

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

June 2024 *Step, Tradition, and Concept Six*

Step Six

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

Step Six is one of those super fun steps in my recovery that I would pretend for years to understand. When it was the topic of the meeting I would be attending, I would sit there and panic the entire time the shares would go around, and mentally scramble, trying to recall every smart thing I had ever heard someone say about it. I would practice the monologue of my share over and over in my head trying to make sure it sounded wise, and then I would confidently word vomit it all to the group of people listening to my share; surveying the whole room to make sure I was getting those all knowing nods, my visual cues of reassurance that I was sounding full wisdom on the topic. Then after my share, I would sit back and give myself a little pat on the back, I had made it through yet another meeting on step 6, being the best spiritual fraud, and slogan parrot I could be. The funny part was I was so blind to the meaning of step 6, that I was doing the exact opposite of what that step asks of me every time I would repeat that same psychotic dance with my ego.

Then in the summer of 2023, I was asked to speak at the IAYPAA convention in Davenport Iowa. I said yes to speaking, because obviously I loved any platform to speak, and show off how much AA and recovery knowledge I had, especially to young alcoholics who would hang on to every word I would say. Then my biggest fear at the time came true, the topic was Steps 6&7. My heart sank right to my butt, and I panicked. How on God's green earth was I ever going to talk about Step 6, when I really had no idea what Step 6 really looked like in my life. As I silently panicked on my couch for what seemed like an eternity, a voice popped into my head and whispered, “Why don't you just ask for help?” Brilliant! Whoever was behind the wise words this voice spoke was a genius. (Spoiler, I am pretty sure today that voice today was God.) I would just ask my sponsor to do a deep dive of Step 6 with me. Instantly all the panicked vanished, and I was filled with confidence and hope. Little did I know that in that moment, I had just worked Step 6. I was ready to have God start working on my “know it all” defect, and the only action I had to do to start the process of removal was ask someone bigger than me for help.

That week I met with my sponsor during our normal Monday time, and I nonchalantly told him my dilemma. Instead of him applauding my bravery of coming to him for help, he laughed that even in my moments of brief humility I somehow still managed to be arrogant about the whole process of asking for help, which surprisingly also made me laugh. He was right, I was so concerned with looking good to him, that I couldn't even be fully open and

humble to him about asking for help, someone who could honestly care less if I was confident, smart, or if I knew everything. He loved me regardless of what I knew, or where I was at in recovery, so who was I actually trying to impress? We had a long conversation of what Step 6 was during sponsorship that day. We read Step 6 in the 12x12, which I must have read at least 300 times at this point, but this time it was different. This time when we read and discussed it, I wasn't thinking about my smart responses on the topic, or the super interesting intellectual points I was going to bring up when we paused for conversation. Instead, I read it as if I didn't know anything on the topic, and the fact was, I didn't. That day I learned so many things about Step 6, and I learned so many things about myself. I discovered that when I go into situations with the mindset that I don't “know it all”, then I get to have new experiences, and I fall back into the beautiful sweet spot of recovery of being teachable again, a spot I hadn't actually been at in a long time.

Today what Step 6 looks like is that I actually don't fully know or understand what all my character defects really are. I can have a good idea of what I think they are, but the truth is if I knew what they were, it would be much easier for me to be a better person, and I wouldn't need God as much as I do. Most of the time I just ask God to have all of me, good and bad, and that's where it ends. I don't play the bargaining game of what I think I need, and what I think I don't. What my experience has been, is that God has removed somethings that I didn't specifically ask him to remove, I just notice one day that they are gone. The trick for me now is that once I notice that these things are gone, I don't question why they are gone. I just accept the fact that I probably didn't need them anymore, and there is a reason they are gone that I do not need to quite understand. The magic for me has come with not “knowing it all”, and not needing to “know it all”, but simply trusting the process. The facts are that my life is really good and beautiful and I have so much more than I ever thought I wanted or needed. I don't need to know why, I just need to appreciate and enjoy the results, and continue to do the things that make my life what it is today. I really appreciate that simplicity today, and I really appreciate not “knowing it all”, because quite honestly, I never knew how exhausting it was to “know it all”, until I quit pretending I did.

