

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

June 2025 *Step, Tradition, Concept Six*

Step Six

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

Step 6 marks a critical moment in sobriety—one of deep introspection, willingness, and spiritual preparation. While the earlier Steps help us get sober by acknowledging we need help, the inventory from Step 4 prepares us for the work in Step 6. This step is about readiness: becoming fully prepared to let go of the character defects that fueled our alcoholism.

The language of Step 6 sounds simple, but it involves a profound psychological and spiritual shift that we must rely on to maintain our sobriety. The phrase “entirely ready” implies wholehearted and active willingness to change. This readiness is not about achieving perfection or expecting all flaws to vanish instantly. Rather, it is about reaching a point of humility and openness—a desire to surrender destructive habits and attitudes to a higher power.

Many in recovery struggle with this step because it confronts ingrained traits like pride, anger, and fear. These defects often served as survival tools. In Step 6, we must ask ourselves: Are we truly ready to live without these defenses? Facing this can be uncomfortable, but it is a necessary part of growth.

Spiritually, Step 6 involves moving from self-reliance toward trusting a power greater than ourselves. Whether we define our higher power as God, the fellowship of AA, or a broader spiritual force, that connection becomes essential in removing these defects. Step 6 teaches that we cannot do this alone. Surrendering control is not weakness but courage.

Emotionally, this step calls for patience and compassion. Defects don’t disappear overnight. Change is gradual, and old patterns may resurface. But with continued willingness and honesty, progress is possible.

Though there is not a lot of emphasis on this Step in the Big Book, Step 6 is an important action step, as it says in the Twelve and Twelve “Delay is dangerous and rebellion may be fatal.” It is not about removing defects perfectly, but being ready to have them removed. That readiness laid the foundation for completing all 12 Steps with my sponsor.

Grateful in Service,
Jennifer G.
St. Paul, MN



**A "shortcoming"
is like a flat tire.
A "character
defect" is like
driving on it.**

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 2025 is:

“Working Together, Increasing Trust.”

Every fourth Thursday the Intergroup Representatives Meeting is held at 6:30 p.m. at the Bethlehem Lutheran Church, 16023 Minnetonka Blvd., Minnetonka, MN 55345, and is open to all.

Years ago, I volunteered to be the Intergroup Representative for my home group, without much information as to what I was signing up for. My first Rep meeting was a huge surprise to me, seeing so much more of what our program does, and service opportunities outside of my home group and regular meetings. It took me a while to understand what was going on, but I found that all I had to do was attend the meetings, listen, and report back to my group what was going on. I could do that!

That was my introduction to Intergroup and a larger view of A.A. in Minneapolis. It allowed me to see other events and opportunities that would allow me to continue to expand my understanding of the program and the Fellowship that I am so excited to be part of. It saved my life and gave me a purpose and sense of belonging.

In a short time, I found myself eagerly signing up to volunteer for everything I could. I learned about answering phones for our Hotline, Open Houses, Information Talks, Gratitude Night, Gopher State, Founder's Day, and so much more. I had found my place, my family, and purpose.

I say all that as we celebrate the success of our 42nd Annual Gratitude Night, the first major event I had the privilege of walking through as Intergroup's Office Manager, and seeing, on a whole new level, the number of dedicated volunteers and members it takes to have such a meaningful event. This year's event was absolutely a success only because we had amazing volunteers chairing and leading the way. A huge thank you to Jeff F. and Nicole S., for being Chair and Co-Chair of the evening, along with so many committee Chairs. It was an amazing show of what A.A. in Minneapolis means and what we can accomplish when we work together.

Events like these get us out of our comfort zones of the regular Fellowship and meetings we individually attend. It allows us to be part of the bigger picture, and to see 12th step work come to life in new and exciting ways we may not have seen or thought of before. Please join us in continuing to grow together and strengthen the already phenomenal Fellowship that is Minneapolis A.A.

