

# MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

June 2020 Step, Tradition, and Concept Six

## Step Six

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

The 12 and 12 states that step six separates the adults from the children. It's not the fourth step that separates adults from children. Not even the ninth step. But the sixth step that really shows emotional and spiritual growth. Yes, you read correctly! Step Six! Ok, so lets talk about one of my favorite steps!

The first time I did the steps, step six was a breeze. A lot of personal growth had already gone into making it through the 4th and 5th steps. I was making huge strides into getting to know myself on a much deeper level and straightening out my life. Was I ready to have these huge character defects removed from my life? Yes. No question. Step six complete. I had the huge realization that just by the simple fact of me taking inventory, I was becoming aware of my defects of character. Once I had knowledge of these gross defects, it occurred to me that with God's help, I had power to stop or at least minimize these defects. I suddenly had capability to take on my defects in a way I never imagined before. It felt great to take step six that first time.

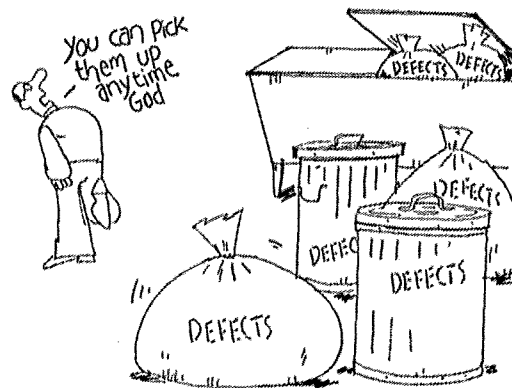
Some steps get easier the longer you stay sober, but others become harder. In my experience, step six gets more and more difficult. As I continue my step work, I discover more and more defects of character. The problem is some of these defects of character aren't all bad. They are tied up in things that actually benefit me. Being ready to have God remove defects that are all bad is much easier than asking God to remove defects that are a mix of good and bad. In this sense, step six becomes increasing difficult for me to take as readily as I did that first time. The 12 and 12 tells me that as I discover my defects that I am not ready to have removed I can pray to become willing to have them removed. If I do this, soon I will have the willingness.

Step six reminds me of a metaphor of a garden full of stones. To have a bountiful garden these stones need to be removed. When removing stones, one goes after the biggest ones first. These ones are easy to see and when they are gone we see the results! As we continue our work we find the stones are smaller, but much more numerous. Removing these stones shows fewer results than the big stones in the beginning. None of us will ever completely clear our gardens of stones, but that is not the point. Step six asks us not to be perfect, but

to strive for an ideal, making good in the process. My favorite quote about step six is "God doesn't render us white as snow and leave us that way." No one can claim to be without defects of character. But I believe my higher power rewards me when I work on my defects. As long as I continue to do the work, my life seems to simply work out.

As we all work in our own gardens, lets enjoy the fruits of our labor. Continue to remove those stones but enjoy the process! Understand that your garden will never be totally free from stones, but the pursuit is a worthy one. Good luck on your journey and happy stepping!

Avram L.  
Minneapolis



## Update!

The Stay at Home order was lifted May 18th, this means regular office hours have resumed. M,W,F 9am-4:30pm, TH 9am-7pm and Sat 9am-1pm

We will continue all social distancing practices including wearing a masks and limiting the number of people in the office.

**Greater Minneapolis Intergroup • Alcoholics Anonymous®**

7204 W. 27th St., Suite 113 • St. Louis Park, MN 55426-3112 • 952-922-0880 • [www.aaminneapolis.org](http://www.aaminneapolis.org) • email: [info@aaminneapolis.org](mailto:info@aaminneapolis.org)

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

## Notes from your Service Office:

### The General Service Theme for 2020 is:

### “2020: A Clear Vision For You.”

As I write this article, mid May, we have 532 meetings that we have flagged temporary closed. We have listed 229 online meeting options, which brings us to our biggest challenge to provide an accurate meeting directory. We have had calls from people driving to a meeting not listed as closed and no one being there. Or calls that someone could not get into a zoom meeting and when we looked up the contact we found the meeting IDs had changed. We need to rely on each group to notify us of any changes. Overall everyone has done an amazing job setting up the online meetings so we can at least still connect with one another.

Phone calls have greatly increased in the last two months. In January we had eleven-12th Step Calls, February we had ten-12th Step Calls, March we had twelve-12th Step Calls and April we had twenty-seven -12th Step Calls. This is during the daytime office hours of 9 am to 5pm. We are hearing the struggles of people trying to connect with AA during this difficult time of social distancing. We are grateful for all of you on the 12th Step list that have answered your phone and were willing to reach out to someone asking for help.

