

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

March 2026 *Step, Tradition, Concept One*

Step Three

**Made a decision to turn our will and our lives over to the care of
God as we understood him.**

I struggled with relapse for many years and I didn't understand why I couldn't stay sober. I felt I was trying hard. Many others seemed to get it right away. But not me. I was baffled, because it seemed that I was following all of the suggestions that my sponsor asked me to do. I was feeling hopeless.

Once there was a time when I had seven years of sobriety. However, I wasn't happy with my life. I took a look at it and I thought, "Is this it? Is this all there is? It seems like there should be more to my life. Suddenly, the idea of relapsing came to my mind. A little excitement, a little thrill. I'd keep it a secret. One and done. No body would know. I gave myself permission to relapse, and I did.

Oops! That was a huge mistake. There was no thrill, no excitement. Only depression and loneliness. It was awful. I went back to meetings with the secret. However, I felt like I was being torn in half spiritually and mentally. I realized I had to tell my sponsor because I couldn't keep it a secret any longer. When I told him he was shocked. I resigned from my AA service positions, and let go of the men I sponsored. Unfortunately, I kept drinking. Soon, I discovered I couldn't stop. Before, I had been able to relapse and come back a fairly easily. But not this time.

I still went to meetings but it was painful and I was ashamed.

One day a gentleman asked me if I knew why I had relapsed. I said no. He said, "Eric, you relapsed because you didn't have a relationship with a Power Greater Than Yourself, sufficient for that Power to keep you sober." That stopped me. You mean it was all about a Higher Power? God? Up to that point, God was a check box on my recipe list of sobriety activities. Clearly, I had gotten it wrong – I had been relying on myself to keep myself sober. I made the recipe and I followed it. I had been running the show and didn't realize it at the time. Unfortunately, I kept drinking. Then one day I woke up early on a Monday morning and couldn't muster the energy to get out of bed to go to work.

I got on my knees and prayed out loud saying something like, "God, if you're really there, I need you. I am supposed to go to work but I can't do it. If it happens, it's all on you. You get all the credit. Amen." With that I got up and went to work with a bad hangover. Ugh. But I did my best. When I came home, I realized that a miracle had happened.

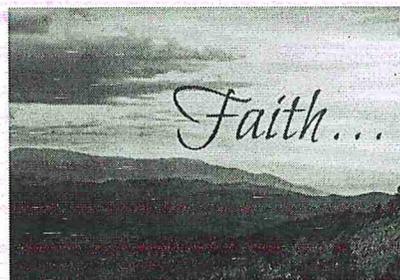
Then I prayed again, and I asked for God to show me my next step. An overwhelming feeling directed me back to the gentleman who said I needed a relationship with a Higher Power, and to follow the guidance of that person. I did that, and he has been my sponsor ever since.

Today, I have a relationship with my Higher Power that is sufficient to keep me sober. I am deeply grateful for that relationship. I take Step 3 each day, turning my will and my life over to the care of God as I understand God, doing my best to follow the suggestions in the Big Book for guidance.

As the result, I have a new sense of purpose, meaning, usefulness and fulfillment. I absolutely insist on enjoying life, and I am happy.

Thank you for the opportunity to serve,

Eric B., Plymouth 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:

Lately, many of us can feel the weight of the world pressing in from all sides. The climate of outside issues—social, economic, political, and personal—can feel heavy, distracting, and at times overwhelming. It touches our homes, our workplaces, our families, and inevitably, it shows up in our meetings and service spaces too. None of us are immune to the times we are living in.

And yet, Alcoholics Anonymous has given us something steady to stand on.

Step Three reminds us that we are not meant to manage life on our own will and ideas. We are invited—again and again—to turn our will and our lives over to the care of a Higher Power as we understand that Power. When the noise of the world feels loud, this step offers a place of humility, surrender, and trust. It reminds us that we don't have to have all the answers to stay sober today.