As I type this, we are gearing up to participate in Gopher State Round Up 50! Minneapolis Intergroup will be hosting a hospitality suite and running the Literature Sales outside the Main Ballroom. Again, we thank fantastic volunteers who choose to make service work a priority to make an awesome difference. Please stop by, join me in thanking all the volunteers and groups that make our participation possible, and then visit the Intergroup Office or come to the next Rep meeting and see how you, too, can get involved. I know for me personally it has changed my program and life in immeasurable ways.

In Gratitude and Service

Erin D.,

Office Manager

Notes from Your Board Chair:

It is a vital renewal of my spirit to see and meet so many in our fellowship at Gratitude Night, Gopher State, and other events Intergroup takes part in or hosts, as well as at the office. Seeing and feeling the spirit of service and unity in action has been one of many important aspects of my recovery. It is one that keeps me sober and keeps me involved with Intergroup. I encourage you all to seek out members of the fellowship to get involved with Intergroup too, to hopefully give them the chance of a renewal of spirit through experiencing service and unity in action with all that we do as an A.A. entity in the Twin Cities.

June signals the last month of our 3rd fiscal quarter for Intergroup. As staff and board, we have been striving to keep Intergroup moving towards a future of continued growth and vitality for those we serve in the best way possible, with that spirit of service and unity. We are deeply committed to, and cherish all those, that reach out to us for any support we provide, and we cherish the continued love of service and unity through the sacrifice of time and financial support by our groups and individuals which makes our mission possible.

Jeff A.,

Board Chair

Intergroup Board

Board Officers

Chairperson	Jeff A.
Co-Chairperson	Maverick M.
Secretary	Andy D.
Treasurer	Mark S.

Board Members

Kelli B.	Melissa A.
Crissy H.	Karleen K.
Pam N.	Thomas D.
Angelique P.	Gabriella R.
Erin D.	Office Manager, Ex-Officio

General Service District Board Liaisons

District 7	Gabriella R.
District 13	Andy D.
District 14	Pam N.
District 17	Maverick M. Angelique P.
District 18	Melissa A.
District 19	Karleen K.
District 20	Linda M.
District 21	Crissy H.
District 22	Kelli B.
District 24	Mark S.
District 25	Thomas D.

Intergroup Staff

Erin D.	Office Manager
Meg H.	Office Staff
Terri N.	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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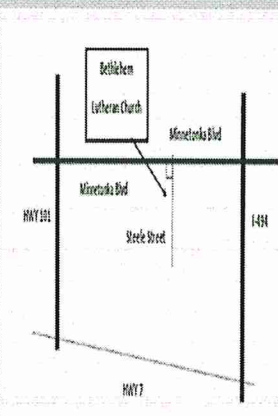
The MIRUS represents the experience of A.A. members. Their thoughts, expressed herein, are not to be attributed to Alcoholics Anonymous as a whole, nor does publication imply endorsement by either Alcoholics Anonymous or Greater Minneapolis Intergroup.

The Intergroup Rep Meeting will be held at

**Bethlehem Lutheran Church
16023 Minnetonka Blvd.**

Minnetonka, MN 55345

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



Metro District General Service Meetings

District 7	Second Monday, 6:30 pm Zoom Meeting ID: 865 2796 7405 Passcode: District7
District 13	First Tuesday, 7:00 pm United Methodist Church 10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
District 14	First Monday, 7:30 pm United Methodist Church 609 8th St NW, Buffalo, MN 55313
District 17	Second Tuesday, 7:30 pm Lighthouse Assembly of God 10478 Bell Ave., Plato, MN 55370
District 18	Second Thursday, 6:30 pm Meeting on Zoom Please email dist18@area36.org for info
District 19	Second Wednesday, 7:00 pm 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

6/7	Step Eleven / Tradition Eleven Her Story
6/14	Anonymity as a Spiritual Principal His Story
6/21	Step Twelve / Tradition Twelve Her Story
6/28	Importance of Having an A.A. Home Group His Story

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

Concept Six

Short Form:

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

Long Form:

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.

