

Step Six

June 2023 Step, Tradition, and Concept Six

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

Step six is appropriate after steps one through five. It is no coincidence. The steps are perfectly written and in order for a reason.

Reading Step 6 in the Twelve Steps and Twelve Traditions, I readily came to the decision right away that I was more than willing to have God remove my defects of character. I would be glad when I got rid of them. Who would not want that? I could not relate to the words; I needed my higher power's help. I thought I needed to do the work. Looking back, I really had no clue what this step meant. I was willing, so now I can move on to the next step. Then you told me this was a lifetime process, okay. Whatever that means.

This step became a part of me without my being aware. I would learn many life lessons living with my character defects. After all, I had homed in on them for twenty-five years. Some of my character defects had helped me survive and some, as I was unaware of, were destroying me. Learning what my character defects were was painful. Major fear, false pride, self pity, ego, resentments, self righteous anger, etc. Self pity was one that was a comfortable place for me. But you told me it would kill me. I began to understand, but it was not easy to give up. I did not even realize how much fear I really had and that it controlled so much of my life.

Today my character defects are still a part of me. The difference today is they do not control me or dominate me like they used to. My relationship with my higher power became stronger because of this step. Through struggling with the problems I had in life and in my relationships as a result of my character defects, he helped me time and time again, when I could not help myself. It became clear, one day, I could not do it by myself, without my higher power. I learned more and more that I could trust him to give me the knowledge and strength to do the next right thing to right my wrongs and overcome my defects of character. I became willing to seek his help. As time went by, I could see the gift I was given. It was Step 6.

When I am struggling, and to be honest, I struggle a lot, I ask my higher power to help me, without hesitation. I know all I have to do is go to a meeting, talk to another alcoholic. I hear you share your experience, strength and hope and I find my solution.

Gail S., Eden Prairie

Become a Faithful Fiver!

What are Faithful Fivers?

Faithful Fivers are A.A. members who graciously contribute five dollars or more* each month to support Minneapolis Intergroup.

As a Faithful Fiver, you support efforts to carry the A.A. message of hope to still-suffering alcoholics in the Greater Minneapolis Area.

"When we meet and defeat the temptation to take large gifts, we are being prudent. But when we are generous with the hat, we give a token that we are grateful for our blessing and evidence that we are eager to share what we have found with all those who still suffer."

Bill W., Language of the Heart

* Contributions are limited to \$5,000 per member per year† and are tax deductible under Internal Revenue Code §501 (c)(3).

+Page 9—Self-Support Pamphlet

You can easily setup your Faithful Fiver contribution by calling or stopping in the Minneapolis Intergroup Office or online at aaminneapolis.org

Notes from your Service Office:

The General Service Theme for 2023 is:

"A.A.'s Three Legacies - Our Common Solution."

June 10th, 1935, Dr. Bob Smith stopped drinking on June 10, 1935, and thus, the fellowship of Alcoholics Anonymous was born. If you attend the 88th Anniversary of Alcoholics Anonymous in Akron, Ohio from June 9th through June 11th, you could join the motorcade to Dr. Bob's graveside for a memorial tribute. That would be amazing to see and do. I have no doubt we all have gratitude in our hearts for the miracle of their meeting that day that was the beginning of this divinely inspired program that touched our lives today and after 88 years it will continue into the future.

I am also grateful for all our volunteers that are of service at Minneapolis Intergroup to reach the newcomer to help them find the A.A. program. We are needing volunteers to join our Group and Member Services Committee for our Annual Outreach Program 2023. Just sign up to visit one group by June 30th in the northern suburbs such as: Maple Grove, Champlin, Brooklyn Center, Andover, Coon Rapids, Anoka, Annandale, Blaine, etc. Stop in the Intergroup office anytime to choose a group to visit. Your service will enhance Intergroup's efforts in two ways. This will assure that our meeting directory information is correct and inform members about the opportunities to carry the A.A. message through Intergroup's 12 Step Services.

It is time to put the word out for members with five years sobriety to run in the Board Elections on Thursday, September 28th at the Intergroup Rep meeting. Board resumes are available at the office or online under "Intergroup Representatives". Look for the blue link. Go to aaminneapolis.org. There are many details on the back side of the form about this commitment to consider. A Board member serves a three-year term. Do not pass up this opportunity without checking into it. Everyone I know has said it is a rewarding service opportunity. Talk to any current Board member or stop in the office. I would love to answer any questions you have.

