

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

January 2026 *Step, Tradition, Concept One*

Step One

**We admitted we were powerless over alcohol—that our lives
had become unmanageable**

How we get to A.A. looks different for each of us fortunate alcoholics who are now sober and enjoying the benefits of a life of principled action. We may have experienced shameful and dramatic consequences of drinking that got our (and others') attention and pushed us to accept help. For others of us, it may have been inner turmoil and extreme emotional suffering that brought us to the program. Or we may have gotten here under court order, blindly chasing a love interest, or trying to appease a worried family member. Whatever route we took to arrive in A.A., we have had to remain hopeless to stay.

After arriving in A.A., the first step necessary to stay is an admission of two things: 1) that we were powerless over alcohol, and 2) that our lives had become unmanageable. Without admitting both points, we are likely to retain a potentially deadly hope that we could still drink and find a way to hold it all together. While still drinking, any glimmer of hope was enough to fuel at least one more try at getting the formula right. Or as Bill writes at the beginning of Chapter 3 of the Big Book, "The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker."

If we are not convinced that we are powerless over alcohol, we can take a single drink believing that we will be able to stop before any trouble begins. If we are not convinced that our lives are unmanageable, we can cling to the hope that by changing our circumstances or avoiding certain people, we might just be able to drink successfully and avoid chaos. With hope intact, the fantasy of getting just the right buzz and enjoying a festive, drama-free evening out with friends can make that first drink seem reasonable and innocent.

It takes abandoning hope completely to admit powerlessness and unmanageability. That is why you may hear an old timer at a meeting wishing a newcomer desperation. For most of us, desperation of one kind or another, dramatic and public or quiet and hidden, is necessary for us to give up hope. The first step is the ultimate surrender of the hope that we can control our drinking and manage our lives. And it seems to take complete surrender of hope to create an opening for us to try another way, which is all we need to begin our journey of recovery. I wish all of us the hopelessness necessary to take the First Step.

Curt K.
Saint
Paul, MN

Surrender
Humility
Obedience
Yes
Trust
Receptivity
Openness



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 2026 is: “Humility in Action”

Office Notes:

As we step into a new year together, hope and gratitude are the words most fitting.

Step One reminds us that we admit powerlessness—not as defeat, but as the doorway to hope. Individually, it is where our recovery begins. Collectively, it is where service begins. At Intergroup, we are constantly reminded that no one person, committee, or office can carry Alcoholics Anonymous alone. When we accept that, we make room for something greater: cooperation, shared responsibility, and trust in the process that has carried AA for generations.

Tradition One tells us that our common welfare comes first; personal recovery depends upon AA unity. This Tradition feels especially alive in the daily Minneapolis Intergroup workings. Every phone call answered, meeting updated, Committee meeting or agenda carried out, and 12th Step volunteer added is an act of unity in motion. Our differences fade when the primary purpose leads the way. As the fellowship supports Intergroup, we see unity not as an idea, but as a living practice that keeps AA available to the alcoholic who still suffers.

Concept One gives voice to that unity by reminding us that final responsibility and ultimate authority for A.A. resides in the collective conscience of our whole Fellowship. Intergroup exists because individual members and groups choose to participate, support, and guide the work. That shared responsibility is both humbling and hopeful. It assures us that no one stands alone in service and that the wisdom of many will always outweigh the efforts of one.

In that same spirit of unity and shared responsibility, I want to express deep gratitude to everyone who helped make our Winter Open House at the Intergroup office such a wonderful success. Whether you stopped by, brought treats, helped set up or clean up, or simply shared fellowship and conversation, your presence highlighted the purpose and work Minneapolis Intergroup gets to promote and expedite—to connect, to welcome, and to serve. I am equally grateful to all who volunteered their time and hearts to support the Founder’s Day Hospitality Suite. Your willingness to show up and serve created a warm, welcoming space that reflected the very best of Alcoholics Anonymous.

As we begin this new year, I am filled with hope—not because everything is perfect, but because together there is extraordinary continuous progress. Step One keeps us honest, Tradition One keeps us united, and Concept One keeps us grounded in the loving conscience of the Fellowship. Thank you for your trust, your support, and your service. I look forward to a year of walking this path together, united, and guided by the principles that make AA possible.