Tradition Three anchors us even more firmly in what truly matters. The only requirement for A.A. membership is a desire to stop drinking. Full stop. No opinions, no affiliations, no positions on outside matters qualify or disqualify us. Now, maybe more than ever before, this tradition protects our unity. It ensures that anyone who suffers from alcoholism can walk through our doors and find a place to belong—no matter what else is happening in their life or in the world around them.

Concept Three carries this same spirit into our service structure, affirming the Right of Decision. It trusts individuals, groups, and trusted servants to act responsibly and spiritually, guided by principles rather than control. In uncertain or challenging times, this concept reminds us that our service structure is built on trust, humility, and shared responsibility—not fear or reaction.

What I am deeply grateful for is that A.A. has left us a set of principles, Traditions, and tools strong enough to carry us through periods of division, unrest, and change. Our founding members knew that unity would not come from agreement on everything, but from a shared commitment to one thing: carrying the message to the alcoholic who still suffers.

As members and as a fellowship, we can, will, and should remain united in our primary purpose. When we lean into the Steps, honor the Traditions, and practice the Concepts in our service, we create a refuge—both for ourselves and for those who have not yet found us.

No matter what is happening outside these rooms, inside A.A. there is still a chair, a cup of coffee, a listening ear, and a solution that works. For that, I remain profoundly grateful.

In service and unity,

Erin D. Your Intergroup Office Manager



Notes from Your Board Chair:

We do talk a lot about our primary purpose in A.A. - to carry the message to the alcoholic who is still suffering. I love that I don't have to have anything special talent to make that connection. I am an alcoholic, have a sponsor and have done the steps. Those things really help with that connection but are not requirements. A newcomer calling someone on the phone list can reach the still suffering. A lot of times we are not aware of who is still suffering since the still suffering may not be a newcomer.

I was suffering when I moved back to the Twin Cities with a year of sobriety. The format of meeting is often to have first timers and newcomers stand up. Until I switched to a local sponsor, got a home group, and started going to fellowship I was still suffering.

There are many ways to suffer within the rooms of A.A. You might be:

- *Brand new to sobriety.*
- *New to the local area.*
- *Homebound or isolated.*
- *Have a variety of life stuff going on.*
- *Drifting away from A.A. for any number of reasons.*

My hope for myself is that when I ask myself before bed if “we were thinking of others” I can turn that into an action rather than intention. I am thinking of others quite a bit during the day but am I connecting?

Angelique P., Board Chair

Intergrupp Board

Board Officers

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

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

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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.

Intergrupp Staff

Erin D. Office Manager
 Meg H. Office Staff
 Bridgette M. Office Staff
 Patrick G. Office Staff

Your Intergrupp board meets every month at 6:30 pm on the Tuesday before the Rep's meeting in the Intergrupp 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 Intergrupp.

Metro District General Service Meetings

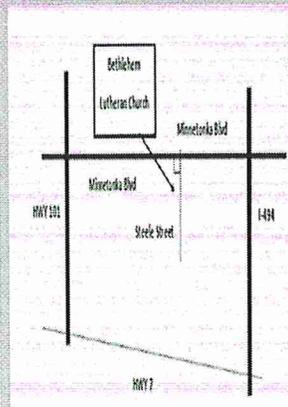
- District 7** Second Monday, 6:30 pm
Immanuel Lutheran
16515 Luther Way, Eden Prairie, MN 55346
Zoom Meeting ID: 865 2796 7405 Passcode: District7
- District 13** First Tuesday, 7:00 pm
United Methodist Church
10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
- District 14** First Monday, 7:00 pm
United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

held at
**Bethlehem
 Lutheran Church**
 16023 Minnetonka
 Blvd.