Thank you to every A.A. member in Minneapolis and Suburban Cities that has stepped up to contribute to Minneapolis Intergroup when we needed it. I am touched and overwhelmed at your response. In October we mentioned a trend in unsteady contributions. In about four to five months your contributions have brought us up out of a negative projected budget for 2023.

As I know so many of you have contributed your time over the last many, many years, I believe you know that your contributions go to our vital services we have that reach out to the still suffering alcoholic. And I have been told by many of you, that you have been that person.

In Love and Service

Gail S., Your Office Manager

Notes from Your Board Chair:

As we enjoy our beautiful spring in Minnesota we at Minneapolis Intergroup are in the midst of an important activity, the annual outreach program. Each year we identify about seventy meetings to be the subject of this effort. Our objective is to inform those attending these meetings of the many services provided by Intergroup, request that they send a representative to our monthly Intergroup reps meetings and to update information we have on file about the meeting so that we can ensure that our web site has accurate information. We very much appreciate all of the volunteers that are going out to the selected meetings.

The coming of June also will be bringing a new opportunity for A.A. members that enjoy golf to participate in a golf event on June 19 whose proceeds will be used to benefit Minneapolis Intergroup. This outing is being sponsored by one of our A.A. groups, Men At Work. Our Board of Directors met with individuals from this group to clarify the plans and to ensure that we will be honoring the A.A. Traditions in carrying out the event. We also understand that this outing sold out soon after its announcement.

One other thing that we need to start thinking about, September Board elections! Each year on the fourth Thursday in September we elect four new Board members. This year the elections will be held on September 28, 2023 at the Intergroup Reps meeting. The elected Board members will be serving a three year term, from October 1, 2023 through September 30, 2026. I would encourage anyone with at least five years of sobriety and with a willingness to serve to consider this opportunity. It is a big commitment but the rewards of this job far outweigh the costs. Talk to your sponsor, talk with your family and talk with any current or past Board members. I believe that participating on the Intergoup Board of Directors is the best service opportunity in our metro area.

Mike A., Board Chair

Intergroup Board

Board Officers

Chairperson

Michael A.

Co-Chairperson

Betsy G.

Secretary

Grace C.

Treasurer

John M.

Board Members

Tanya L.

Steve S.

Jeff A.

Mark M.

Christina M.

Dan S.

Maverick M.

Kelli B.

Gail S. Office Manager, Ex-Officio

General Service District Board Liaisons

District 7

Grace C.

District 13

Maverick M.

District 14

Steve S.

District 17

Kelli B.

District 17

CIII D.

District 18

Betsy G.

District 19

Jeff A.

District 20

Cory S.

District 21

Dan S.

District 22

Mark M.

District 24 District 25 Tanya L. Christina M.

Intergroup Staff

Gail S.

Office Manager

Erin D.

Office Assistant

Terri N.

Office Assistant

Scott F.

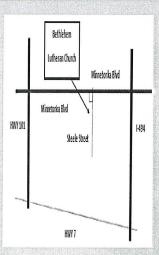
Office Assistant

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

Intergroup Office.

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



The Intergroup Rep
Meeting will be
held at
Bethlehem
Lutheran Church
16023 Minnetonka
Blvd.
Minnetonka, MN
55345
This is a HYBRID
meeting.
Thursday,
June 22nd
at 6:30pm

Metro District General Service Meetings

District 7

Second Monday, 6:30 pm

Zoom Meeting ID: 894-9573-7082

Password: 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

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, 7:00 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

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

6/3

A.A. Literature—The A.A. Grapevine

His Story

6/10

Step Seven/ Tradition Seven

Her Story

6/17

17 Self Support and A.A.'s Vital Services

His Story

6/24

Step Eight/ Tradition Eight

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.

As I write this I have just returned from the 73rd General Service Conference, a week where these Concepts of ours were front and center for all of us participants, delegates, trustees, and General Service Office staff. When I was newly sober I had a friend in the rooms who, when she chaired a meeting she would ask someone to read "How it Works" and then she would ask someone to read the Traditions, which she referred to as "Why it Works". I have come over years to understand the Concepts also can and must be included in the why it works category. We had an ambitious agenda of 94 items, some of which came out of committee in the form of recommendations which included actions, and it is the General Service Board who becomes responsible for those actions the Conference requests. The Concept VI essay in our Service Manual goes on to say this:

Just as the A.A. groups find themselves unable to act decisively respecting world service affairs unless they delegate a great amount of active authority and responsibility to their Conference, so must the Conference in turn delegate a liberal administrative authority to the General Service Board, in order that its Trustees may act freely and effectively in the absence of the Conference itself.