With Gratitude,

Erin D., Office Manager

Notes from Your Board Chair:

Leaning into uncomfortable

Prayer, having a sponsor, working the steps, and sponsoring women have all given me the ability to be comfortable with who I am. All those things have not removed discomfort from my life. It may never be totally comfortable to start new project, talk to someone I haven’t met, take a commitment that will force me to grow.

The miracle of my sobriety is that I keep a belief in the depths of my mind, or maybe my heart, and often have to pray to be reminded that God has given me all that I need. It might mean I need to ask for help, watch a YouTube video, screw it up, but ultimately I get the outcome I need.

When I get to the end, I thank God for the words, thoughts, abilities and faith that I can do it or maybe the willingness to try again.

Angelique P., Board Chair

Intergroup Board

Board Officers

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

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Melissa A.	Brian B.
Tina C.	Andy D.
Richard M.	Bob T.
Mark S.	Jennifer M.
Erin D.	Office Manager, Ex-Officio

General Service District Board Liaisons

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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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Metro District General Service Meetings

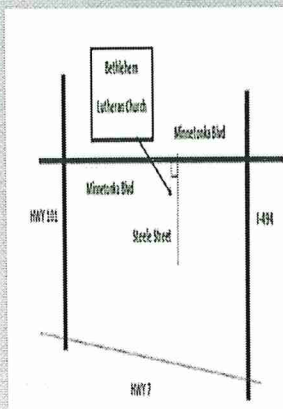
District 7	Second Monday, 6:30 pm Immanuel Lutheran 16515 Luther Way, Eden Prairie, MN 55346 Zoom Meeting ID: 865 2796 7405 Passcode: District7
District 13	First Tuesday, 7:00 pm United Methodist Church 10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
District 14	First Monday, 7:30 pm United Methodist 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,
January 22nd
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

01/03	Step Two/Tradition Two Her Story
01/10	Importance of Having a Sponsor His Story
01/17	Step Three/ Tradition Three Her Story
01/24	Importance of Singleness of Purpose His Story
01/31	Step Four/Tradition Four Her Story

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

Concept I

Short Form: The ultimate authority must reside in the collective conscience of our Fellowship

Long Form: The ultimate authority must always reside in the collective conscience of our Fellowship. We can give authority to someone or something as a trusted servant, but it is always a delegated authority."

Concept I of Alcoholics Anonymous (A.A.) emphasizes the importance of collective authority within the Fellowship. This concept asserts that while authority can be delegated to trusted servants for practical purposes, the ultimate decision-making power rests with the Fellowship's collective conscience. The essence of this concept is rooted in the principles that govern A.A., empowering members to participate actively in the decision-making processes at all levels.

This collective decision-making structure ensures that the needs and voices of all members are heard and respected. It fosters a sense of unity and shared responsibility for us all. Moreover, Concept I highlights the importance of transparency and accountability within the Fellowship. By relying on our collective conscience, A.A. promotes an environment where decisions are made with our collective welfare in mind. This is crucial for maintaining the integrity of the program and the trust of our members. In practice, this means that every member has the opportunity to contribute to discussions and decisions that affect us and our groups. Concept I reinforces that the strength of A.A. lies in its unity, guiding each of us towards recovery within a supportive and trustworthy community.

In reading our Twelve Concepts Illustrated I came across this paragraph that caused me to stop and think -

"Over great resistance by trustees and members devoted to the status quo, Bill managed to "sell" the idea of calling an A.A. General Service Conference (see Concept II), and eleven years later Bill was able to declare, "The results of the Conference have exceeded our highest expectations." This Concept is rooted in Tradition Two, which states:

"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."

Our founders seem to have always encouraged us to embrace change it seems – "Over great resistance" ? Our world is changing and our founders encouraged us to work together to our collective conscious to come together and embrace change inside our society.

We have members today that have never been in a physical facility to attend a meeting but have attended virtually only. We have members today that have never held a printed copy of our book Alcoholics Anonymous.

Alcoholics Anonymous has self-support concerns today; we have some fundamental concerns where roughly 40% of our income is predicated on selling printed material in a digital world, where we have members that have never owned a printed book in their lives and the majority of our groups do not contribute to our service entities. Am I doing my part, are we doing our part, to reach out to those individuals and groups to listen, learn and grow from them? After all, Concept I states our whole Fellowship not just the ones who may read this little article of mine in this month's MIRUS doesn't it?

As I enter my second years serving you as your Area 36 Delegate I will try and be available to listen to, and learn from, our whole Fellowship in Area 36 so we can all come together for an informed group conscience for the next person to come in the door to join us, however that door looks.

