

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

June 2016 Step, Tradition, and Concept Six

Step Six

"Were entirely ready to have God remove all these defects of character."

When I came into the rooms of Alcoholics Anonymous, I shuttered at every step that had the word God in it. I didn't believe in any sort of higher power and I thought that if there was one, it probably wouldn't be okay with who I was as a person. However, I was completely willing to try anything I was told. With some misgivings I made it through the first 5 steps. When I arrived at step 6 I was told to meditate. I fell asleep during that meditation and when I woke up I thought I was done. Little did I know, this step is a process. The process of becoming "entirely ready" however, seemed a little daunting.

"The only thing I've ever been entirely ready to do is take another drink."

These are the words of my first sponsor in Alcoholics Anonymous, the sentiment of which holds true. Being entirely ready to have God relieve us of our defects is a goal to strive for, not a requirement. It has been my experience that when I am working to the best of my ability to become entirely ready, I get all the strength I need. This is because I am allowing God to work through me. This step is not about fixing ourselves, it is about *allowing* God to fix us.

What is a defect?

Someone once told me that character defects are instincts gone awry. This definition makes sense to me. I spent most of my drinking career living off of my baser instincts to protect myself and my habits. Coming into recovery, I no longer needed that protection. I needed to stop playing God and turn my will over, but this is rather difficult when I refuse to take an honest look at how my defects are really affecting me. The lack of perspective I continually exhibit demonstrates why I need an inventory and an objective perspective from my fellows in Alcoholics Anonymous. For example, I will share how dishonesty has shown up in my life.

I have loved lying for as long as I can remember. At the base of my inclination to lie are the beliefs that I am not good enough, and that I know no one will ever really love me for who I am. While I know in my rational brain that this is untrue, there is a part of me that will always slip back into this thinking if I am not watching. Defects are sneaky like that. It usually starts off

in a social setting where I tell one *little* white lie or embellish a story in an attempt to control what others are thinking of me. In the moment I think to myself "it's no big deal," but if I leave this dishonesty unchecked it will continue. The next day I become liable to wake up with an "emotional hangover." Feeling poorly about myself, I may continue to tell *small* lies in an attempt to feel better. If I am not doing nightly inventory, I will continue to minimize this defect until I am completely disconnected and exhibiting dishonesty in every facet of my life. At this point, the pain I am in usually gifts me with enough willingness to come back to God and turn my will over. This is just one example of how one defect may show up in my life, but when I am honestly attempting to examine these defects and consistently hand them over to God, things get better. God will do for us what we cannot do for ourselves, but He/She/It won't do for us what we *can* do for ourselves.

If you are not happy with your progress on this step, I suggest you take a look at the work you have put in up until this point. If it is solid but you are still not pleased, fear not. God will relieve your defects on God's timeline, your only job is to ready yourself. This step is a process. Like the cyclical nature of the steps, it doesn't end, but it does get easier.

Gabe S., Minneapolis, for the MIRUS



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 & Thursday 9 am-7 pm • Saturday 9 am-1 pm

Notes from your Service Office:

“Our Spiritual Way of Life: Steps, Traditions and Concepts”

Happy summer! It shouldn't be hard to practice staying in the here and now with the warmer weather!

I would like to inform you of three important events coming up for Minneapolis Intergroup.

Minneapolis Intergroup's 16th Annual Unity Open House will be Saturday, August 13th from 9:00 am to 1:00 pm. Join us for food, fellowship, along with activities for children. If you want to be of service in AA, you will have the opportunity to ask any questions you may have about Day-time Phones, Group Phones, Early Birds or Night Owls, etc. Southern Minnesota Area 36 will be here to assist anyone wanting to learn about the Correctional Facilities Contact Program and the Temporary Contact Program to connect with people coming out of a Treatment Facility.

An AA Information Committee orientation and training will take place on Saturday, September 17th at 11:15 am to 2:00

pm at the Mizpah United Church, 412 5th Avenue N, Hopkins. We will provide guidelines for presenting an AA Information talk at a non-AA facility. See our flyer for details. We encourage all current members on the list to attend and bring along one person who might consider joining the list. Lunch will be provided.