The conference meets once a year and relies on our Trustees to take the actions that make things happen in A.A. for A.A. And, of course, for the still suffering alcoholic, who must always be first and foremost in our thoughts and actions. Our Trustees are a vital part of our structure, they are trusted servants indeed, each bringing their life experience, personal experience, and professional experience and talents to Alcoholics Anonymous to be used in whatever way A.A. asks. They serve as Class A trustees (non-alcoholic), Class B trustees (alcoholic), in the same way we all serve in our home groups and districts and Areas, with love and gratitude for Alcoholics anonymous, and a deep understanding of the privilege it is to serve. While not all of them come to this service under the lash of alcoholism they all serve willingly and graciously. Our Fellowship is lucky to have them indeed. Thank you for letting me be of service.

Meg Huston Delegate, Area 36/Panel 73



Group & Member Services Committee Greater Minneapolis Intergroup Annual Outreach Program

An Invitation to join our <u>Committee!</u>
This Spring help carry the Intergroup Service message to those who may not be informed what services IG provides.

Become a part of the 2023 GMSC Group Outreach

Each year we randomly select 70 Groups in the Minneapolis and Suburban Cities to bring a packet of information about how Minneapolis Intergroup reaches the still suffering alcoholic.

We ask members who want to serve on this committee to sign out one group to visit this month, update the group's information on an update form to bring back to the Intergroup office to update the website meeting directory. Leave the packet of information. And you are done!

Stop by the office and a staff member will explain what is expected and assign a group for you to visit.



Group & Member Services Committee Greater Minneapolis Intergroup Annual Outreach Program



Volunteer to visit a meeting and inform them what Minneapolis Intergroup is and how we can serve them while helping us keep an updated Meeting Directory. Stop by the office to choose a group to visit, ends June 30th!

2023 OUTREACH AREA

ROBBINSDALE MAPLE GROVE **CHAMPLIN BROOKLYN CENTER EAST BETHEL ISANTI CAMBRIDGE ANDOVER ANOKA COON RAPIDS** RAMSEY **ANNANDALE CLEARWATER HANOVER BLAINE CIRCLE PINES COLUMBIA HEIGHTS FRIDLEY**

The Twelve Traditions - How They Apply In Our Lives

TRADITION 6 - An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose

The early history of Alcoholics Anonymous includes classic examples bearing directly on the formation of the Sixth Tradition: the offer made our co-founder Bill W. to ally himself with a hospital as an "AA counselor"; those education binges when we succeeded in confusing the public (and ourselves) as to just who we were and what it was we were trying to do. That's the past. What about today?

This Tradition was brought into focus for me when a newcomer I was sponsoring became fascinated with it. He read the chapter in Twelve Steps and Twelve Traditions and then started asking questions—as I should have when I was a newcomer.

I was so fogbound for years after coming in that, even though I heard and read about our policy of nonaffiliation, there seemed to be no question but that AA was tied in with hospitals and prisons. Every time I went, trembling, to visit or to speak at an AA group in an institution, I was strongly aware of the courtesy and the kind familiarity on the part of the authorities. In my mind, their attitude translated into affiliation. If I'd had a sponsor in the beginning, this and many other matters might have been gotten into a truer perspective.

"What about the AA boat ride? asked the newcomer. "Isn't that a case of AA endorsing an outside enterprise?"

A local AA group was sponsoring a boat ride on the river for recreation, to raise funds to defray group expenses, and also to make a contribution to our local intergroup. Was AA endorsing the line that owned the sightseeing boat? No. The group was simply paying for use of the boat, as it does for meeting quarters. The misunderstanding in the newcomer's mind was the result of hearing the activity constantly referred to as "the AA boat ride."

What is a newcomer to think? And if those of us who have been around for a while keep repeating such terms, what will we eventually think ourselves?

We still hear references to "AA clubs." Our early experience with them and with AA groups that meet under the same roof had a lot to do with the forging of the Sixth Tradition. When I came into the Fellowship in 1960, I started attending meetings at the Old 24th Street Clubhouse. It had just moved to its new home, one block south, on 23rd Street. I was told it was an AA clubhouse. That was the way I thought of it and the way I spoke of it. It was a long time before I understood that it was actually a clubhouse for AAs.