In Love and Service,

Holland A., St. Paul

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 2024 is: “Connecting with Love, Unity, and Service.”

June is a special month with the birthday of Alcoholics Anonymous on June 10th, 1935, known as the date of Dr. Bob’s last drink. If you do not know the history of A.A. you are missing out. AA Come of Age is a great book to give you the essence of Bill W. and Bob S.’s chance meeting that not only changed their lives, but eighty-nine years later continues to save thousands of lives every year.

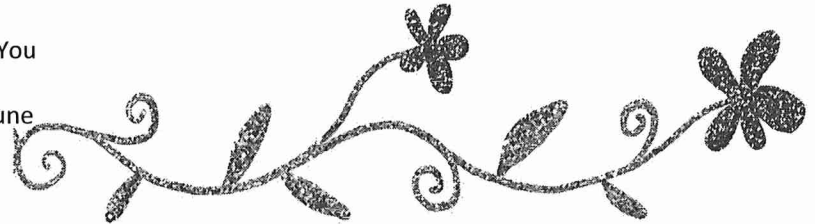
Thank you to all the volunteers that are visiting a group that is part of Intergroup’s annual outreach program. There may be a group that is not aware of the 12th Step opportunities we have to help the still suffering alcoholic find the AA program. We also do this to verify the information we list on the website is correct. When someone needs an AA meeting, they have the accurate information.

At the June Intergroup Rep meeting we are excited to have Meg H., our Area 36 Delegate share her report returning from the 74th Annual General Service Conference in New York City. You do not have to be an Intergroup Representative. Everyone is welcome to attend. The meeting will take place on Thursday, June 27th at 6:30pm at the Bethlehem Lutheran Church, 16023 Minnetonka Blvd., Minnetonka.

We welcome everyone to stop in the office and see what we do. We always need help answering phone calls. Even if you can do it once a month, we would appreciate your service. We manage a 24-hour hotline to have a live person answer the phone when someone calls in looking for help. We had fifteen 12th Step calls in February, six in March and twelve - 12th Step calls in April. It is a great experience to help someone call in and help them find their first meeting to attend. You would change someone's life and it may even save their life. Stop in, the coffee is always on.

In Love and Service,

Gail S., your office manager



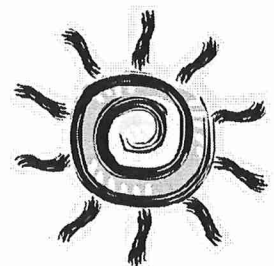
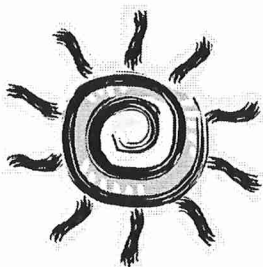
Notes from Your Board Chair:

June is AA’s birthday month and this year AA will be celebrating its 89th year! If you ever have the opportunity to attend the Founders’ Day conference that takes place in Akron, OH each year I highly recommend it. I attended the roundup in early sobriety and it was an amazing experience. I was able to visit the Mayflower Hotel where Bill W kept himself from drinking by finding another alcoholic to help using the church directory. I was also able to visit Dr. Bob’s house and say the Third Step Prayer in the upstairs bedroom where Dr. Bob and others would often take newcomers after the meeting and ask them to surrender their lift to God. My trip to Akron made it very clear to me that our cofounders were divinely inspired and my Higher Power is all around in Alcoholics Anonymous.

If you are unable to make it to Akron this June, there are some great events taking place much closer to home. Minnesota Young People in AA (MNYPAA) is hosting their 11th annual conference May 31st – June 2nd at the Marriott Northwest in Brooklyn Park. “Young” is defined as “young at heart” and all are welcome to attend. District 15 is hosting a Sponsorship Forum on Monday, June 3rd in Lake Elmo or via Zoom from 6:30pm-7:30pm. You can find out more about these and other upcoming events on the Intergroup website under the Events tab.

