

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

June 2026 Step, Tradition, Concept Six

Step Six

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

All the steps in A.A. have had their teachings but 4, 5 and 6 were huge for me. Having to look honestly at myself, my actions and my defects of character that contributed to it all were life changing.

The question was... "How did I get here?"

The answer was... Fear, Dishonesty and Resentments.

The next question was, and sometimes still is, "Am I willing to give up my control (my control was never a good option) and have the God of my understanding remove my defects of character? Not partially but 100% no take backs! Up to this point I had trusted my sponsor and so far, my life had slowly changed for the better but to Let go and Let God meant I was saying I was all in.

I not only had to now live a life of honesty, trust, and willingness but file away the resentments of the past for a day when they could be helpful to someone else.

I tell my Sponsees, make sure you mean it when you say you will go to any lengths. For me that switched something in my mind and heart on how I show up in life today. Those defects of character, especially dishonesty, don't come so easy anymore. Don't get me wrong, I can still be dishonest but if I want to lay my head down at night and be able to sleep, I better own up to it. Now fear and willingness have taken a bit more work and still do. The difference today is that I am more aware and willing to change when necessary and amazingly it is usually for the better.

When asked to write on step 6 for this article my honest initial answer was "NO" and all the reasons I was not a good choice. I talk and write with run on sentences. I skipped or canceled almost all my English classes in my journey through school. Blah, Blah Blah! What it ultimately amounted to was one of my biggest defects of character showing up full force... FEAR!

So, yes, I waited until the last minute all the while spinning in my head about how they were going to be disappointed and maybe she would call and say she chose someone better to do Step 6. In the end I didn't get that call LOL and still had to do it because the steps of this program have taught me a different way of living my life. To put my defects of character in a Higher Power's hand and to show up when I say I will and be willing. It's not about me!!

It is a journey that's been worth the work!

Dee McQ., Minneapolis



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Greater Minneapolis Intergroup • Alcoholics Anonymous ®

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OFFICE HOURS: Monday, Wednesday, Friday 9 am-4:30 pm Tuesday and Thursday 9am-7pm Saturday 9 am-1 pm

Notes from your Service Office:

The General Service Theme for 2026 is: “Humility in Action”

Office Notes:

Step Six reminds us of the willingness to continue growing, Tradition Six reminds us to keep our primary purpose at the center of all we do, and Concept Six speaks to responsibility, trust, and the spiritual principles that guide service. Together, they beautifully reflect the spirit of summer at Minneapolis Intergroup — a season filled with fellowship, connection, service, and gratitude.

As you read this, many of us will likely be recovering from what was surely another incredible weekend at the Gopher State Roundup. Thank you to everyone who hosted hospitality suite shifts, stopped in to visit, shared fellowship, donated supplies, or simply spent time connecting with one another in the meetings. Events like these are such a wonderful reminder that Alcoholics Anonymous is alive, growing, and thriving throughout our community.

Summer always brings a special energy to our fellowship. We start to get outdoors more, sober events fill our calendars, and we are given countless opportunities to strengthen old friendships while welcoming newcomers into the middle of the herd. It is a beautiful time to remember that none of us ever has to do this alone again.

We are looking forward to a busy and exciting summer season. Preparations are already underway for upcoming service opportunities, including our Hotline Workshop, Summer Open House, Summer Outreach efforts, literature sales at MNYPAA over the Fourth of July weekend, and supporting Public Info booths at the Minnesota State Fair and local Twin Cities Pride festivities. These opportunities allow us to continue carrying the message while meeting people where they are — with warmth, unity, and hope.

We are also excited to share that the newly updated “When & Where” meeting directory is currently being printed and should be available very soon. Thank you to all the groups and trusted servants who helped review meeting information and ensure listings were accurate. This directory remains one of the most important tools we have for connecting alcoholics to meetings and to the fellowship of Alcoholics Anonymous throughout the Greater Minneapolis area.

One of the greatest gifts of working at Intergroup is getting to witness our fellowship in action every single day — volunteers answering hotline calls, groups supporting one another, members stepping up to serve, and newcomers finding hope through a simple conversation or a meeting recommendation. It is impossible not to feel grateful watching the Sixth Step principles of willingness and growth unfold in real time throughout our community.

Thank you to our Board members, volunteers, hotline workers, Intergroup Representatives, office staff, and the many members of our fellowship who continue to support this important work. Your willingness to serve helps ensure that when someone reaches out for help, Alcoholics Anonymous will be there.

Wishing everyone a safe, joyful, and spiritually fulfilling start to the summer filled with meetings, fellowship, laughter, and continued recovery. We hope to see many of you at upcoming events — and as always, stop by the office anytime for coffee, conversation, or a service opportunity.