Literature and medallion sales are down as to be expected. So many offices/businesses are in the same boat. We are still open with modifications to enter the office. Call ahead for details. Thanks to everyone who has risen to the occasion in these uncertain times and has made a special contribution. I am humbled by the outpour of support we have received in the last two months.

I keep thinking, “What are we supposed to learn from all of this?” There is no one left unaffected. But one thing I do know is that we may have had to change the way we are meeting, but the hand of A.A. is alive and well!

In Love and Service

Gail S., your office manager



## Notes from Your Board Chair:

As we continue to navigate our way through unprecedented times, and the novelty of Zoom meetings wears off, we need to remember our primary purpose, to help the still suffering alcoholic.

Our disease kept us isolated, and now, due to circumstances beyond our control, we're still isolated.

Working the steps of Alcoholics Anonymous with a sponsor, got me sober, and the fellowship of this program taught me how to live sober. Gratefully, we are given tools in this program that assist us in dealing with difficult situations, and I think a pandemic qualifies as difficult!

Look around your meetings, is there someone you haven't seen, that usually attends your home group? Do they maybe need assistance in attending a Zoom meeting?

Let's all take a minute to remember that everyone handles stress differently, and I can't think of one person who isn't struggling in some way. Reach out. Be kind.

Love and tolerance is our code.

Thank you for letting me be of service

Patti P., Board Chair

## CURBSIDE AA

For the safety of all, Minneapolis intergroup will  
continue to process orders over the phone. Items can  
then be shipped to you, picked up using social  
distancing precautions at the

Intergroup office or we will bring it out to your car.

We are here to help, please call 952-922-0880 with  
questions or to place an order today.

## Intergroup Board

### Board Officers

Chairperson	Patti P.
Co-Chairperson	Linda M.
Secretary	Dan S.
Treasurer	Mike A.

### Board Members

Jessica B.	Deb W.
Mitch K.	Missy W.
Natalie N.	Cory S.
Brian C.	Dwight C.
Gail S. Office Manager, Ex-Officio	

### General Service District Board Liaisons

District 7	Natalie N.
District 13	Brian C.
District 14	Mitch K.
District 17	Cory S.
District 18	Missy W.
District 19	Dwight C.
District 20	Tom B.
District 21	Dan S.
District 22	Linda M.
District 24	Deb W.
District 25	Jessica B.

### Intergroup Staff

Gail S.	Office Manager
Savanna H.	Office Assistant
Erin D.	Office Assistant
Brent R.	Office Assistant

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

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

## Metro District General Service Meetings

District 7	Second Monday, 6:30 pm Zoom Meeting ID: 379-996-391 Dial in: 646-558-8656, 379996391#
District 13	First Tuesday, 7:00 pm United Methodist Church 10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
District 14	First Monday, 7:30 pm United Methodist Church 609 8th St. N.W., Buffalo, MN 55313
District 17	Second Tuesday, 7:30 pm Crossroads Assembly of God Church 10478 Bell Ave., Plato, MN 55370
District 18	Second Thursday, 6:30 pm Plymouth Congregational Church 1900 Nicollet Ave. S., Minneapolis, MN 55403
District 19	Second Wednesday, 7:00 pm Rosemount Community Center, Room 210 13885 S. Robert Tr., Rosemount, MN 55068
District 20	Fourth Tuesday, 7:00 pm Twin Lake Alano Club 4938 Brooklyn Blvd., Brooklyn Center, MN 55429
District 21	Second Tuesday, 7:30 pm Pilgrim United Methodist Church 4325 Zachary Lane, Plymouth, MN 55442
District 22	Second Wednesday, 7:00 pm Mizpah United Church of Christ 412 5th Ave. N., Hopkins, MN 55343
District 24	First Wednesday, 6:30 pm Shakopee Community Center 1255 Fuller Street S., Shakopee, MN 55379
District 25	Second Wednesday, 7:30 pm Woodlake Lutheran Church 7525 Oliver Ave. S., Richfield, MN 55423

## NOTICE • NOTICE

The June Intergroup Rep Meeting may be held either on Zoom or take place in person on Thursday June 25th. The reps will be notified by email once a decision has been made. If you are a new Rep please call the Intergroup office at

**952-922-0880**

to talk with a staff member to be added to the list.

## Intergroup A.A. Orientation Open Meetings

The Saturday Orientation Open Meeting takes place every week at 10 A.M. Temporarily meeting online with Zoom meeting ID: 740 667 236 Password:506032 or dial: +1 (312) 626-6799 and enter meeting ID: 740 667 236 # Password:506032

6/6	Importance of Having A.A. Home Group Her Story
6/13	Step One/ Tradition One Her Story
6/20	Staying Away from the First Drink His Story
6/27	Step Two/ Tradition Two Her Story



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

### Concept VI:

**Long Form:** On behalf of AA 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 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.