It is not too early to think about serving on the Minneapolis Intergroup Board. The Board election takes place on September 22nd at the Intergroup Rep meeting. Ask any Board member to describe what this three year service commitment entails. The back side of the Board resume has a detailed description of the duties of a Board member. Resumes may be filled out online on our website by clicking on the “ABOUT INTERGROUP” tab.

Thank you to the hundreds of volunteers that support Minneapolis Intergroup's vital services.

Your office manager, Gail

Notes from Your Board:

June 2016 Board Chair Notes

Have you been on our web site lately? There are a few features that I'd like to highlight at this time.

●Events

<http://aaminneapolis.org/events/>

- Browse here for events, group anniversary celebrations, conferences, area/district events and the like.
- Is your group celebrating an anniversary? Summer potluck or picnic coming up? Please contact us with events that you'd like to have featured in our events calendar. If you have a flier, we can post it as well. Send an email with details to: info@aaminneapolis.org.

●Contributions

- Did you know that you can contribute to Minneapolis Intergroup online? It's easy, secure and quick! Look for the “CONTRIBUTE” button in gold on the upper right hand corner of every page of the site. Individuals can contribute; you can become a Faithful Fiver, and/or make a Group Contribution or a Birthday Contribution in honor of your sobriety birthday.

2016-2017 Intergroup Board Elections

Every year Intergroup Board Elections take place in September. Volunteer board members are needed to lead and strengthen Minneapolis Intergroup's efforts to help those with a drinking problem, to carry the message of AA and to serve AA groups in the Minneapolis area. Every year we elect 4 new Intergroup Board members to 3-year terms – they replace 4 board members who are rotating off the board.

It's not too early to consider standing up for one of these positions! Do you love AA? Do you have 5 years of continuous sobriety? Have you answered phones at Intergroup or served in another capacity and want to be of further service? We would love to have you submit a Board Resume Form, which is available here: <http://aaminneapolis.org/about-intergroup/intergroup-representatives/>

And finally, it's an honor to serve the AA community. Stay in touch with us by providing your feedback, suggestions and/or questions! We are reachable by email at:

info@aaminneapolis.org.

See you in the rooms...

In Service,

Jane A-W

Intergroup Board

Board Officers

Chairperson	Jane A.- W.
Co-Chairperson	Miles S.
Secretary	Jeanie O.
Treasurer	Ron C.

Board Members

Jennifer M.	Sooze H.
Jim R.	Jeanie O.
Tom B.	Michael H.
Ginger B.	Michael M.
Gail S. Office Manager, Ex-Officio	

General Service District Board Liaisons

District 7	Jeanie O.
District 13	Ginger B.
District 14	Jennifer M.
District 17	Michael M.
District 18	James R.
District 19	Sooze H.
District 20	Robert S., Doug H.
District 21	Tom B.
District 22	Jamie M.
District 24	Michael H.
District 25	Ron C.

Intergroup Staff

Gail S.	Office Manager
Claudia S.	Office Assistant
Terri D.	Office Assistant
Drew H.	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.

Metro District General Service Meetings

District 7	Second Monday, 6:30 pm St. Andrew's Lutheran Church 13600 Technology Dr., Eden Prairie, MN 55344
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. N.W., Buffalo, MN 55313
District 17	Second Tuesday, 7:30 pm Crossroads Assembly of God Church 10478 Bell Ave., Plato, MN 55370
District 18	Second Thursday, 6:30 pm Plymouth Congregational Church 1900 Nicollet Ave. S., Minneapolis, MN 55403
District 19	Second Wednesday, 7:00 pm Rosemount Community Center, Room 210 13885 S. Robert Tr., Rosemount, MN 55068
District 20	Fourth Tuesday, 7:00 pm Twin Lake Alano Club 4938 Brooklyn Blvd., Brooklyn Center, MN 55429
District 21	Second Tuesday, 7:30 pm Pilgrim United Methodist Church 4325 Zachary Lane, Plymouth, MN 55442
District 22	Second Wednesday, 7:30 pm St. Paul's Lutheran Church 13207 Lake St., Minnetonka, MN 55305
District 24	First Monday, 7:00 pm St. John's Lutheran Church 119 8th Ave. W., Shakopee, MN 55379
District 25	Second Wednesday, 7:30 pm Woodlake Lutheran Church 7525 Oliver Ave. S., Richfield, MN 55423

NOTICE • NOTICE



Intergroup Reps Meeting

Thursday,
June 23rd
6:30 pm

At Mizpah United
Church of Christ:
412 5th Ave N.
Hopkins, MN 55343.
(See orientation mtg
directions)

Intergroup A.A. Orientation Open Meetings

The Saturday Orientation Open Meeting takes place every week at 10 A.M. at the Mizpah Church, located just west of Highway 169 and just south of Highway 7 in Hopkins.