With gratitude and love,
Erin D., Your Office Manager

Notes from Your Board Chair:

Tradition 6: Keeping Our Focus Clear

Tradition 6 is vital to the health of our Minneapolis Intergroup. It reminds us that AA ought never endorse, finance, or lend the AA name to any outside enterprise.

While Intergroup exists strictly to serve the fellowship, this tradition keeps our boundaries clear. Intergroup connects members, shares meeting information, hosts events, and facilitates 12-step work. However, we do not align ourselves with hospitals, rehabs, or outside facilities.

AA members, Minneapolis Intergroup, and AA as a whole are all part of the same ecosystem. This tradition ensures we stay good friends by keeping money, property, and prestige from diverting us from our primary purpose.

Angelique P., Board Chair

Intergroup Board

Board Officers

Chairperson Angelique P.
 Co-Chairperson Pam N.
 Secretary Jennifer M.
 Treasurer Thomas D.

Board Members

Melissa A. Brian B.
 Tina C. Andy D.
 Richard M. Bob T.
 Mark S. Richard M.

Erin D. Office Manager, Ex-Officio

General Service District Board Liaisons

District 7 Melissa A.
 District 13 Bob T.
 District 14 Thomas D.
 District 17 Richard M. /Jen M.
 District 18 Mark S.
 District 19 Brian B.
 District 20 Linda M.
 District 21 Pam N.
 District 22 Tina C.
 District 24 Richard M.
 District 25 Andy D.

Intergroup Staff

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

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

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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.

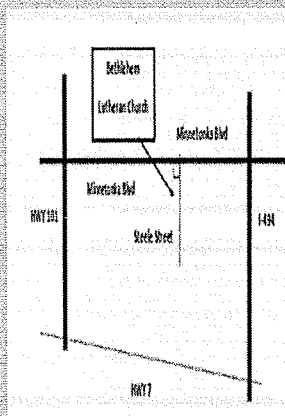
Metro District General Service Meetings

- District 7** Second Monday, 6:30 pm
Immanuel Lutheran
16515 Luther Way, Eden Prairie, MN 55346
Zoom Meeting ID: 865 2796 7405 Passcode: District7
- District 13** First Tuesday, 7:00 pm
United Methodist Church
10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
- District 14** First Monday, 7:00 pm
United Methodist Church
609 8th St NW, Buffalo, MN 55313
- District 17** Second Tuesday, 7:30 pm
Lighthouse Assembly of God
10478 Bell Ave., Plato, MN 55370
- District 18** Second Thursday, 6:30 pm
Meeting on Zoom
Please email dist18@area36.org for info
- District 19** Second Wednesday, 7:00 pm
Eagan Community Center
1501 Central Pkwy, Eagan, MN 55121
- District 20** Fourth Tuesday, 7:00 pm
Twin Lake Alano Club
4938 Brooklyn Blvd., Brooklyn Center, MN 55429
- District 21** Second Tuesday, 7:00 pm
Pilgrim United Methodist Church_
4325 Zachary Lane, Plymouth, MN 55442
- District 22** Second Wednesday, 7:00 pm
Vista Lutheran Church
4003 Wooddale Ave. St. Louis Park, MN 55416
- District 24** First Wednesday, 6:30 pm HYBRID
Hy-Vee Training Room
1451 Adams St S. Shakopee, MN 55379
Zoom Meeting ID: 836 0086 5659 Passcode: h5XNU1
- District 25** Second Wednesday, 7:30 pm
Woodlake Lutheran Church
2120 W 76th St., Richfield, MN 55423

The Intergroup Rep Meeting will be held at

Bethlehem Lutheran Church
 16023 Minnetonka Blvd.
 Minnetonka, MN 55345

This is a HYBRID meeting.
Thursday, June 25th at 6:30pm



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

- 06/06 Step One/Tradition One
His Story
- 06/16 Staying Away from the First Drink
Her Story
- 06/20 Step Two/Tradition Two
His Story
- 06/27 Importance of Having a Sponsor
Her Story

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

Concept Six

Alcoholics Anonymous Concept VI

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.

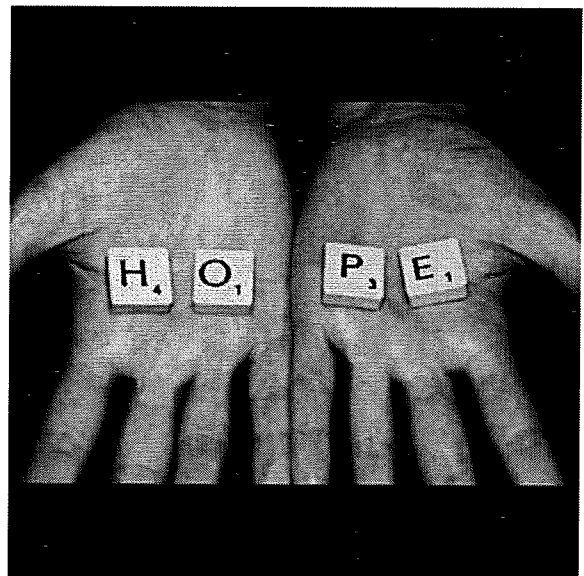
Ultimately, Concept VI illustrates the importance of our trusted servants (through our experience in trusting the group conscience in all levels of service within our fellowship) in taking initiative within their roles, while also being answerable to the collective conscience of A.A. It promotes both 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 Conference Literature



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.