The present-day newcomer didn't get the distinction. "Isn't that all just a lot of semantics?" he said. "You know what people mean when they say that."

No, I don't always know what people mean if they don't tell me. So I explained that the term "AA club" would imply AA ownership--thereby involving AA in "problems of money, property, and prestige." That's why it has been found wise to incorporate clubs for AAs as separate entities, not owned by any group or collection of groups. If a group wants to meet in such a clubhouse, it pays rent as it would to a church or a civic hall. The Sixth Tradition alerts us to the dangers of the appearance of affiliation. A few years ago, an AA group in my area was obliged to move from quarters it had occupied for many years. Against the recommendation of several of its members, the group voted

to move into a center for drug rehabilitation. The rehab center was advertising to encourage the use of its facilities by civic and social groups. The group did not affiliate with the center but did hang its AA sign directly under the drug program sign. The impression of affiliation, if not endorsement, was created. At least, the group did not change its name and take the name of the rehab center. Our General Service Conference has reminded central offices and intergroups, as a guideline, that it is a good idea for new groups not to name themselves after the facility or institution where they hold their meetings. Too often, impressions endure longer than facts.

"Tell me," the newcomer said, with a touch of defiance in his voice, "how an AA group might finance an outside enterprise." I remember an AA member's soliciting groups for bail money for an AA friend of his who had been arrested and charged with a serious crime. Only an insignificant amount was raised, because there were enough informed members around to resist having their AA groups finance the bail bond business. Without the Sixth to guide them, however, even that handful of members might have viewed the bailout action as a charitable one and set aside their groups' primary purpose. "Are you saying that we have to be on our toes all the time? That we have to watch everything we think and say?' Yes, and what we write, too. A friend of mine once innocently sent AA members a note that concerned a local intergroup activity but was written on his company business letterhead. There were no repercussions, but the impression could very easily have been created that the intergroup office and his office were affiliated.

The number one intent of our Traditions, of course, is to guide our groups and our Society as a whole in the ways of unity. And they serve a further end as well. For example, another aspect of this Tradition is the opposite of endorsement, namely, criticism. How easy it would be for the AA movement to point out to the proliferating alcoholism rehab programs just where we think they are going wrong. It also happens that criticism is one of the gravest of my old character defects. It is still the easiest thing for me to criticize a fellow AA for not working the program the way it should be worked; to criticize a group for not running its meetings the way I think they should be run; to criticize the operation of our General Service Office.

"You make it sound like the Fourth Step," the newcomer said,

"You make it sound like the Fourth Step," the newcomer said, and he visibly drew back. "You make it sound just like an inventory."

That is pretty much what the Traditions come down to--an ongoing inventory of the who, why, what, when, and where of groups and of AA as a whole. The Sixth is warning us against a natural tendency to embrace all manner of causes, noble or ignoble. It warns us to be aware of our limitations: AA cannot be everything to everyone. It reminds us to be ever on guard against three major shortcomings: (a) the crusader's ardor, (b) the one-sidedness of the zealot, and (c) perhaps the villain of the piece, the savior complex.

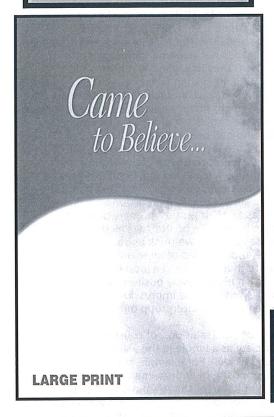
"None of that is going to happen to me," said the newcomer, as he walked away, "now that I know about it."
I sincerely hope not. I've been done in by all three.

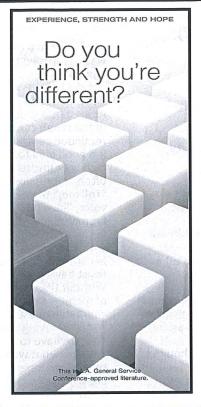
BILL H. NEW YORK, NEW YORK

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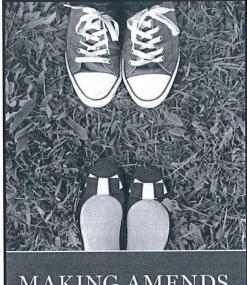
AA Book of the Month: Came to Believe (LP)





A.A. Pamphlet of the Month:
Do you think you are
different?

Grapevine Book of the Month: Making Amends- Finding a new freedom



MAKING AMENDS Finding a new freedom

Group Contributions - April 2023 Thank you all, in the Spirit of Hope.

