective boundary that keeps Alcoholics Anonymous spiritual, not commercial, not weaponized, not factioned. It protects us from ourselves — and I am grateful every single day for that guardrail.

Concept Twelve is the long sobriety thinking — it guarantees A.A.’s world service structure will always be transparent, responsible, prudent, protected, and accountable to the fellowship — not personalities, not a moment of emotion, not a single group’s temporary opinion. It protects the future A.A. we will never meet yet owe our debt to.

This is the trinity of love in action. Not that long ago, I can remember a time in my life when I truly didn’t have an understanding or grasp of what Love meant or the power it carries. Minneapolis Intergroup, at its best, is where all three are happening simultaneously in real time, every day. I am filled with gratitude for the life I get to live today. To serve in this seat, every twisty life path that brought me to the rooms and program that saved my life and gave it purpose. Every person who went before and took the time and love to pass it on, the gift of learning how to live life on life’s terms, the newcomers that allow me to pass on what I have been given and for the incredible people I get to work for, with, and side by side with the principles and tools of Alcoholics Anonymous, something beautiful and sacred we all share.

Thank you to every volunteer who gives their gifts so freely and with love.

Thank you to every group that shows up consistently. Thank you to every member who gives, serves, and supports this work so the alcoholic who has not found us yet can. We do not keep A.A. alive by force. We keep A.A. alive by love + service together. **THANK YOU!**

Erin D., Your Intergroup Office Manager

Notes from Your Board Chair:

Participation continues to be the word that I hear from others and the word I want to guide me through this year. Together our participation will continue to allow the hand of A.A. to be outstretched and ready for the next members to grab hold of.

I think of the participation that goes into the newcomer showing up at a meeting that allows me to stay connected to the lifeblood of A.A. What happens before they get to that meeting is often supported by participation at Intergroup. The website includes a meeting list they can filter to find just what and where they are looking for a meeting. That list is monitored by members who do the yearly outreach to make sure the meeting is still happening, and the description is accurate. The Intergroup reps keep Intergroup information when there are any changes or temporary closures to meetings. Groups and members who answer the phone day and night to be there for the newcomers who need help to find one of these meetings. Staff complete all updates and changes. Meetings, Groups, Birthday Plan participants, and Grateful Givers who contribute to keeping the vital services so staff to keep the list updated.

We have countless ways to participate in Alcoholics Anonymous and Minneapolis Intergroup. I have a lot of gratitude that we have this vessel that allows us to participate in a variety of ways and levels that make A.A. ever ready for our next member to walk in the door.

Thank you for allowing me to serve,

Angelique P., Board Chair

Intergroup Board

Board Officers

Chairperson	Angelique P.
Co-Chairperson	Pam N.
Secretary	Crissy H.
Treasurer	Thomas D.

Board Members

Melissa A.	Brian B.
Tina C.	Andy D.
Richard M.	Jennifer M.
Mark S.	
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	Crissy H.
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 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

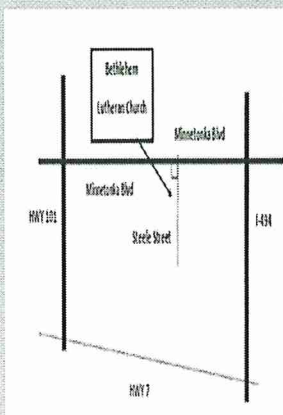
District 7	Second Monday, 6:30 pm Immanuel Lutheran 16515 Luther Way, Eden Prairie, MN 55346 Zoom Meeting ID: 865 2796 7405 Passcode: District7
District 13	First Tuesday, 7:00 pm United Methodist Church 10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
District 14	First Monday, 7:30 pm United Methodist 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

The Intergroup Rep Meeting will be held at

Bethlehem Lutheran Church
16023 Minnetonka Blvd.

Minnetonka, MN 55345

This is a HYBRID meeting.
Thursday,
December 18th
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

12/6	Step Twelve / Tradition Twelve His Story
12/13	Importance of having an A.A. Home Group Her Story
12/20	Step One/Tradition One Her Story
12/27	Staying Away from the First Drink His Story

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

Concept XII

Short Form:

"The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; and that, like the Society it serves, the Conference itself will always remain democratic in thought and action."

Long Form:

"General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the Conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and, whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that, though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action."



