

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

June 2021 Step, Tradition, and Concept Six

Step Six

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

When I first got sober, the last thing that I thought about was my character defects. Me, character defects? I was just trying to stay sober.

I then decided to really get sober through AA which meant getting a sponsor and working the steps. I started working the steps in the way that they were written. Steps 1, 2 and 3 showed me that I was powerless over my drinking, that God could help if I would let him.

Step 4 let me make a list of people I had harmed, which really turned out to be an inventory of my character defects. Step 5 allowed me to share that list with another person.

Then came Step 6. WERE ENTIRELY READY TO HAVE GOD REMOVE ALL OF THESE DEFECTS OF CHARACTER. Was I entirely ready to have God remove my defects of character?

What are some examples of defects of character, you might ask? Well, my character defects include anger, dishonesty, self-centeredness, codependency, and perfectionism, constantly playing the victim, jealousy, actively avoiding confrontation, and being controlling of others.

That is a lot of character defects and I am sure that I have at least a few more to list.

I NEEDED TO BE "ENTIRELY READY". But was I really ready to have all them removed? Was I ready for this kind of change in my life? Did I really want to let go of some of the defects that brought me to AA in the first place?

THAT IS WHEN WILLINGNESS AND HONESTY COMES INTO PLAY. I needed to be honest with myself in order to grow and change.

Do you have the willingness to recover? Do you believe you can change?

You have to remember that getting rid of these character defects is not a week-long endeavor; it is more of a life long job. You also have to know that we need to accept that, like the rest of recovery, we look for progress, not perfection. That means we cannot be too hard on ourselves if we fall short of our goals.

We merely set ourselves up for disappointment if we consistently look to achieve utter perfection in Step 6 of AA. Also, tackling all of your defects at once is really not going to work for anyone involved.

For me, I work on my character defects on a daily basis. There are a lot of times that I start to think that it is someone else's defect before I look in the mirror and realize that it is my character defect, not the other persons. If I really want to live a program of honesty and willingness, then I can, on a daily basis, become willing to have God remove the defects of character. It makes me a better human being.

There are days when I am far from perfect, but I am a work in progress. I just need to keep working this program and turning over my will and my life over to the care of the God of my understanding.

Jeanie O., Minneapolis, MN

**OPEN for
BUSINESS**

**Starting June 1st, 2021 we
are returning to our regular
office hours.**

Monday	9 a.m.—4:30 p.m.
Tuesday	9 a.m.—7:00 p.m.
Wednesday	9 a.m.—4:30 p.m.
Thursday	9 a.m.—7:00 p.m.
Friday	9 a.m.— 4:30 p.m.
Saturday	9 a.m.— 1:00 p.m.

**SEE YOU
SOON...**

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 through Friday 9 am-4:30 pm • Saturday 9 am-1 pm

“Practicing A.A.’s Spiritual Principles in a Changing World.”

Gail S., Your Office Manager



**ALCOHOLICS
ANONYMOUS**
IT WORKS IF YOU WORK IT

Deb W., Your Board Chair

Intergroup Board

Board Officers

Chairperson	Deb W.
Co-Chairperson	Cory S.
Secretary	Natalie N.
Treasurer	Dwight C.

Board Members

Mark M.	Mike H.
Brian C.	Patti P.
Dan S.	Mike A.
Tanya L.	Betsy G.
Gail S. Office Manager, Ex-Officio	

General Service District Board Liaisons

District 7	Mike H.
District 13	Patti P.
District 14	Mark M.
District 17	Mike A.
District 18	Tanya L.
District 19	Betsy G.
District 20	Brad R.
District 21	Natalie N.
District 22	Brian C.
District 24	Cory S.
District 25	Dan S.

Intergroup Staff

Gail S.	Office Manager
Erin D.	Office Assistant
Terri N.	Office Assistant
Scott F.	Office Assistant
Thomas D.	Office Assistant

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

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 Goto Meeting ID 528 215 821 Dial in: 872-240-3412
District 17	Second Tuesday, 7:30 pm Lighthouse Assembly of God 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 Zoom ID: 884 4508 2151 Password is D22.
District 24	First Wednesday, 6:30 pm Zoom Meeting ID : 886 6871 6747 No Password
District 25	Second Wednesday, 7:30 pm Woodlake Lutheran Church 2120 W 76th St., Richfield, MN 55423

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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.

NOTICE • NOTICE

The Intergroup Rep Meeting will be held on Zoom until further notice.

The next meeting is

Thursday, June 24th

The reps will be sent the link by email one week prior to the meeting. 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

6/5	Importance of Having a Sponsor His Story
6/12	Step Three/ Tradition Three Her Story
6/19	Importance of Singleness of Purpose His Story
6/26	Step Four/ Tradition Four Her Story

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

Concept VI:

Short Form: The conference acknowledges the primary administrative responsibility of the trustees.

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 of Alcoholics Anonymous.*

The Twelve Concepts illustrated provides some great cartoon depictions that explain the concept behind this Concept. The caption reads “somebody has to make things happen” and that is exactly what this concept is all about.