Happy Destiny

Home Boyz Squad

Back To Basics Women's Group Blaine Alano Squad 3 **Bryant Lake Group** Bryn Mawr Group Buffalo Thursday Big Book Group Cedar Lake Women's Group Changing Lanes AA Clearwater Groups Common Solution Big Book Study **Continuous Action Crushed Grapes** Design for Living Dynamic Women's Group Eagan Tuesday Nite AA Group **Excelsior Wednesday Night** For Today Group Foreword XIX Group Foxhall Chapter 7 Group

Golden Valley Group

Happy & Sober

Hope's on Penn Isanti Alano Squad 12 Isanti Alano Sunday It Might Have Been Worse It's Noon Somewhere Joe and Charlie Big Book Meeting Keep It Simple NERR Kozy's Noon Men's AA Ladies Night Happy Hour-Sahara Lake of the Isles Men's Tues PM Life is Good AA Group Lynnhurst AA Group Mainstreeters AA (Plymouth II Alano) Monthly Campfire Mtg Ramsey NE Recovery Room 12X12 New City Women's AA Group New Hope 2 pm Newcomers

New Hope Alano - Squad 12 New Hope Alano-Squad 16 New Hope Squad 3 Nicollet AA Group Oasis Group -- Shakopee Promises at Knox **Promises Group** Prospect Park AA Group Relapse Enders Tues. Womens AA River Valley AA Group Rojo Group Sahara Tuesday Men's Saturday Morning Buffalo 12 X 12 Saturday Night Live Group Saturday Sisters - Pax Christi Savage Unity AA Group Senior Men's Barn Group Serenus AA Group Shoulder to Shoulder Group SOS AA - Minneapolis Southwest Women's Group

Squad A - Depth and Weight St. Luke's Saturday Mens Group Step by Step - Long Lake Step Sisters Suburban North Alano Squad 17 Suddenly the Thought Sunday Night AA Group in Buffalo Sunlight of the Spirit Sunrisers (Thursdays) The Hand of AA There is a Solution Third Tradition Group of AA Thursday Night Women's Group Watertown AA - Wednesday Wayzata Women's Group We Are Not Saints Richfield We Think Not

Every AA group that sends a contribution is sent a receipt along with a "Thank You" letter from the office. It is the responsibility of the group treasurer or trusted servant to share the receipt and "Thank You" letter with their respective group. Every AA group that sends a contribution will be listed in the MIRUS. Upon inquiry your AA group can request a contribution summary.

Group Contributions/Birthday Plan** April 2023

Foxhall Chapter 7, Minnetonka Big Book Study, Thursday Night Women's Group, Basic 12, Great Blessings

**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.

Calendar of Events Open Speaker Meetings

Thursday:

<u>Central Pacific Group</u>, 7:30 PM Hybrid Meeting 511 Groveland Ave., Minneapolis, MN 55403 <u>Foxhall Chapter 7 Group</u>, 7:30 PM Hybrid Meeting ASL

Gethsemane Lutheran Church 715 Minnetonka Mills Rd., Hopkins, MN 55343

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



June Events

June 29th – July 2nd Music City Roundup

Registration is Online Go to: musiccityroundup.com

General Service Announcements

June 24th

Area Assembly 9:00am – 5:00pm

Buckham West

19 Division St W

Faribault, 55021

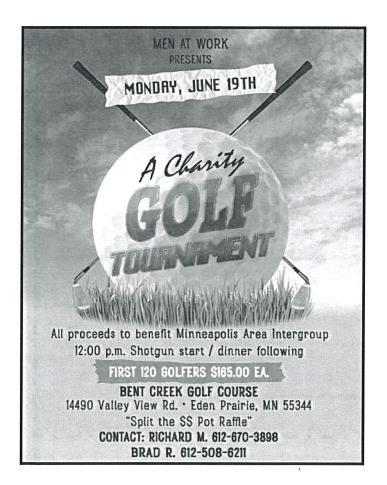
Hybrid meeting go to area36.org

July 22nd

Joint Areas 35 / 36 Committees Meeting Remote ZOOM Meeting 1:00pm – 3:00pm

August 5th

Area Committee Meeting
Remote ZOOM Meeting
Committees 9:30am – 11:30am
Area Committee 12:30pm – 5:00pm





INTERGROUP ASSOCIATION 7204 W. 27th St., Suite 113 St. Louis Park, MN. 55426

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