Concept VI addresses the balance between the authority of the General Service Conference and the practical functioning of the General Service Board. While the Conference holds ultimate authority in major decisions affecting A.A. as a whole, it delegates the day-to-day responsibility and leadership for world services to the General Service Board. This includes areas such as finance, policy, and administration. An example that I may make is here in Area 36 while we respect and always try to honor the wishes of our Assembly the ultimate authority lies with the Area Committee Meeting to serve us in our Area. We are a spiritual society existing in a world of laws and norms.

Concept VI recognizes that effective leadership requires trust. Although the Conference has the power to guide and correct, the Trustees are empowered to act decisively and responsibly in most service matters. This delegation allows for efficient operation while maintaining overall accountability to the Fellowship through the Conference.



Ultimately, Concept VI illustrates the importance of our trusted servants (through our experience in trusting the group conscience in all levels of service within our fellowship) taking initiative within their roles, while also being answerable to the collective conscience of A.A. It promotes both responsible leadership and humility, key principles in the continued success of Alcoholics Anonymous.

I am grateful for the opportunity to be of service.

Doug H Panel 75 Area 36 Delegate serving on Literature Committee.



This Month in A.A. History June

1935 Dr. Bob's last drink, Bill and Dr. Bob begin the Fellowship, in Akron

1938 First use of the name "Alcoholics Anonymous"

1938 Rockefeller dinner.

1939 The New York Times favorably reviews the book "Alcoholics Anonymous"

1940 A.A.'s first prison group formed at San Quentin

1941 First A.A. group in St. Paul, MN formed

1941 Ruth Hock tells Bill about "Serenity Prayer", which A.A. adopts

1944 First issue of the A.A. Grapevine published

1949 Anne S., Dr. Bob's wife dies

The Twelve Traditions - How They Apply In Our Lives

Tradition Six

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

One of the guiding principles that has helped Alcoholics Anonymous remain strong and focused is its Sixth Tradition.

At first glance, this might seem restrictive — especially when there are so many worthwhile causes and facilities devoted to helping those struggling with alcoholism. But experience has shown that endorsing or affiliating with outside enterprises can distract and even harm the mission of A.A., which is to help alcoholics achieve sobriety through one another's shared experience, strength, and hope.

In A.A.'s early years, some enthusiastic members envisioned expanding the Fellowship's role beyond meetings. Led by what the "Twelve Steps and Twelve Traditions" book calls a "super-promoter," one group launched an ambitious plan to create an all-in-one recovery center, complete with a detox wing and paid staff. But disagreements quickly arose — about money, staffing, building plans, and operating rules. Even the local press got wind of the drama. Meanwhile, the newcomer looking for recovery was told, in essence, "We'll get to you in a minute." The whole project eventually collapsed, but not before showing how easily our primary purpose can be overshadowed.

Since then, individual A.A. members have gone on to establish sober houses, clubhouses, and treatment centers that have helped many. These efforts, while commendable, operate outside of A.A. and are not affiliated with them. To avoid confusion, such facilities are careful not to use the A.A. name or imply an official connection. That separation is crucial.

The principle behind Tradition Six is clear: A.A. is not a treatment program, rehab, or counseling service. We are a fellowship of equals who help each other stay sober — nothing more, and nothing less.

A.A. does, however, **cooperate** with outside agencies. For example, most groups welcome referrals from courts or treatment facilities. We also frequently help carry the message

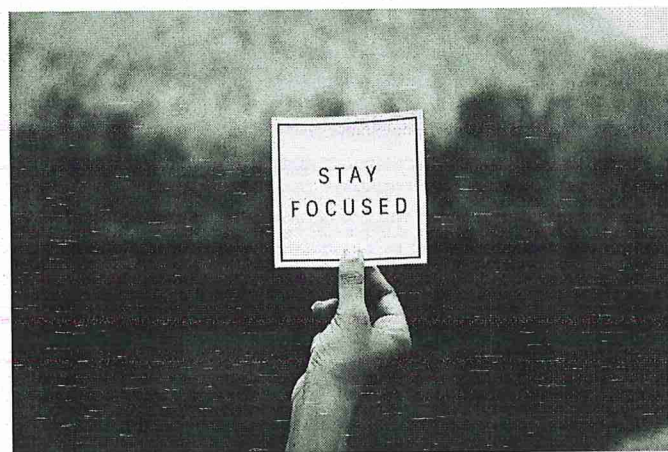
into non-A.A. facilities by providing presentations by A.A. members to explain what A.A. does and doesn't do. But **cooperation is not affiliation**. Problems arise when money is solicited at A.A. meetings for non-A.A. causes or when A.A. is listed as a beneficiary in fundraising campaigns. These actions blur the lines and can damage A.A.'s unity and reputation.