Yours in Service,

Intergroup Board Chair, Kelli B.



Intergroup Board

Board Officers

Chairperson Kelli B.
 Co-Chairperson Jeff A.
 Secretary Maverick M.
 Treasurer Christina M.

Board Members

John M. Steve S.
 Grace C. Mark S.
 Pam N. Thomas D.
 Andy D. Gabriella R.
 Gail S. Office Manager, Ex-Officio

General Service District Board Liaisons

District 7 Pam N.
 District 13 John M.
 District 14 Steve S.
 District 17 Christina M.
 District 18 Gabriella R.
 District 19 Jeff A.
 District 20 Linda M.
 District 21 Andy D.
 District 22 Mark S.
 District 24 Thomas D.
 District 25 Grace C.

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.

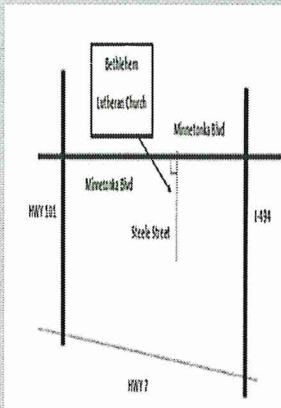
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The MIRUS represents the experience of A.A. members. Their thoughts, expressed herein, are not to be attributed to Alcoholics Anonymous as a whole, nor does publication imply endorsement by either Alcoholics Anonymous or Greater Minneapolis Intergroup.

The Intergroup Rep Meeting will be held at

Bethlehem Lutheran Church
16023 Minnetonka Blvd.
Minnetonka, MN 55345

This is a HYBRID meeting.
Thursday, June 27th at 6:30pm



Metro District General Service Meetings

- District 7** Second Monday, 6:30 pm
Zoom Meeting ID: 851 2052 3806
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
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

- 6/1 Local Service Office - Minneapolis Intergroup
His Story
- 6/8 Step Nine / Tradition Nine
Her Story
- 6/15 A.A. Service Entities: District & Area
His Story
- 6/22 Step Ten/ Tradition Ten
Her Story
- 6/29 A.A. World Services / General Service Office
His 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 writes in Concept VI:

"This is the basic corporate concept on which our structure of world service rests." He elaborates: "From top to bottom, our whole service structure indeed resembles that of a large corporation. The A.A. groups are the stockholders; the Delegates are their representatives or proxies at the "annual meeting"; our 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 "subsidiaries" which carry on our active world services."

We utilize this corporate structure for very good reason; it has enabled Alcoholics Anonymous to function effectively, for the good of A.A. as a whole. The essay talks about the great responsibility we have entrusted the General Service Board with, and the many operations we trust them to carry out on our behalf. Indeed, it would be impossible for the Fellowship to have a say in all of the many decisions, and execution of those decisions, on a day-to-day basis. With this responsibility must come an equal level of authority, otherwise nothing would ever get done.

It is our upside-down triangle that connects the responsibility with the authority. The Board operates, as Bill says, "under the close observation, guidance and sometimes the direction of the Conference." We, as A.A. members, have direct input into the makeup of our Conference. We choose our trusted servants carefully, in our home groups, Districts, and Areas. We do this, not to put a thumb on the General Service Board, rather to ensure we have made the best possible decisions on those serving as Trustees. To ensure the people to whom we have granted this authority will serve Alcoholics Anonymous, utilizing their professional experience and talents, as well as the spiritual principles of our Fellowship. For it is at that intersection that true service takes place.

Meg H.

Delegate, Area 36/Panel 73

The Twelve Traditions - How They Apply In Our Lives

These questions * were originally published in 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 adopted them and use them as a basis for wider discussion.

Tradition Six: 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.

1. Why is it important that we not get involved in outside enterprises?
2. Is it ever wise for a group to lease a small building or endorse an outside event?
3. Are all the officers and members of our local clubhouse 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. Our group's landlord is raising money to pay for a new roof on the building. Should the group make a contribution? What if the landlord specifically asks the group to make a contribution?