**Minnetonka, MN
 55345**

**This is a HYBRID
 meeting.
 Thursday,
 March 26th
 at 6:30pm**



Intergrupp 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

- 03/07 A.A. Literature—The A.A. Grapevine
His Story
- 03/14 Step Seven/Tradition Seven
Her Story
- 03/21 Self-Support and A.A.'s Vital Services
His Story
- 03/28 Step eight/Tradition Eight
Her Story

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

Concept Three

Concept III (Short Form): *To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.”*

Concept III (Long Form): *As a traditional means of creating and maintaining a clearly defined working relationship among the World Service Conference, the General Service Board of Alcoholics Anonymous and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested we endow each of these elements of World Service with a traditional “Right of Decision.”*

Concept III reminds us that trust is essential to how we serve together. The Right of Decision means we give our trusted servants the freedom to act and make reasonable choices without needing approval for every step. We do not elect or appoint people merely to follow instructions; we empower them to think, respond, and lead within the spirit of our principles. When I go to Conference as your Delegate I am voting for what is in the best interest as a whole, not necessarily what is in the best interest of my Home Group or the groups of Area 36.

At the same time, Concept III does not mean acting without accountability. We balance freedom with responsibility. Our trusted servants remain answerable to our groups and to the Conference, and the Right of Decision exists within clearly defined boundaries. It is not independence from A.A.; it is service on behalf of A.A. We also learn something personal here. Just as we trust our service leaders, we practice trusting one another in our groups. I can remember when I gave my first GSR report to my Home Group an elder statesman pulled me aside after and instead of telling me that it was too long told me that the group elected me to be our GSR it was a two way commitment, the group both trusted me to be the conscious of the group on representing the group in voting as well as bringing to the group those items that are of import to the whole group yet be available if anyone wanted additional information. When we sponsor, chair meetings, or serve on committees, we grow by allowing others room to learn, make mistakes, and succeed.

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Concept III asks us to let go of control and replace it with faith in the collective wisdom of the Fellowship.

Ultimately, Concept III strengthens unity. Through the Right of Decision, we honor the spirit of rotation, humility, and service. We remember that A.A. works because we trust one another to act with integrity, guided by our common purpose: to stay sober and help other alcoholics achieve sobriety.

Doug H

Panel75 Area 36 Delegate

serving on Conference Literature

Minnetonka Big Book Study Group of

Alcoholics Anonymous
Presents its

32nd Annual Serenity Breakfast Sunday, May 17, 2026

at the Minnetonka Community Center
14600 Minnetonka Blvd – Minnetonka, MN 55345



Guest AA Speaker
Carolyn W. from Surrey, BC, Canada

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



Only \$15 in advance | \$20 at the door
(Speaker only = Seventh Tradition)

Scan for Online Ticket
sales and Digital Flyer



43rd Annual Gratitude Night Sobriety Under the Stars Saturday, April 11th, 2026

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

Join us for a Night Where Our Fellowship Shines and Gratitude Guides the Gathering

Doors Open for Festivities: 6:30 pm
Program and Speakers: 7:30pm
DJ and Dance 10:00pm-Midnight

Minneapolis Convention Center

1301 Second Avenue South, Minneapolis- Ballroom A

A.A. Speaker, David G., Fremont, CA

Al-Anon Speaker  Speakers ASL Interpreted 

About Intergroup/Volunteer Countdown/Sobriety
Countdown/Area 36 Info Tables/Service BINGO &
prizes/Gratitude Board/DJ and Dance/Photo Booth

Tickets: \$25

Can be purchased by scanning the QR code, going
to aaminneapolis.org, in person at your
Intergroup Office or through IG Reps

Can you
help our
Primary
Purpose
Shine even
Brighter?

Please consider donating a ticket to be
gifted to a new comer or member that
may not otherwise be able to join.

***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

“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.

**Your Minneapolis Intergroup 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**

The Twelve Traditions - How They Apply In Our Lives

Tradition Three

The only requirement for A.A. membership is a desire to stop drinking

When I showed up at A.A., I was just trying to get the pain to stop. I walked into my first meeting carrying several tons of shame and fear. I was terrified of what you would think of me and whether you would accept me. I knew I had nowhere else to go and would die if I didn't get help. Because I was so full of shame and fear, I knew no club would have me. I figured once you all knew what I had gotten up to out there, you would reject me. That didn't happen though. Nobody asked me how I drank or whether I was worthy of A.A. membership. They told me how they drank and said that if I wanted to stop, they had a solution. I heard their stories and knew they were like me, but they appeared much happier. I wanted what they had. I understood quickly that it didn't matter how far down the scale I had gone; I was a member if I said so, welcomed with open arms.