From our pamphlet *The Twelve Concepts Illustrated* "This Concept consists of the General Warranties of the General Service Conference. It is cast in stone; that is, although Bill leaves the door open for alterations and changes in the other Concepts and points out that the rest of the Conference Charter "can be readily amended," these General Warranties — like the Twelve Steps and the Twelve Traditions — be changed only by "written consent of three-quarters of all A.A. groups who respond" in the world!...Why?...Because "these Warranties indicate the qualities of prudence and spirituality which the Conference should always possess . . . These are the permanent bonds that hold the Conference fast to the movement it serves."

Concept XII of Alcoholics Anonymous is a statement of humility, balance, and service. It is often referred to as A.A.'s "spiritual charter," guiding the General Service Conference in maintaining integrity and democracy in its operations. Writing this is a reminder to me to spend more time re-reading and sitting with them ongoing.

The six Warranties emphasize prudence in financial matters, ensuring that A.A. remains self-supporting without accumulating excessive wealth. They affirm equality among members, preventing any individual or committee from holding unchecked power. Decision-making is to be conducted through open discussion and broad consensus, reflecting the group conscience that defines A.A. governance.

Concept XII also prohibits punitive actions or political involvement, safeguarding A.A.'s unity and focus on recovery. It explicitly rejects the idea of A.A. as a governing body, maintaining its role as a fellowship rather than an institution of control. Finally, it underscores that all of our A.A. actions should be rooted in humility and democratic principles.

In essence, Concept XII helps ensure that Alcoholics Anonymous remains spiritually grounded, accountable, and free from ambition, reminding members that leadership in A.A. is always service.

Doug H.

Delegate Area 36 Panel 75

The Twelve Traditions - How They Apply In Our Lives

Tradition Twelve

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Tradition Twelve was something I used to recall as the last thing we read before a meeting I used to frequent started. It seemed to me to be a lot of filler before we all got to talk. That was pretty much the depth of my experience early on with this Tradition. A few board memberships, District positions, some Area positions and general A.A. membership later, I believe I have a better understanding of what our text and Traditions are encapsulating.

I had the opportunity to be the treasurer of an Alano. I was selected for this position by a common practice in my journey called being voluntold. Sponsors are the best. All board members were to help coordinate the club's one year honorary banquet. Each one of us had very strong opinions on how it should look. Personalities were very much involved. A few others and I were so passionate about how we felt we didn't speak for a time and chose to move home groups. Perhaps we had all forgotten what and for whom the banquet was intended. It wasn't for any of us. It wasn't for one of us. This banquet was for our brothers and sisters in recovery. At the time I was very much putting my personal desires before the common good. Humility was dealt to me through the painful process of humiliation. Little to no spiritual substance was present on my end. Thankfully, the banquet went on without a hitch. A great time was had by all except the folks nursing their resentments. Fast forward a few inventories, prayers, meditation, and we can all sit and enjoy each other's company.

A while after the banquet days I had the opportunity to be of service as a GSR and then the Area 36 Alternate Literature Chair. Another example of being voluntold. Sponsors are the best. I started to attend District and Area functions. My eyes were opened to what I believe were examples of genuine humility. Members fighting for what they believe is for the better good of the whole. Never placing oneself above the whole. Members willingly sacrificing personal desires to come to solutions with the ideas of the Area as a whole.

Members red in the face going back and forth sharing ice cream, a hug and laughs after an Assembly.

I currently serve as your Area 36 Literature Chair. I am grateful to be of service. I do my very best to show up with what you all have taught me and the experiences I have had along the way. I strive to place principles before personalities. I do my best to practice the spiritual substance of anonymity. Thank you all for being here when I needed you the most and loving me until I could love myself.

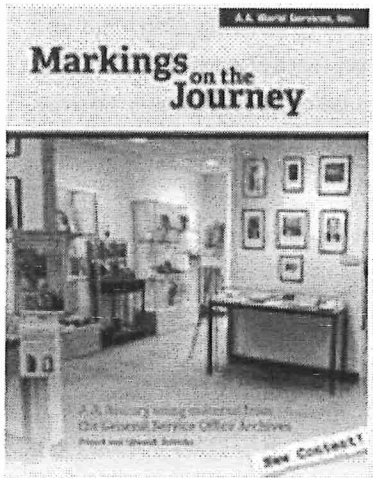
Andrew J.
Mound, MN

**The Intergroup Office
will be closed on:
December 24-25, 2025 for
Christmas
and
December 31, 2025 and
January 1, 2026
For New Year's**

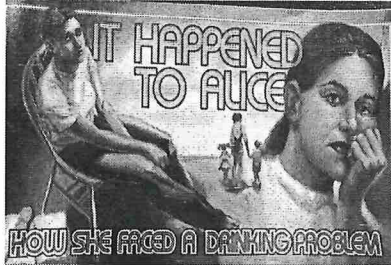
**(Phones are answered
24 hrs/day 365 days/year)
See aaminneapolis.org for meeting
closing announcements during the
holidays**