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This Month in A.A. History

- | | |
|-------------|---|
| 1935 | Known as A.A.'s Birthday—Dr. Bob's last drink. |
| 1941 | The first AA Group in St. Paul, Minnesota, was formed. |
| 1942 | New York AA groups sponsored the first annual NY area meeting. Four hundred and twenty-four heard Dr. Silkworth and AA speakers. |
| 1944 | The first Issue of the AA Grapevine was published. |
| 2000 | More than 47,000 from 87 countries attended the opening meeting of the 65th AA Anniversary in Minneapolis, Minnesota. |

**February 17, 2024
To
July 27, 2024**

**Bethlehem Lutheran Church
16023 Minnetonka Blvd
Minnetonka, MN 55345**

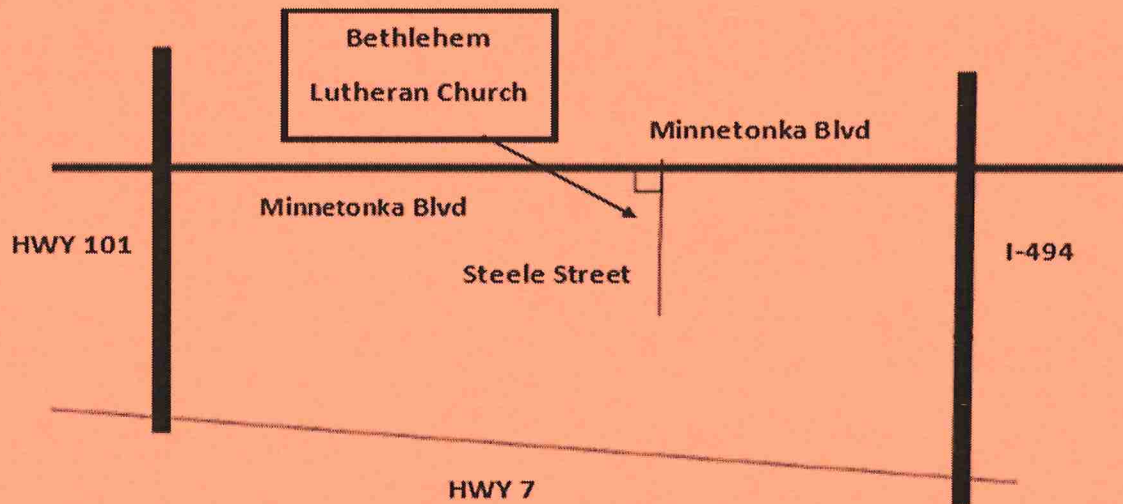
**Greater Minneapolis Intergroup

A.A. Orientation
Open Meeting
Every Saturday Morning
10 to 10:50 am**

- | | | | |
|-----------------|--|----------------|--|
| Feb 17 | Step One / Tradition One
Her Story | May 11 | Step Seven / Tradition Seven
Her Story |
| Feb 24 | Staying Away from the First Drink
His Story | May 18 | Self Support and A.A.'s Vital Services
His Story |
| Mar 2 | Step Two / Tradition Two
Her Story | May 25 | Step Eight / Tradition Eight
Her Story |
| Mar 9 | Importance of Having a Sponsor
His Story | June 1 | Local Service Office - Minneapolis Intergroup
His Story |
| Mar 16 | Step Three / Tradition Three
Her Story | June 8 | Step Nine / Tradition Nine
Her Story |
| Mar 23 | Importance of Singleness of Purpose
His Story | June 15 | A.A. Service Entities: District & Area
His Story |
| Mar 30 | Step Four / Tradition Four
Her Story | June 22 | Step Ten / Tradition Ten
Her Story |
| April 6 | What are A.A.'s Three Legacies?
His Story | June 29 | A.A. World Services / General Service Office
His Story |
| April 13 | Step Five / Tradition Five
Her Story | July 6 | Step Eleven / Tradition Eleven
Her Story |
| April 20 | The History of A.A. & Its Founders
His Story | July 13 | Anonymity as a Spiritual Principle
His Story |
| April 27 | Step Six / Tradition Six
Her Story | July 20 | Step Twelve / Tradition Twelve
Her Story |
| May 4 | A.A. Literature—The A.A. Grapevine
His Story | July 27 | Importance of Having an A.A. Home Group
His Story |