6/4	Step Four / Tradition Four His Story
6/11	What are A.A.'s Three Legacies? Her Story
6/18	Step Five / Tradition Five His Story
6/25	The History of A.A. & It's Founders Her Story

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

Concept VI:

On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

Bill W. said that although our objective is always a spiritual one, our world service is a large business operation. Our whole service structure resembles that of a large corporation. The A.A. groups are the stockholders, the delegates represent them at the annual meeting of the General Service Conference; the General Service Board Trustees are actually the directors of a 'holding company.' And this holding company (the General Service Board) actually owns and controls the two 'subsidiaries,' A.A.W.S. (GSO) and the A.A. Grapevine, which carry on the services. While the Board does not set policy on matters affecting A.A. as a whole, it is clear that they must be given large powers if they are to manage the affairs of Alcoholics Anonymous.

Bill W. further said that the critical need for Trustee liberty of action raises several important questions. Next to the Conference, A.A.'s Board of Trustees should be the most influential group of world servants that we have, and therefore, we shall have to consider carefully the kind and degree of authority, responsibility, leadership, and legal status of the Trustees must possess in order to function at top effectiveness over the years to come. We shall need to review, and perhaps amend somewhat, our present methods of choosing Trustees. We shall need to define clearly the several kinds of professional and financial skills that will always be required for a balanced trusteeship. Only by doing so can we permanently insure the Board's capability of future leadership.

Based on Bill's writings above, I understand the underlying spiritual principles of Concept VI to be Humility, Love, Purity, and Unselfishness. Humility can be exercised by the Conference if the Conference understands that it can only act on matters which it can be fully informed. The principle of Love can be exercised by the Conference delegating to the General Service Board what is beyond its scope, and then by the Trustees in carrying out that responsibility.

Regarding Unselfishness and Purity, these spiritual principles must be demonstrated by both the Conference and the General Service Board to remain clear that they are responsible to the Fellowship as a whole.

The Conference is the spiritual entity guiding the Fellowship and the Board is the legal entity and the responsibilities are different. Southern Minnesota Area 36 reflects this in that the Area Assembly is the spiritual entity and the Area Committee is the legal entity. The spiritual entities (the Conference and the Area Assemblies)

provide the guidance given by the Fellowship and how we wish to manifest those principles with each other, and in relation to outside entities. The legal entities (the Board and the Area Committee) receive the guidance and provide the structure to implement decisions and/or policies.

We should also bear in mind in order for there to be a harmonious relationship between the spiritual and legal entities, the legal entities must operate under the close observation, guidance, and sometimes the direction, of the spiritual entities, and the legal entities must be given a correspondingly large grant of authority and leadership with which to discharge it, with our objective always being a spiritual one. (paraphrased from Bill's writings on Concept VI in the Service Manual, p. 25).

Reference for this article and additional information about the Concepts can be found in "The A.A. Service Manual/ Twelve Concepts for World Service" http://www.aa.org/pdf/products/en_bm-31.pdf and "The Twelve Concepts Illustrated" pamphlet (P-8) http://www.aa.org/pdf/products/p-8_thetwelveconcepts.pdf

Yours in Love and Service,

Lisa Dawn G.

Panel 65 Delegate

Area 36, Southern Minnesota

delegate@area36.org

MINNEAPOLIS INTERGROUP ORIENTATION & TRAINING FOR AA INFORMATION TALKS AT NON-AA FACILITIES

WHEN: SATURDAY, SEPTEMBER 17TH, 2016

TIME: 11:15 AM

WHERE: MIZPAH UNITED CHURCH

412 5TH AVENUE NORTH, HOPKINS, MN. 55343

Current AA Information Committee members are

encouraged to attend and bring one AA member willing to join our committee. An overview of the program will explain guidelines for AAI talks

for future and current members

of the Information Committee. Also provided will be a sample

presentation by a AAI participant.