Money, property, and prestige are sought after in this world. In fact, we encourage obtaining them. They certainly feed my ego and give me a sense of importance. But let's look at how they relate to A.A. and our Legacy of Unity. In Tradition Five we learned the primary purpose of the group is to carry its message to the alcoholic who still suffers. Tradition Six warns us of things that may divert us from our primary purpose. My first experience with Tradition Six occurred in my first contact with A.A. I went to an Alano Club in the north suburbs. I knew to go there because my brother had gone there years before for A.A. As I continued to attend meetings there, the Squad members suggested becoming a member of the club. It was explained that since I used the building by attending A.A. meetings and social events put on there, which I believed to be all A.A. functions, I should be responsible and help pay the bills there by becoming a member and paying monthly dues. The distinction between A.A., which was the squads, and the Club; social events, one year banquet, socializing at the building was not emphasized. Although the name Alano was used, and the Club was incorporated in Minnesota as a non-profit. I just assumed everything that went on there was an A.A. function.

Sometime later, after returning to A.A., I continued to attend meetings at the club, eventually getting a sponsor and attending other meetings with him. I learned the difference between the Alano club, a related outside enterprise, and the squads or groups that meet there. I was encouraged to attend meetings that met in churches or public buildings as well, to get a full understanding of how groups operate. It was suggested I look into Bill W's writings. In *The Language of the Heart* is found the article "Clubs in A.A." which helped me understand the role and relationship of Alano Societies.

I must remember the Traditions deal with Unity, our second legacy. In order to stay unified as a movement and keep the door open as wide as possible to those who suffer from our disease, there are things we don't do. We cannot align ourselves with any outside enterprise nor lend the A.A. name to it. In the early days of A.A. the founders considered opening a hospital in Akron with Dr Bob overseeing it. This idea was abandoned mostly due to lack of funds. Once again finding an A.A. group should not go into business, we cooperate with many in the field of alcoholism treatment, but we endorse no particular brand or method. So, by not endorsing, financing, or lending the A.A. name we can avoid problems of money, property and prestige thereby staying true to our primary purpose.

Vince F., Brooklyn Park



The Intergroup Office

will be closed on:

July 4th for

Independence Day



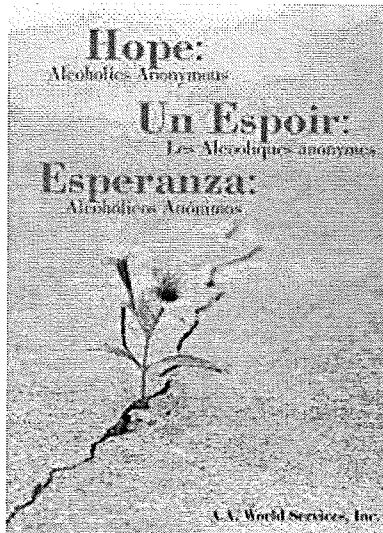
(Phones are answered

24 hours/day 365 days/year)

**See aaminneapolis.org for meeting
closing announcements during the**

holidays

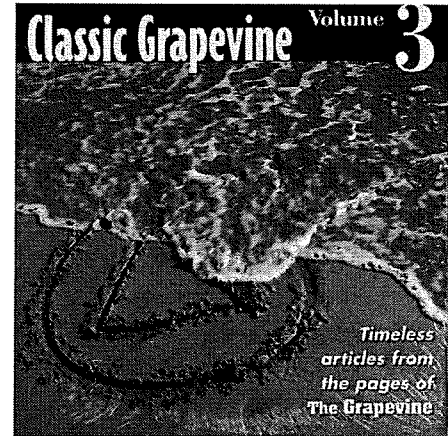
A.A. DVD of the Month:
Hope: Alcoholics Anonymous



A.A. Pamphlet of the Month:
The A.A. Group...
where it all begins



GV CD of the Month:
Classic Grapevine Vol 3



Group Contributions - April 2026 Thank You

12 Steppers Audubon Park
Andover Alano Sq 4
Basic Twelve & Twelve
Beltline Groups
Bridges AA Group - Prior Lake
Cambridge Thurs Night AA
Carry the Message
Cavalier West Thursday Mens Group
Cliffhangers 1 - Thurs 7 30 Group
Colfax Group
Continuous Action
Cottagewood Meeting AA
Crushed Grapes
Delano Saturday Morning
Desire Meeting
Early Risers Group
First 164 Group
Foxhall Chapter 7
Friday Freedom Seekers
Gratitude Group