Finally, members who work professionally in recovery services must be careful not to wear "two hats" at the same time. At work, they may be counselors; in meetings, they're just A.A. members. Mixing the roles can cause confusion or create an impression of authority that doesn't belong in A.A.

Tradition Six reminds us that our strength lies in staying focused — and in keeping our Fellowship free from outside distractions. By doing so, we preserve A.A. as a safe, simple, and spiritual place where alcoholics can come to recover — one day at a time.

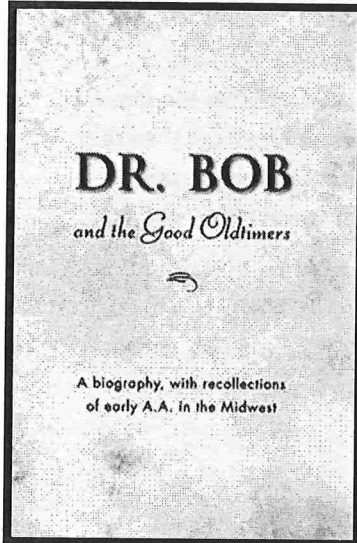
Steve H.

Golden Valley, MN

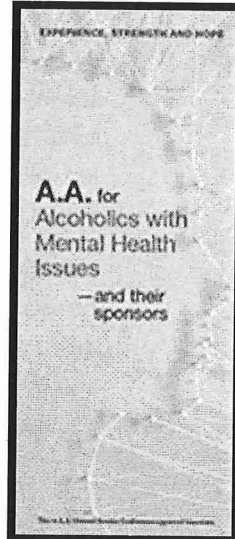


PURPOSE

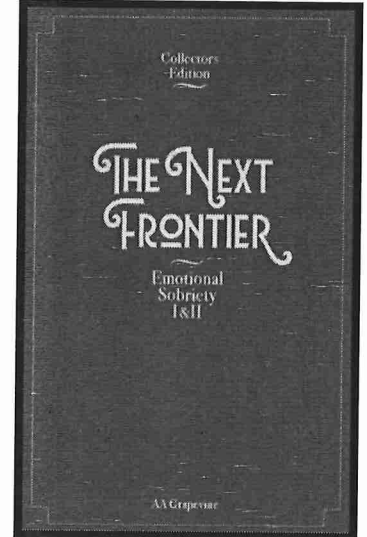
AA Book of the Month:
Dr. Bob and the Good Oldtimers



A.A. Pamphlet of the Month:
A.A. For Alcoholics with Mental Health Issues And their Sponsors



Grapevine Book of the Month:
The Next Frontier Emotional Sobriety I & II



Group Contributions - April 2025 Thank you all, in the Spirit of Hope.