**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."

Bill writes to us that the Groups themselves cannot efficiently take actions in regards to AA as a whole so they elect a Delegate to be their voice at the Conference. He also says that the Conference could hardly carry out the actual duties that it would take to be the representatives of Alcoholics Anonymous. We therefore have the Trustees who sit on the General Service Board to act on our behalf worldwide. There is a certain relationship between the Groups, Conference and the General Service Board that I consider to be a type of "Checks and Balances." We elect the Delegates to attend the Conference for us to decide our policies and literature requests. Once those are voted in at the Conference, we give the Trustees the authority to carry those out. Bill writes that this is a huge responsibility we are handing to the Trustees. He says that the Conference Charter and the By Laws give the Trustees a large area of freedom of action. That they too have the traditional "Right of Decision", "Participation" and "Appeal."

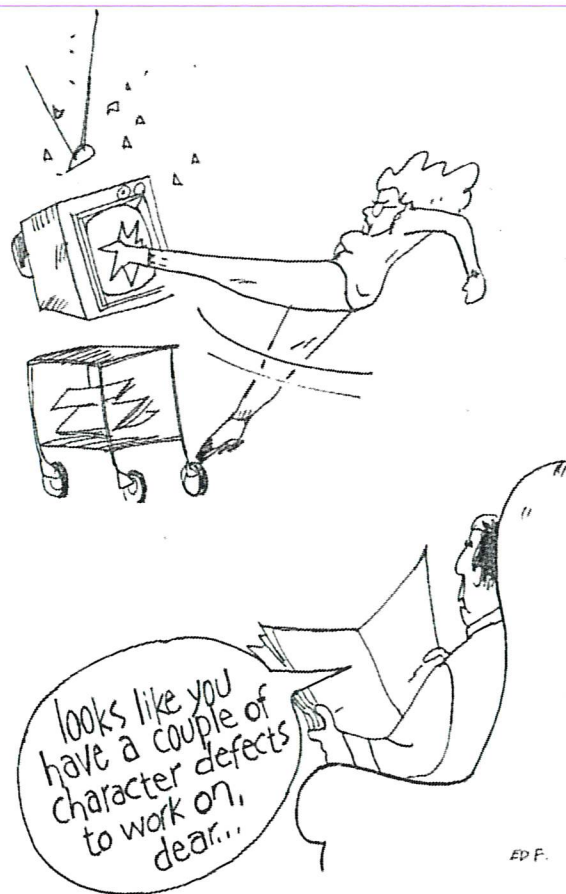
The Alcoholics Anonymous Organization acts as a Corporation. It has the groups acting as shareholders and the Trustees as the "Board of Directors". However, we are not a Corporation in the regular sense. We are not here to make money and the "Board of Directors" are meant to use the Spiritual Guidance to act out the wishes of the Groups. We do not dictate to the General Service Board because they are typically chosen for their special abilities to help guide our General Service Office in the way they are to conduct their "businesses" on a daily basis. In Concept VI of the Service Manual it does state that the conduct of our world services is that of policy and business. However, we should always be ready to do our part in making sure

that the By Laws and Charter are followed by the Trustees who are making those policies for world services. To find out what your part is, go to your local District Meeting or check out an Area 36 Assembly or Area 36 Committee Meeting. You can find those on the Area 36 Website at: [area36.org](http://area36.org).

Yours in Service,

Missy R.

Area 36 Delegate Panel 69



## The Twelve Traditions - How They Apply In Our Lives

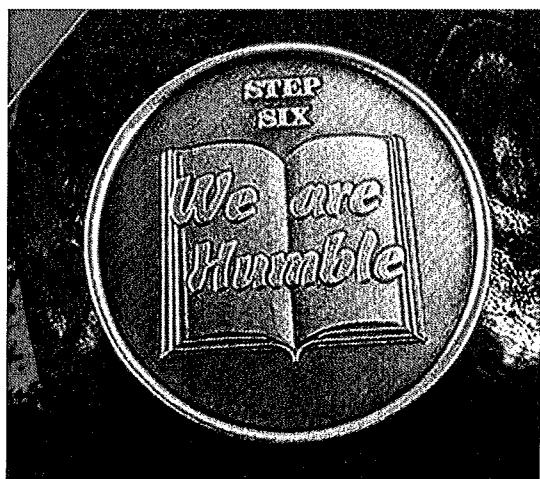
### TRADITION SIX

***"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."***

A few years ago, the topic of making an official after meeting fellowship location began to make its way into many of the discussions at my homegroup. The thinking behind this was sound. It came from a good-hearted place. However, no matter how we framed our good intentions, we continued to collide with Tradition Six.