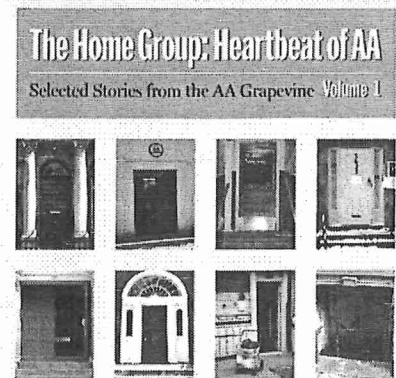
**A.A. DVD of the Month:
Markings on the Journey**



**A.A. Pamphlet of the Month:
It Happened to Alice**



**Grapevine CD of the Month:
The Home Group:
Heartbeat of AA**



Group Contributions - October 2025 Thank You

Andover/Alano-Squad 11
A New Freedom-Excelsior
Back to Basics Coon Rapids
Basic Principles
Blaine Alano Squad 10
Bryant Lake Group
Buffalo Thursday Big Book Group
By The Book AA
Carry the Message
Chunks & Measures Squad 88 at 2218
Continuous Action
Crushed Grapes
Desire Meeting
Fairhaven Friday Night AA
Foreword XIX Group
Fourth Dimension AA Group
Fridley Alano Squad 79
Happy Destiny
Hope AA-Richfield
Hope's on Penn
It Might Have Been Worse
Kozy's Noon Men's AA
Lakers Alano 630pm
Lakers Saturday Morning AA

Life is Good AA Group
Living Sober Group (Chanhassen)
Lynnhurst AA Group
Meditation At Peace
Minnetonka Big Book Study Group
Nicollet AA Group
Oasis Group-Shakopee
Pax Christi Thursday Night
Pearls of Wisdom
Practical Experience
Ramsey AA (Now Then AA)
Relapse Enders Tues. Womens AA
Ridge Runners III Group
River Valley AA Group
Senior Men's Barn Group
Serenity Seekers Big Book
Silver Lake AA Group
Sisters In Sobriety
Sisters of Service
Squad 55 Into Action Fri Night Men's
Squad 67 Women's Meeting
Squad A-Depth and Weight
St. Al's Squad 4041
Step Sisters Mon PM

St. Louis Park Sunday Night AA Group
St. Luke's Saturday Mens Group
St. Martin's Group
Suburban North Alano Squad 7
Sunday Morning Big Book Study
The Boiler Room Group
The Hand of AA
Third Tradition Group of AA Northfield
Three Legacies
Thursday AA Big Book Meeting
Thursday Night Women's Group
Tonka Alano Society
Tradition Three AA at St. Joseph Church
Tuesday Morning Step Group (Buffalo)
Watertown AA-Wednesday
We Are Not Saints-Richfield
Wed Knight Avenue Group
Wednesday Lunch Bunch
Wooddale Avenue AA

**Thank
you**

Group Contributions/Birthday Plan** October 2025

Nicolette AA 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 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.

GREATER MINNEAPOLIS INTERGROUP ANNUAL WINTER OPEN HOUSE

Saturday, December 13, 2025

9:00 a.m. - 1:00 p.m.

*PLEASE JOIN IN CELEBRATING THE
GIFTS OF RECOVERY WITH Fun, Fellowship
and Food!*

9 a.m.-11 a.m. Breakfast Goodies

11 a.m. - 1 p.m. Appetizers

Drawings for Door Prizes!

Greater Minneapolis Intergroup
7204 West 27th Street, Suite 113
St. Louis Park, MN 55426

map & directions at www.aaminneapolis.org



REFLECTIONS ON CONNECTIONS

If you have a "Reflections on Connections" to share send it to: manager@aaminneapolis.org

UPCOMING Events

December 6, 2025

Area 36 Southern Minnesota Area Committee Meeting
Annual Meeting
9:00am—4:00 (Hybrid)
Jordan Community Center
500 Sunset Drive, Suite #19
Jordan, MN 55352

December 13, 2025

Greater Minneapolis Intergroup Winter Open House
9:00am—1:00pm
7204 West 27th St
St. Louis Park, MN 55426

January 16-18, 2026

Area 36 Recovery, Unity, Service Conference
Marriott Courtyard
901 Raintree Rd Mankato, MN 56001

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

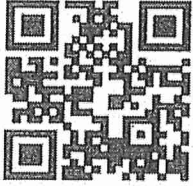
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