**INTERGROUP'S 16TH ANNUAL
UNITY
OPEN HOUSE**

SATURDAY AUGUST 13, 2016

9AM - 1PM

9AM-11AM DOUGHNUTS & COFFEE * 11AM-1PM HOT DOGS & CHIPS
KIDS FUN AREA ALL DAY



NEED A SERVICE OPPORTUNITY? LEARN ABOUT...

Phone Volunteering: Daytime Phones, Group Phones, Early Birds and Night Owls
Southern Minnesota Area 36 Temporary Contact Program
Southern Minnesota Area 36 Correctional Facilities Contact Program

"An opportunity for all AA members to connect into service"



GREATER MINNEAPOLIS INTERGROUP
7204 West 27th Street, Suite 113
St. Louis Park, MN 55426
map & directions at www.aaminneapolis.org

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail."
—*Alcoholics Anonymous*, p. 89

**Intergroup
12 Step Service Opportunities
Contribute Your Time
at Minneapolis Intergroup
Just Stop In!**

Daytime Phone Answering
Training Provided
Daytime Office Volunteers
Service work available

**Carry the AA Message
to Outside Agencies***

Groups and Members are Invited to:

Hennepin County Adult Detention Center (Men)
Mission Nursing Home, Plymouth (Men & Women)
Sherburne Co. Jail/Federal Holding Facility (Men & Women)
Dakota County Jail (Men & Women)
Scott County Jail AA Meetings (Men & Women)
One Twelve Treatment Facility (Men Only)

Call or Stop by the Office for Details

**In Cooperation with the Professional Community*

"This is our *twelfth suggestion*: Carry this message to other alcoholics! You can help when no one else can."
—*Alcoholics Anonymous*, p. 89

Traditions Checklist: Tradition Six

AA Grapevine

These questions were originally published in the Grapevine in conjunction with a series of articles on the Twelve Traditions that ran from November 1969 to September 1971. While they were originally intended as suggestions for individual use, many AA groups have since used them as a basis for wider discussion.

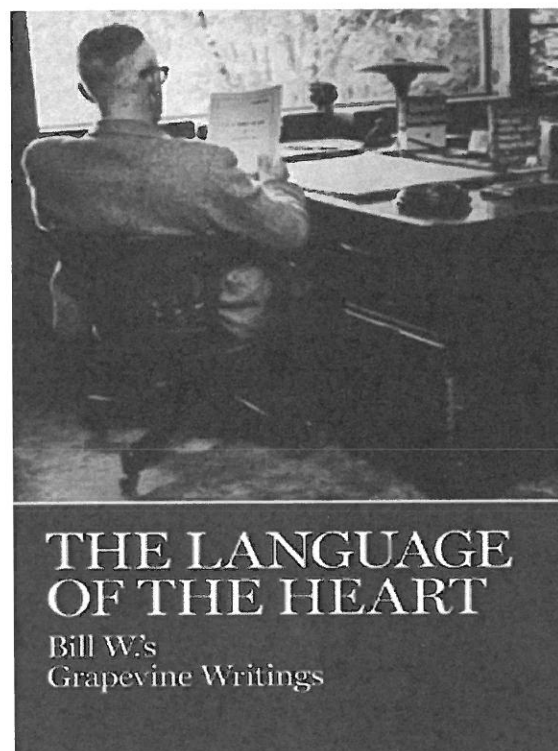
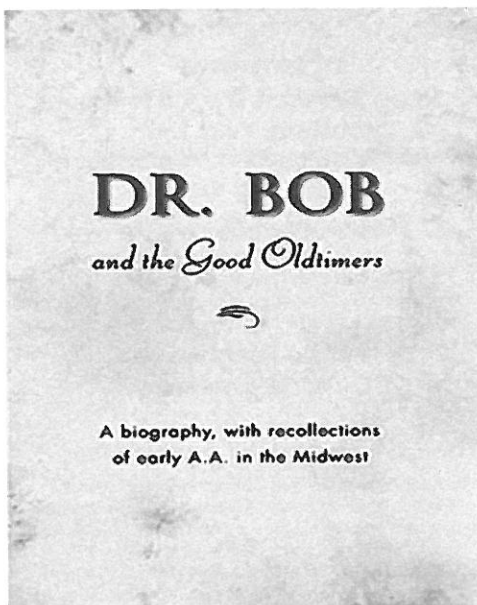
Short Form: For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Long Form: (From Twelve Steps and Twelve Traditions, p. 190): Problems of money, property, and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to A.A. should be separately incorporated and managed, thus dividing the material from the spiritual. An A.A. group, as such, should never go into business. Secondary aids to A.A., such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence such facilities ought not to use the A.A. name. Their management should be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside A.A. – and medically super-