GENERAL DIRECTIONS
From Minnetonka Blvd (1.5 Miles west of
494) turn south on Steele Street. Parking lot
behind church
**Map: www.aaminneapolis.org
Intergroup: 952.922.0880**

Meeting Location:
Bethlehem Lutheran Church
16023 Minnetonka Blvd
Minnetonka, MN 55345



GENERAL DIRECTIONS

From Minnetonka Blvd (1.5 Miles west of 494) turn south on Steele Street. Parking lot behind church

Map: www.aaminneapolis.org

Intergroup: 952.922.0880



**INTERGROUP'S 24TH ANNUAL
UNITY OPEN HOUSE**

**JOIN US IN CELEBRATING
56 YEARS OF SERVICE**

SATURDAY AUGUST 10, 2024

9AM - 1PM



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

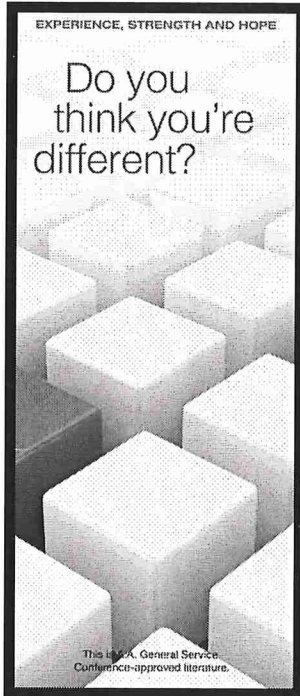
"An opportunity for all AA members to connect into service"

GREATER MINNEAPOLIS INTERGROUP

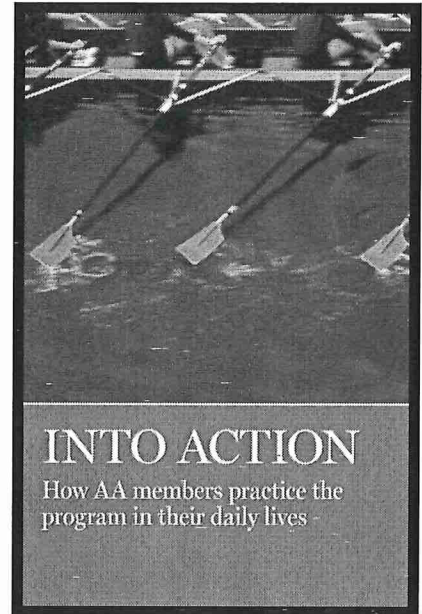
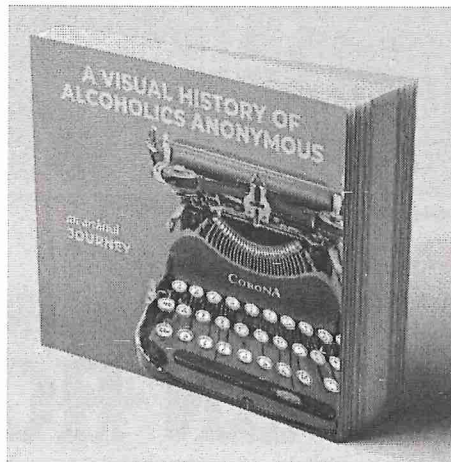
7204 West 27th Street, Suite 113

St. Louis Park, MN 55426

map & directions at www.aaminneapolis.org



**AA Book of the Month:
A Visual History of Alcoholics Anonymous**



**A.A. Pamphlet of the Month:
Do You Think You're Different?**

**Grapevine Book of the Month:
Into Action-How AA members practice the program in their daily lives**

Group Contributions - April 2024 Thank you all, in the Spirit of Hope.