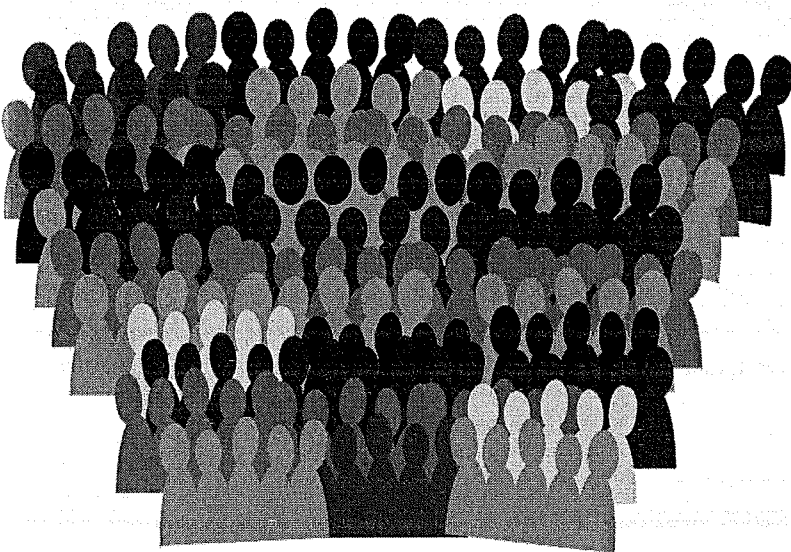
Happy Destiny
Isanti Alano Sq 12
It Might Have Been Worse
It's Noon Somewhere-Bloomington Groups
Kozy's Noon Men's AA
Ladies Night Happy Hour
Lake of the Isles Men's Tues PM
Lakers AA GROW Group
Mainstreeters AA (Plymouth II Alano)
Minnetonka Big Book Study Group
Monticello Alano Sq 3
NERR 12X12 Friday Morning
Nicollet AA Group
Norwood Young America AA
Plymouth 2 Monday Night Group
Ramsey AA (NowThen AA)
Relapse Enders Tues. Womens AA
Ridge Runners II Group
Ringmasters AA Group
Riverlyn AA Group

Sahara Thurs 730 Men's Closed Group
Saturday Night Live Group
Senior Men's Barn Group
SPD-Tuesday Night Group
Squad 2 A Design For Living
St. Louis Park Sunday Night AA Group
St. Martin's Group
Step by Step - Long Lake
Sunday Serenity Group
The Way Out Big Book Meeting
Third Tradition Group of AA Northfield
Three Legacies
Thursday Night Women's Big Book
Thursday Night Womens Group
Tradition Five
Turning Point Women's BB Monday
We Are Not Saints-Richfield
Westwood AA Group
Worthy Women's Big Book Study

Group Contributions/Birthday Plan** April 2026

**On their sobriety birthday, many AA members contribute one dollar or more for each year of sobriety to any or all of our four service entities: District, Area Assembly, the General Service Office and the local Intergroup. Some members attribute their birthday contribution to their home group. Those groups receive a receipt and "Thank You" letter from the office and are listed in the MIRUS.

UPCOMING Events



This Month in A.A. History

- June 10, 1935** Dr. Bob's last drink
- June 26, 1935** Bill D. (A.A.#3) enters Akron City Hospital
- June 28, 2035** Bill and Bob visit Bill D. At Akron City Hospital
- June 30, 1941** Ruth Hock shows Bill W. The Serenity Prayer, and it was adopted
- June, 1941** First A.A. group in Saint Paul, MN formed
- June 21, 1944** First issue of the A.A. Grapevine published
- June, 2000** More than 47,000 from 87 countries at the 65th AA. Anniversary in Minneapolis



June 6, 2026

Grapevine Writing Workshop
District 7/District 22
11:00am
15000 Minnetonka Blvd
Minnetonka, MN 55345

June 7, 2026

Gratitude Celebration
District 13 Area 36
2:00pm—5:00pm
Coon Rapids United Methodist Church
10506 Hanson Blvd NW
Coon Rapids, MN 55433

June 9, 2026

Common Solution 28th Anniversary Potluck and Speaker
6:00—8:00
Spirit of Hope
7600 Harold Ave
Golden Valley, MN 55427

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

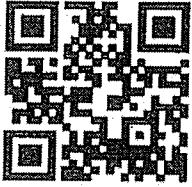
Sunday:

Open Speaker Meeting, 11:00 AM
Richfield Bloomington Alano
9321 Bryant Ave. S., Bloomington, MN 55420

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

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