vised. While an A.A. group may cooperate with anyone, such co-operation ought never to go so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one.

1. Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club for AAs familiar with "Guidelines on Clubs," which is available free from GSO?
4. Should the secretary of our group serve on the mayor's advisory committee on alcoholism?
5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

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AA Pamphlet of the Month:
Three Talks to Medical Societies by Bill W.
Co-Founder of AA

AA Book of the Month:
Dr. Bob and the Good Oldtimers

Grapevine Book of the Month:
The Language of the Heart



Group Contributions—April 2016. Thank you all, in the Spirit of Hope.

2218 Squad 1 Depth & Weight
A Vision for You
AA Tuesday AM Group
Andover Alano Squad 9
As Bill Sees It—Medina
Bar None Thursday
Bar None Tuesday AA Group
Basic Principles
Basic Twelve
Better Than Gold
Bryn Mawr Group
Cavalier West Thursday Big Book
Cedar Lake Women's Group
Chaska River Valley AA
Chunks & Measures Squad 88 at 2218
Common Solution Big Book Study
Dakota Alano Tuesday 12 & 12
Dakota Alano Saturday 11 AM
Delano Saturday Morning
Design for Living—Coon Rapids

Dynamic Women's Group
Elders Big Book Stories Friday
Elders Big Book Thursday
Elders Step & Traditions Tuesday
Elders Topic Sunday 10 AM
First Class
For Today Group
Foreword XIX Group (2)
France Avenue Group
Garage Dogs Men's Group
Gratitude Group
Groveland Group
Happy Destiny
Happy Hour Squad 27
It Might Have Been Worse
Keep It Simple—Chaska
Kozy's Noon Men's AA
Ladies Night Happy Hour—Sahara (2)
Lake of the Isles Men's Tuesday PM
Lakeville Big Book Meeting

Living In the Solution
Living Our Principles
Minnetonka Big Book Study Group (2)
Monticello Alano Squad 10
New Brighton Alano
Normandale AA Group
Oasis Group—Shakopee
Relapse Enders Tuesday Women's AA
Rich/Blmngtn Alano Sun Open Spkr
Ridge Runners I Group
Rosemount AA Group
Rule 62 AA (2)
Sahara 6 PM Wednesday Big Book
Sahara Groups
Sahara Saturday AM Men's
Sahara Tuesday 8 PM Men's
Saturday Night Live Group
Serenity Group—Maple Grove
Sober on Saturdays Group
St Louis Park Sunday Night AA Group

St Luke's Saturday Men's Group
Steps Foreword Group
Stepsisters of Northfield
Sunday Night Grace
Sunlight of the Spirit Group
Temple Wednesday AA Group
There Is A Solution—Dakota Alano
There Is A Solution—Sahara 4:30 PM
Third Tradition Group of AA
Thunderbird Noon Groups
Thurs Night 8 PM BB—Plymouth II
Tradition Five
Tradition Three AA at St. Joseph
Turning Point Group Wayzata
Up the Creek Big Book Group
Waconia Friday Nite AA Group
Wayzata Step Sisters
Wayzata Women's Thursday Group
Women's Serenity Group Thurs 10 AM
Worthy Women's Big Book Study

Calendar of Events

Open Speaker Meetings

Thursday:

Central Pacific Group, 7:30 PM
Central Lutheran Church, 333 South 12th St., Minneapolis

Foxhall Chapter 7 Group, 7:30 PM
Wooddale Church, 6636 Shady Oak Road, Eden Prairie

Friday:

Edina Open Speaker Meeting, 7:30 PM
Christ Presbyterian Church, 6901 Normandale Blvd.
Edina

Three Legacies, 7:30 PM
Cross of Glory Baptist Church, SW Corner of Excelsior Blvd
and Shady Oak Road, Hopkins
A sign language interpreter is provided each week.