- | | | | |
|----------------------------------|--------------------------------|----------------------------------|--|
| 7-Hi Group | Foreword XIX Group | Prospect Park AA Group | TGIF Women's AA Group |
| A Better Way AA | Foxhall Chapter 7 Group | Prospect Park Big Book | The Becker Group |
| Alberville Camels | Friday Night Shift | Relapse Enders Women's AA | Third Tradition Group of AA Northfield |
| Alive and Aware Group | Golden Valley Group | Ringmasters AA Group | Three Legacies |
| Artists & Musicians AA | Gratitude Group | Rule 62 Cavalier | Thursday Night Big Book-Northfield |
| As Bill Sees It - Delano | Great Blessings | Saturday Morning Buffalo 12 X 12 | Thursday Night Women's Group |
| Back To Basics Women's St Luke's | Halfway There | Saturday Night Live Group | Tonka Alano Society |
| Basic 12 Golden Valley | Happy Destiny | Saturday Sisters - Pax Christi | Tradition One |
| Big Book and Meditation at Peace | Isanti Alano Squad 4 | Savage Unity AA Group | Tuesday Morning Step Group (Buffalo) |
| Bloomington Hyland Group | Isanti Thursday Night Big Book | Senior Men's Barn Group | Tuesday Night Buffalo |
| Bridges AA Group - Prior Lake | It Might Have Been Worse | Serenity Seekers | Tuesday Night Grace AA |
| Bryant Lake Group | It's Noon Somewhere | Sisters of Service | Turning Point Women's BB Monday |
| By The Book AA | Kozy's Noon Men's AA | Squad A - Depth and Weight | Waconia Friday Nite AA Group |
| Clearwater Groups | Ladies Night Happy Hour | St. George Night AA Group | Watertown AA - Wednesday |
| Colfax Tuesday AA Group | Life is Good AA Group | St. Lukes Saturday Men's Group | Wayzata Women's Group |
| Common Solution Big Book Study | Living Sober | Step by Step | We Are Not Saints-Richfield |
| Continuous Action | Meditation At Peace | Step Sisters | Wednesday Lunch Bunch |
| Design for Living | Monticello Alano Squad 10 | Stepsisters of Northfield | Women Living Sober |
| Discovering AA Monticello | Nicollet AA Group | Suburban North Alano Squad 10 | You Are Not Alone |
| Dynamic Women's Group | Practical Experience | Suburban North Alano Squad 7 | |
| First Class | Primary Purpose Group | Temple AA Group | |

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 2024**

Foxhall Chapter 7 (2), Thursday Night Women's Group, Tradition Five

**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 Intergruop. 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:

Central Pacific Group, 7:30 PM Hybrid Meeting
511 Groveland Ave., Minneapolis, MN 55403

Foxhall Chapter 7 Group, 7:30 PM Hybrid Meeting
ASL

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

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



June 3rd

Sponsorship Forum by District 15

Christ Lutheran Church

Lake Elmo, MN

(See flyer on event calendar for schedule and zoom info)

June 17th

Men At Work Present A Golf Tournament

Bent Creek Golf Course, Eden Prairie start 12:00pm

Contact Richard M-612-670-3898 or

Brad R-612-508-6211

Proceeds to benefit General Service Office NY

June 24th

Tradition Five 39th Anniversary

Valley of Peace Lutheran Church

4735 Bassett Creek Dr, Golden Valley

6:30pm-Treats & Fellowship

7:00pm Open Speaker Meeting

General Service Announcements

June 22

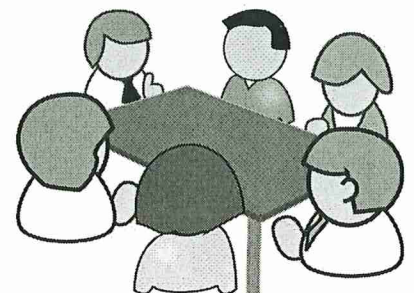
Area Assembly

Safe Harbor Properties

2110 Hwy 14 E Frontage, Rochester

9:00am to 5:00pm

In Person Only



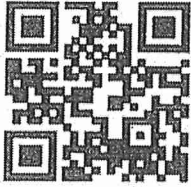
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