The arguments to have a single, permanent, and consistent location for fellowship after the meeting were simple enough. The single location would cut down on any confusion or awkwardness as the meeting closed. Regular attendees of the meeting would know where everyone was going without the need to confirm each week. They could focus on inviting newcomers rather than meeting logistics. Additionally if someone who may have attended the meeting in the past could not make the meeting, but wanted to connect with other AAs they would know where to find us. These people might be current or former members of our group that had scheduling conflicts. They might be past members in town for vacation and wanting to say "hi" to friendly faces. Or it might be a newly sober person looking for help and couldn't make it to the group. All of these sound reasonable.

The funny thing is, we already had an incredibly consistent post-meeting location. We basically met there every week already. The question was, why not just make it official? However, whenever this topic would come up, and we discussed what action we would take, we would bump into issues with the sixth tradition.



One of the first and biggest issues that came up was around "endorsement." Would officially making this location a part of the meeting act as an endorsement of the business? What if the chosen restaurant closed? If we are picking this location just for its attributes, what if a restaurant opened that has more seating or lower priced menu, and is closer to our meeting? Would we need to create a service position to interact with the restaurant and make sure that everyone paid their bill or that they would have room for us?

These were not questions that we could directly or clearly answer. So as a group we never took an official action. We still frequented that establishment, and we continued to discuss this topic. However we try to stay away from anything that might be seen as an endorsement, or leading the AA names in an official group act.

Paul M-K.,  
Minneapolis

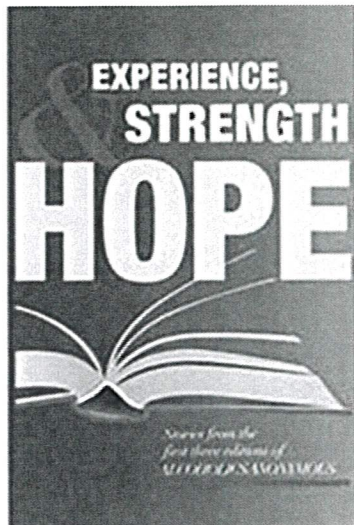
### Alcoholics Anonymous "Big Book" Quotes

*"We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable?" Page 76*

*"Live and let live is the rule. If you both show a willingness to remedy your own defects, there will be little need to criticize each other." Page 118*

*"It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition." Page 85*



**AA Book of the Month:**

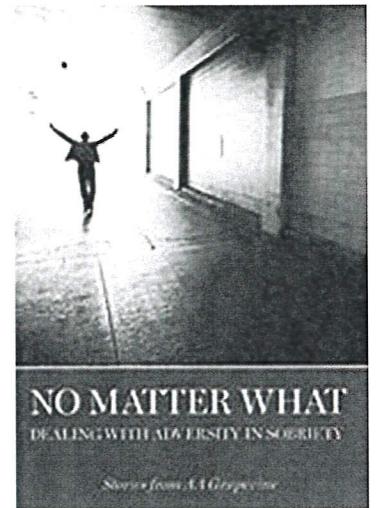
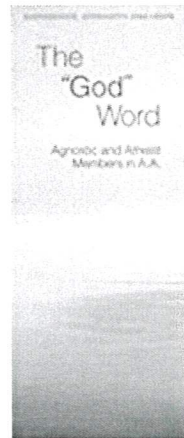
Experience, Strength &amp; Hope

**Pamphlet of the Month:**

The "God" Word, Agnostic and Atheist Members in A.A.

**Grapevine Book of the Month:**

No Matter What – Dealing with Adversity in Sobriety

**H.O.W.**

Honesty,  
Open-mindedness,  
Willingness

**AA Acronyms!****S.I.T.**

Stay In Today

**H.O.P.E.**

Hearing Other People's  
Experience

**Group Contributions** - April 2020. Thank you all, in the Spirit of Hope.

4100 AA Group  
7-Hi Group  
8 to 80 Group  
A Hundred Forms of Fear  
Back to Basics Women's St Luke's  
Basic Twelve  
Basic Twelve & Twelve  
Belle Plaine AA Group  
Bridge to Shore  
By the Book Group  
Colfax Tuesday AA Group  
Crushed Grapes  
Dakota Alano Thurs Mens Group  
Design for Living Group  
Desire Meeting