In those first days, my thinking patterns were still sick. I judged and condemned all I encountered. It was my default setting. As self-centered as I still was, it never occurred to me that my constant judging and condemning was preventing me from being helpful to anyone. Nor did I care about being helpful.

Alcoholic that I am, I've always been sure I know everything. In my early years, I knew exactly how everyone should work a program. I thought I could look at a newcomer and tell whether they were going to make it. I thought I knew who the real alcoholics were and weren't. I thought everyone who didn't work a program like mine would fail. I didn't believe people were real A.A. members if they didn't do things my way.

I learned how wrong I was through experience, particularly the death of a sponsee who had relapsed. If you had asked me whether she was going to make it, I would have responded with 100% certainty that she would. After all, she was agreeable and worked the steps. Alternatively, I have had the experience where a newcomer was so

difficult and stubborn I thought they would never make it. However, they became upstanding, useful members of A.A.

I have found freedom in understanding that I have imperfect information and am terrible at predicting the future. Today, I don't have to go through the exhausting decision-making process to determine whether a person is worthy of A.A. membership or my help. If I push any prospective member away, I could be signing their death warrant. That is too heavy a burden for me. When my sponsee died, I came to the humble realization that I never know who is or isn't a good prospect for A.A. That's God's business. My job is to take the hand of any A.A. member who declares themselves a member, like other members did for me.

Felicia C., Burnsville, MN



Notice to Groups in the Minneapolis Area

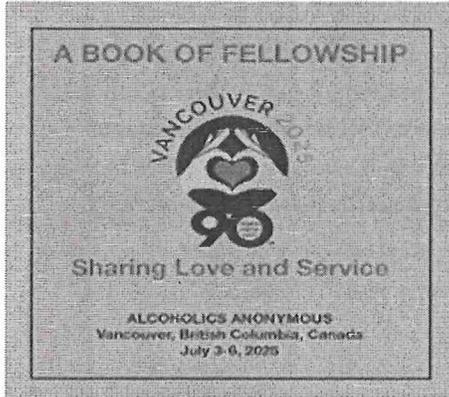
It is time to print our Meeting Directory and we need your help! Please take a look at your meeting listing on our website:
aaminneapolis.org

and make sure it is accurate. If any updates are needed you can email us at:
staff@aaminneapolis.org

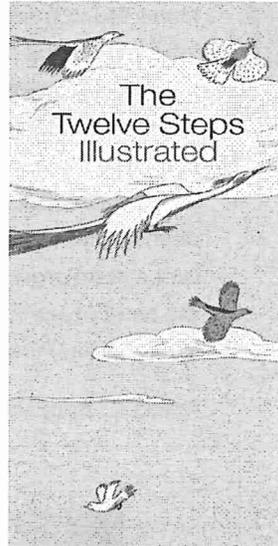
or call us at: 952-922-0880

Thank you for helping us to keep our Meeting Directory and website up to date!

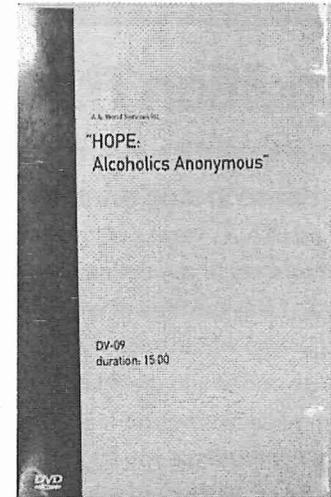
A.A. Book of the Month:



A.A. Pamphlet of the Month:



CD of the Month:



Group Contributions - January 2026 Thank You

12 Steppers Audubon Park
 Andover Alano Sq 4
 Basic Twelve & Twelve
 Beltline Groups
 Blaine Alano Sq 99
 Boiled Owls
 Bridges AA Group - Prior Lake
 Cambridge Thurs Night AA
 Carry the Message
 Cavalier West Thursday Night Mens Grp
 Cliffhangers 1 - Thurs 7 30 Grp
 Colfax Group
 Continuous Action
 Continuous Action
 Cottagewood Meeting AA
 Crushed Grapes
 Daily Reprieve of St. Olaf's
 Delano Saturday Morning
 Desire Meeting
 Early Risers Grp
 First 164 Group
 Foxhall Chapter 7
 Friday Freedom Seekers
 Fuente de Vida
 Gratitude Group
 Happy Destiny

Isanti Alano Sq 12
 It Might Have Been Worse
 It's Noon Somewhere-Blmgtn Groups
 Kozy's Noon Men's AA
 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 Grp
 Minnetonka Big Book Study Grp
 Monticello Alano Sq 3
 NERR 12X12 Friday Morning
 Nicollet AA Grp
 Norwood Young America AA
 Plymouth 2 Monday Night Grp
 Ramsey AA (NowThen AA)
 Relapse Enders Tues. Womens AA
 Ridge Runners II Grp
 Ringmasters AA Group
 River Valley AA Grp
 Riverlyn AA Group
 Sahara Thurs 730 Men's Closed Grp
 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 Grp
 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
 Westwood AA Group
 Worthy Women's Big Book Study

Thank
 you

Group Contributions/Birthday Plan** January 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.

Scan for Online Ticket sales and Digital Flyer



43rd Annual Gratitude Night

Sobriety Under the Stars

Saturday, April 11th, 2026

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

Doors Open for Festivities: 6:30 pm
Program and Speakers: 7:30pm
DJ and Dance 10:00pm-Midnight
Minneapolis Convention Center
1301 Second Avenue South, Minneapolis- Ballroom A
A.A. Speaker, David G., Fremont, CA
Al-Anon Speaker (Speakers ASL Interpreted)

About Intergroup/Volunteer Countdown/Sobriety Countdown/Area 36 Info Tables/Service BINGO & prizes/Gratitude Board/DJ and Dance/Photo Booth

Tickets: \$25
Can be purchased by scanning the QR code going to aminneapolis.org, in person at your Intergroup Office or through IG Reps

You can help Our Primary Purpose Shine

Join us for a Night Where Fellowship Shines and Gratitude Guides

Please consider donating a ticket to be gifted to a new comer or member that may not otherwise be able to join.

This Intergroup event is self-supporting through the sale of tickets
Minneapolis Intergroup 17204 W 27th Street Suite 113 - St Louis Park MN 55426
952.922.0880 aminneapolis.org

UPCOMING Events

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

March 20–22, 2026

3 Eleven Retreat
Camp Knutson
Cross Lake, MN

April 11, 2026 SAVE THE DATE!

43rd Annual Minneapolis Intergroup Gratitude Night
6:30pm—12:00am
Minneapolis Convention Center
1301 Second Avenue South
Minneapolis, MN
Ballroom A—Across from Dunn Brothers

May 1–2, 2026

54th Annual Iron Range Get—Together
Red Rock Inn
1402 East Howard St. Hibbing, MN 55746

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

Gopher State Roundup 51 2026



We are not a glum lot!

DoubleTree by Hilton Bloomington

51

Hospitality Suites are a great opportunity for fellowship and service at Gopher State.



If your group is interested in hosting a suite, please fill out the form **by March 15th**:
<http://tiny.cc/gopherstatehospitality>

May 22 If your group had a suite last year, a member of the Hospitality Suite Committee will be reaching out to you about this year.

May 23 **Don't forget!** Groups may co-host a suite to split the cost and commitment! Please note, we only have suites on the fourth floor available.

May 24

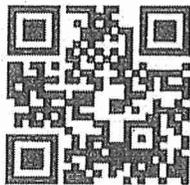
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