I am grateful for the privilege of serving you,

Doug H Panel75 Area 36 Delegate serving on Conference Literature



The Twelve Traditions - How They Apply In Our Lives

Tradition One

Our common welfare should come first; personal recovery depends upon A.A. unity

When I first walked through the doors of A.A., I was beaten up emotionally and physically. I felt alone and I was scared of what my life was going to look like. I had no idea how to exist in the world without alcohol. I remember my first meeting vividly; it was after a spree of drinking where I had gotten into a physical altercation- leaving me with two black eyes and a broken spirit. A friend of mine heard of my escapade and picked me up to take me to a meeting the next day. When I walked in, I expected to see looks of horror and disgust, but I was met with warmth and welcoming arms; I was shown love and compassion by a group of people I didn't even know. They didn't judge who I was, my past experiences, or my feelings. They accepted me for who I am and made me feel included and loved. I felt the feeling of loneliness fade away in that moment and I experienced the "we" of the program for the first time. I now realize that Tradition One was in the works. "Most individuals cannot recover unless there is a group" (12x12, p130). I truly believe that if I didn't have that experience, I would not have returned to AA. I didn't walk back into the doors of A.A. for another 8 months after my first visit but that positive experience stuck with me until I was ready to return.

The longer I've been around, I've learned that not only is it important for a group to practice Tradition One for the newcomer, it is also important for AA as a whole. If individuals didn't put the groups' common welfare first, AA might cease to exist. "We stay whole, or AA dies. Without unity, the heart of AA would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly". In order to put the group first and make sure to carry the message, I, personally, have had to practice humility and set aside my own beliefs and thoughts so that I might not turn away a newcomer. I've had to pocket my pride in order to be of utmost service to my fellows.

Something I've heard many a times from my sponsor and in the rooms is to practice "principles before personalities" and this to me means that I show up as my Higher Power would have me regardless of how I'm feeling. "... realization dawns that he is but a small part of a great whole; that no personal sacrifice is too great for preservation of the fellowship".

Kendra W.

Minneapolis, MN

Sponsored by
Greater Minneapolis Intergroup
of Alcoholics Anonymous
Welcome Al-Anon & Alateen



43rd 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*

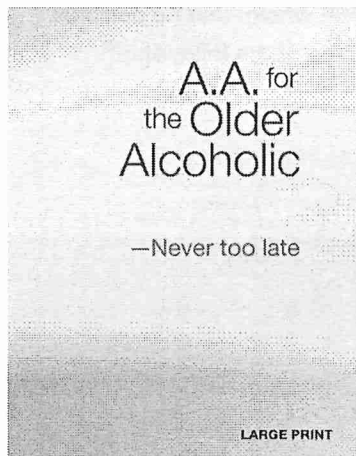
Available at the Intergroup Office and IG Representatives

***This Intergroup event is self-supporting through the sale of tickets**

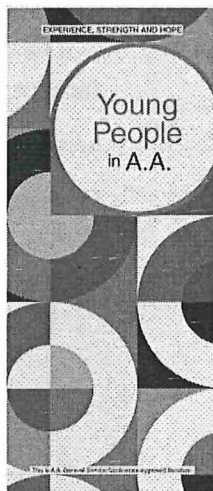
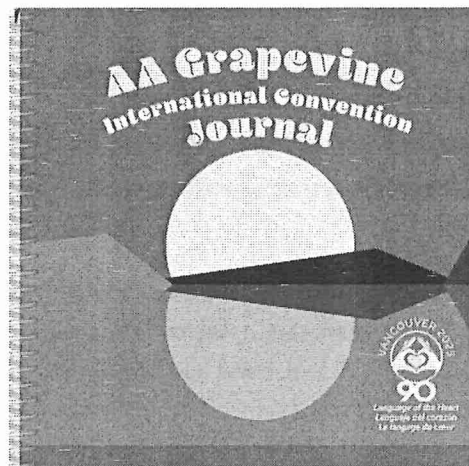
Minneapolis Intergroup -7204 W 27th Street Suite 113 - St Louis Park MN 55426
952.922.0880 aaminneapolis.org

A.A. Book of the Month:

A.A. for the Older Alcoholic

**A.A. Pamphlet of the Month:**

Young People in A.A.