Saturday:

There Is A Solution (Beginners Meeting), 6:00 PM
Dakota Alano Society, 3920 Rahn Road, Eagan

Saturday Night Open Speaker Meeting, 7:30 PM
At The Common Table
2001 Riverside Ave., Minneapolis
(parking in back of bldg. off Riverside)

Saturday Night Live Open Speaker Meeting, 7:30 PM
Basilica School 3rd floor (behind the church)
16th & Hennepin, downtown Minneapolis
Free parking in the ramp across 16th Street
Wheelchair accessible

Tradition One, 7:30 PM
Pilgrim United Methodist
4325 Zachary Lane, Plymouth

Saturday Night Open Speaker Meeting, 8:00 PM
2218 1st Avenue South, Minneapolis

Sunday:

Step & Speaker Open Meeting, 7:00 PM
First Baptist Church
10th & Hennepin, Minneapolis

Open Speaker Meeting
Richfield Bloomington Alano
9321 Bryant Ave S., Bloomington
11:00 AM Sunday

Special Events

August 13th, 2016
16th Annual Unity Open House
at Minneapolis Intergroup
9:00 AM—1:00 PM

August 19th—21st, 2016
39th Annual Cornhusker Roundup
Ramada Plaza Hotel
Omaha, Nebraska
www.aa-cornhusker.org

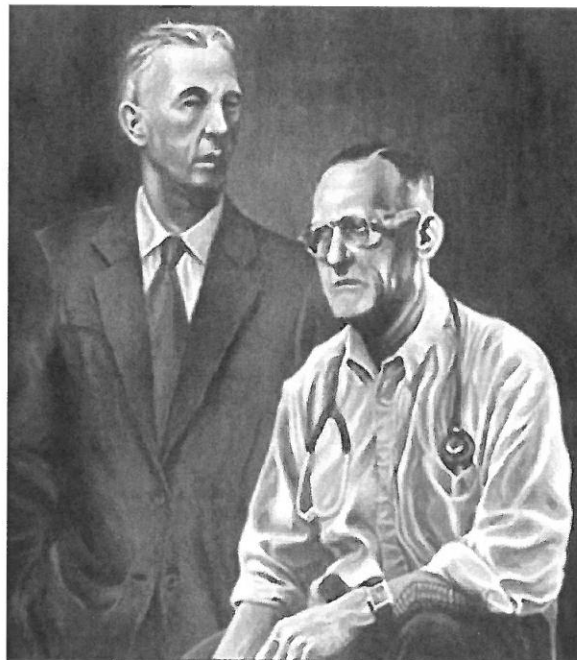
September 9th—11th, 2016
58th Annual Southern Minnesota Roundup
Best Western Hotel
North Mankato, MN
5:30 PM

General Service Announcements

June 25, 2016
Area Assembly
New Ulm Community Center
New Ulm, MN
9:00 AM—5:00 PM

August 6th, 2016
Area Committee Meeting
Best Western, North Mankato, MN
Standing Committee Meeting 9:30 AM-11:30 AM
Area Standing Committee Meeting 1:00 PM-5:00 PM

Most Area 36 events have a map on how to find the location @ www.area36.org. Open Speaker Meetings are listed for the convenience of members who wish to bring newcomers and non-alcoholic friends. Listing in the *Mirus* should not be construed as any endorsement on the part of Minneapolis Intergroup. Call Intergroup if you need directions to any of these Open Speaker Meetings. Roundups, Workshops and Special Events are not endorsed by Minneapolis Intergroup and listings are provided for informational purposes only. Flyers for these events are available at the office.



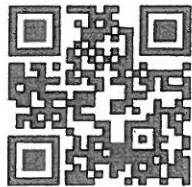
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