7-Hi Grp	Excelsior Wednesday Night Group	Oasis Group – Shakopee	Suburban North Alano Squad 7
A Way Out Sunday Men's	Extravagant Promises	Open Door Thurs Group	Sunday Night Mpls 12 & 12
Agnostics In Recovery	Foreword XIX Group	Plymouth 2 Monday Night Group	Temple Wed. AA Group
Amazing Grace	Foxhall Chapter 7 Group	Practical Experience	The Becker Group
Andover Alano - Squad 11	Friday Men's Step Meeting	Promises Group	There is a Solution - Mtka
Andover Alano Squad 4	Fridley Alano Squad 19	Ramsey AA (NowThen AA)	Third Tradition Group of AA Northfield
As Bill Sees It - Delano	Golden Valley AA Group II	Richfield/Bloomington Squad 1y	Three Legacies
As Bill Sees It Medina	Gratitude Group	River Valley AA Group	Thursday Night Big Book-Northfield
Basic 12 Golden Valley	Happy & Sober	Rule 62 Cavalier	Tonka Alano Society
Beltline Groups	Happy Destiny	Sahara Thurs 730 Men's Closed Group	Tradition One
Big Book and Meditation at Peace	Isanti Thursday Night 530 Big Book	Sahara Tues 8pm Men's	Tradition Three AA at St. Joseph Church
Birds of a Feather	It Might Have Been Worse	Saturday Morning Buffalo 12 X 12	Tuesday Night Grace AA
Blaine Alano Squad 10	Kozy's Noon Men's AA	Saturday Night Live Group	Victory AA
Bridges AA Group - Prior Lake	Lakers Big Book Meeting	Saturday Night Open Speaker Mtg Mpls	Watertown AA - Wednesday
Bryant Lake Group	Lester Prairie AA Group	Saturday Night Open Speaker Mtg Mpls	We Are Not Saints
Buffalo Tuesday Morning Group	Lynnhurst AA Group	Saturday Sisters - Pax Christi	Wednesday Lunch Bunch
By The Book AA	Mainstreeters AA (Plymouth II Alano)	Senior Men's Barn Group	Women's AA Group at Elim
Cavalier West Thursday Mens Group	Minnetonka Big Book Study Group	Squad 27 AA Group	Women's Big Book Study Thurs Buffalo
Chunks & Measures Sq 88 at 2218	Monday Primary Purpose Group	Squad A - Depth and Weight	Women's Experience, Strength & Hope
Colfax AA Group Thurs. Night	Monticello Wed Night Discovery Group	St. Al's Mon Night AA Group	
Continuous Action	Squad 1	St. Louis Park Sunday Night AA Group	
Coon Rapids Alano Squad2	NERR Friday 7am	St. Lukes Saturday Mens Group	
Elk River Alano Sq 10	Nicollet AA Group	Step Sisters Mon PM	
Elk River Alano Squad 2	Northside Into Action	Stepsisters of Northfield	

THANKS

Group Contributions/Birthday Plan** April 2025

****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:

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

UPCOMING Events

June 7, 2025

Twin Lake Alano Annual Garage Sale

8:00am-3:00pm

4938 Brooklyn Blvd

Brooklyn Center, MN

June 16, 2025

Golf Tournament

Proceeds to benefit Minneapolis Intergroup

12:00pm Shotgun start, dinner following

Bent Creek Golf Course

14490 Valley View Rd

Eden Prairie, MN

June 21, 2025

Area 36

Area Assembly (Hybrid)

Winona Historical Society

160 Johnson Street

Winona, MN

July 3rd-6th, 2025

2025 A.A. International Convention

Vancouver, British Columbia

Canada

August 9, 2025

West Suburban Alano

41st Annual Pig Roast

1:00pm-5:00pm

5235 Woodhill Rd

Minnetonka, MN

August 16, 2025

Summer Unity Open House

9:00am-1:00pm

Minneapolis Intergroup

7204 West 27th Street

St. Louis Park, MN 55426



MEN AT WORK
PRESENTS
THE 3RD ANNUAL
MONDAY, JUNE 16TH

A GOLF TOURNAMENT

Proceeds to benefit Minneapolis Area Intergroup
12:00 p.m. Shotgun start / dinner following

FIRST 120 GOLFERS \$175 EA.
BENT CREEK GOLF COURSE
14490 Valley View Rd. • Eden Prairie, MN 55344
"Venmo @ MAW-GOLF2"
CONTACT: RICHARD M. 612-670-3898
BRAD R. 612-508-6211
ANDY J. 507-398-2903

The Intergroup Office

will be closed on:

Friday, July 4th

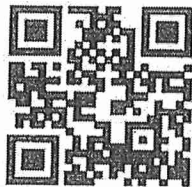
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