**Grapevine of the Month:**AA Grapevine
International Convention
Journal**Group Contributions - November 2025 Thank You**

7-Hi Group
A Better Way AA
AA Group Serenus
Andover Alano - Squad 11
Andover Squad 8
Anoka Alano Squad 20
As Bill Sees It - Delano
Back To Basics Women's Group at St Luke's
Basic Principles
Bloomington Groups Alano
Bloomington West Enders
Breakfast Club-Saturday A.M.
Bridges AA Group - Prior Lake
Colfax Tuesday AA Group
Cottagewood Meeting AA
Crushed Grapes
Discovering AA Squad 1-Wed-Monticello
Excelsior Wednesday Night Group
Fairview Riverside AA
For Today Group
Foxhall Chapter 7 Group
Friday Men's Step Meeting
Gratitude Group
Hit Squad - H-2
Home Boyz

Isanti Alano Sunday 137319
Isanti Thursday Night 530 Big Book
It Might Have Been Worse
Kozy's Noon Men's AA
Living Sober Group(Chanhasen)
Mainstreeters AA (Plymouth Il Alano)
Men at Work-Minnetonka
Minnetonka Big Book Study Group
Mixed Hazelnuts Big Book
Monday Morning Women's Big Book
Monday Night AA KC Hall
Monday Noon Friends
Monday Primary Purpose Group
Open Door AA
Polaris Group
Primary Purpose Group (noon m-w,brnsvl)
Prospect Park AA Group
Rebellion Dogs
Ridge Runners II Group
Rojo Group
Sahara Tues 8pm Men's
Saturday Morning Fever
Saturday Night Live Group
Saturday Sisters - Pax Christi

Savage Unity AA Group
Senior Men's Barn Group
Serenity Sisters SQUAD 11
Sunday Morning A.M. Group Prior Lake
TGIF Women's AA Group
The Way Out Group
There is a Solution - Minnetonka
Third Tradition Group of AA Northfield
This Simple Program
Three Legacies
Thursday Night Women's Big Book
Thursday Night Womens Group
Tradition Five
Women's AA Group at Elim

Group Contributions/Birthday Plan November 2025**

Monday Night Women's 12 X 12, Foxhall Chapter 7

****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.**

REFLECTIONS ON CONNECTIONS

The connections I have made with Intergroup have and continue to be key to my recovery. For me, it started with a phone call to what I thought was something called "AA" - I was at the lowest point in my alcoholic life. I called Intergroup and they calmed me as I was very emotional on this day over four years ago - it was on our 34th wedding anniversary and I knew I needed help and wanted more years with my loving husband who had grown tired of my drinking. Without Intergroup picking up the call early on a Sunday morning, I would have gone back to drinking. They stated someone would call in 15 minutes and being the Type A personality I am, I timed them and a woman called back in 8 minutes! I also know now that this was an awakening so profound for me. While I was ready to surrender, Intergroup was there.

Without a 24x7 Hotline, I do not know how I would have gotten sober. It is an office of people that care. I have been trained to answer phones and have provided service in this area. I am forever moved by an experience in the training with Erin, where I listened to her and a woman that desperately needed support. Erin listened and literally moved the women from complete despair to hope; they lined up a meeting to go to with the woman not even sure she would walk through the doors. I can remember Erin saying, 'I will pick you up, we can sit in the car and if you are not ready to walk through the meeting doors, that's ok'. It was a call of compassion, service, and patience. And, for me it was more than just training with Erin, it was experiencing the miracles of Intergroup and our A.A. office.

Intergroup is a wonderful place to visit as well - I encourage people to stop in and visit - it is a joyful place.

Peace,
Louise K.

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

UPCOMING Events

January 16-18, 2026

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

January 17, 2026

Special Online Forum for Deaf A.A. Members
11:00am—7:00pm
<https://deafaa.org> or regionalforums@aa.org

January 5—March 30, 2026

Dist. 1 online workshop: The A.A. Service Manual
Mondays 6:00pm—7:00
Meeting ID: 851 9014 6092 PW: 123456

January 20—February 24, 2026

4th Step Workshop
Mondays 6:00pm—7:00pm
Family of Christ Church
10970 185th St W Lakeville, MN 55044
Pre-registration by email required: 4thstepworkshopTC@gmail.com

February 21, 2026

Self-Will Run Riot: Happy Destiny A.A. Workshop
12:30—3:00pm
Crowne Point Church

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

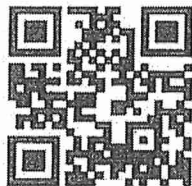
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