Dry Dock  
Eternal Vigilance  
For Today Group  
Foreword XIX Group  
Foxhall Chapter 7 Group  
Gloria Dei AA  
Golden Valley AA Group II  
Golden Valley Group  
Groveland Grp Squad 49  
Happy Destiny  
Kozy's Noon Men's AA  
Ladies Night Happy Hour-Sahara Club  
Living Sober AA Group(Burnsville)  
Medina AA Group  
Minnetonka Big Book Study Group

Pocket Our Pride  
Polaris Group  
Promises at Knox  
Rich/Blmngtn Alano Sunday Spkr Mtg  
Rojo Group  
Sahara Sunday 8.30 AM Big Book  
Saturday Night Live Group  
Saturday Sisters - Pax Christi  
Sober on Saturdays Group  
Step Sisters Mon PM  
Step Sisters Mon PM MPLS  
Stepsisters of Northfield  
TGIF Women's AA Group  
The Contingency Plan  
The Promises

The Way Out  
The Way Out BB Mon @ Hen. United  
There Is A Solution-Sahara 430pm  
Third Tradition Group of AA  
Tonka Alano Club Groups  
Tradition Three Group Waconia  
Tues Morning Discussion Group  
Twin Lakes Alano Squad M

**\*\* In the previous MIRUS (May 2020) there was a misprint- Group Contributions listed in that issue were from March not February as it was printed\*\***

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 2020****Great Blessings \* Dry Dock \* By The Book Group \* Wednesday Big Book \* Day By Day Group**

**\*\*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

Zoom Meeting ID: 135 964 753 or dial: +1 (312) 626-6799, 135964753#

Foxhall Chapter 7 Group, 7:30 PM

Zoom Meeting ID: 638 445 724 or dial: +1 (312) 626-6799, 638445724#

A sign language interpreter is provided each week.

#### Friday:

From the Heart Open Speaker Meeting, 7:00 PM

GoTo Meeting ID: 425 401 293 or dial: +1 (408) 650-792 260 and enter access code: 425401293#

Three Legacies, 7:30 PM

Zoom Meeting ID: 450-792-260 or dial: +1(312)626-450 792 260 Password: 014358 A sign language interpreter is provided each week.

#### Saturday:

Saturday Night Open Speaker Meeting, 8:00 PM

2218 1st Ave. S., Minneapolis

#### Sunday:

Open Speaker Meeting, 11:00 AM

Richfield Bloomington Alano

9321 Bryant Ave. S., Bloomington

Please contact Minneapolis Intergroup Staff with any group updates or meeting changes. Help us keep an accurate updated meeting list of both in person and online meetings so the new comer can find us. 952-922-0880

**Easy.  
Does  
It.**

## General Service Announcements

June 20th

Area Assembly


Meeting will be held in zoom platform.

9:00 am to 5:00 pm

Go to [Area36.org](http://Area36.org) for details

Sponsored by  
**Greater Minneapolis Intergroup**  
of Alcoholics Anonymous  
Welcome Al-Anon & Alateen

**Speakers ASL Interpreted**



# 37th Annual Gratitude Night

## Saturday September 12, 2020

Join us in this special night of gratitude.  
Celebrate how our fellowship rose in unity to make it  
through the Covid-19 crisis.

Tickets previously purchased are good for this event

**AA Speaker: Jeff V., Fargo, ND**  
**Al-Anon Speaker: Nancy H., Edina, MN**

6:30 Social Hour / AA Service Info Tables  
7:30 Program & Speakers  
10:00 Dance with Tony/YNOT Mobile DJ  
\*\*\*\*\*Photo Booth\*\*\*\*\*

**Celebrate gratitude by visiting the service tables before and after the speakers!**

Area 36 Corrections Program	Area 36 Newsletter
Area 36 AA Grapevine	Gopher State Roundup/Founders Day
Area 36 Archives	Greater Minneapolis Intergroup
Area 36 Public Information	MNYPAA

## MINNEAPOLIS CONVENTION CENTER

1301 Second Avenue South, Minneapolis  
Ballroom A-Across from Dunn Bros  
*Look for greeters. Look for blue & yellow balloons.*

**Tickets: \$12.00 in advance/\$15 at the door**

Intergroup Office - IG Representative - Ticket Committee - At the Door

• This Intergroup event is self-supporting through the sale of tickets •

Minneapolis Intergroup - 7304 W 27th Street Suite 113 - St Louis Park MN 55426  
952.922.0880 [seminneapolis.org](http://seminneapolis.org)

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

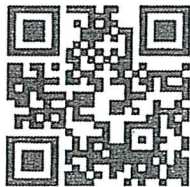
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