The Conference has the principal responsibility for the maintenance of A.A. Principal is defined as “first or highest in rank or importance.” In other words, this is where the buck stops. The delegates represent the majority of voting members at the Conference. That is how we are kept in the principal role. But it would be almost impossible for those 93 delegates from around the U.S. and Canada, the directors and A.A. staff of A.A. World Services, Inc. and A.A. Grapevine, Inc., and the trustees to function effectively in actively administering the activities required to keep our services functioning throughout the year.

That is why the General Service Board has been delegated the active responsibility for our affairs. Active as an adjective is defined as “characterized by energetic work, participation, etc.” The people who serve as trustees on our A.A.W.S. and A.A. Grapevine Inc. boards work tirelessly and often thanklessly on our behalf. They bring a wealth of professional, life, and A.A. experience to bear on the management of A.A. business. The illustrations in our Twelve Concepts illustrated demonstrates some of the activities they assist with for the good of A.A. as a whole. Here are some examples: They provide oversight for our financial affairs and sometimes make difficult decisions about how to keep us fiscally prudent. They represent Alcoholics Anonymous around the U.S. and Canada as well as internationally by speaking and participating at professional and regional events. They are responsible for implementing actions taken by the Conference each year and they protect our Twelve Traditions and Twelve Concepts. And they meet on our behalf throughout the year. They truly manage our affairs!

Alcoholics Anonymous is blessed by the dedicated servants on our General Service Board!

Stacy M., Area 36 Delegate

Founder's Day Weekend 2021

November 26, 27 and 28, 2021

Celebrating 81 Years of AA in the Upper Midwest
and Honoring AA Members With One Year of Sobriety!

Register Online at: [www.FOUNDERSDayMN.org](http://wwwFOUNDERSDayMN.org)

Friday, November 26

4:00 PM Registration Opens
7:00 PM History of AA and Al-Anon in the
Upper Midwest
9:00 PM *AA Speaker:
Paul G. (Brecksville, OH)

Saturday, November 27

10:30 AM Panel of Weekend Speakers
1:00 PM AA Open Call-Up Meeting
1:00 PM Al-Anon Open Meeting
3:00 PM *Al-Anon Speaker:
Beverly B. (Louisville, TN)
6:00 PM Banquet
7:30 PM *AA Speaker:
Patt O. (Los Angeles, CA)
9:00 PM Dance

Sunday, November 28

10:00 AM AA Speaker:
Christina G. (Brecksville, OH)

*These meetings are ASL Interpreted

Pre-Registration \$20.00

At the Door \$25.00

Registration required and must be paid to attend Founder's Day Weekend events.

Banquet (Limited Seating) \$45.00

The Banquet begins at 6:00 PM Saturday evening.

Archive Room

Friday
Saturday
Sunday until 10:00 AM

Founder's Day Weekend Dance

Saturday 9:00 PM

Activities and Accommodations at

DoubleTree by Hilton Bloomington - Minneapolis South - Bloomington, MN
7800 Normandale Blvd, Bloomington, MN 55439 • 952.835.7800 or 800.222.8733

Special Room Rates are available with early reservations.

Please make reservations directly with the DoubleTree by Hilton Bloomington Hotel.
Indicate they are for Founder's Day Weekend.



"Sure I ate my sponsor, but did I drink over it?...Noooo!"

FROM MINNEAPOLIS INTERGROUP TO THE AA GROUPS IN MINNEAPOLIS AND SUBURBAN CITIES

We are hopeful in the coming months ahead the Minnesota Health Dept. safety guidelines and Minnesota State mandates lessen to allow us to go back to meeting in person.

**WE NEED YOUR HELP IN KEEPING THE
AAMINNEAPOLIS.ORG WEBSITE UP TO DATE AND
TO BE AS ACCURATE AS POSSIBLE FOR THOSE IN
NEED OF A MEETING TO FIND YOU.**

Look up your meeting on the website to see what is listed. Is there anything to change or add? Let us know by:

Email to – staff@aaminneapolis.org

or

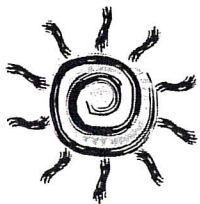
Call and ask for Staff during office hours – 952-922-0880

OUTSIDE MEETINGS

If you group starts meeting outside for the summer months and you want others to know, contact the Staff at Intergroup.

We can add “Outside” to your groups’ information.

All groups that are meetings outside can be found by anyone entering “outside” in the first search box on the meeting directory.



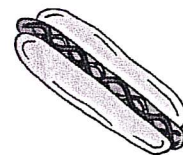
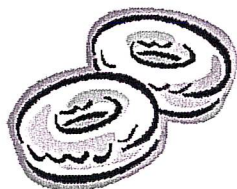
INTERGROUP'S 21ST ANNUAL UNITY OPEN HOUSE

JOIN US IN CELEBRATING
53 YEARS OF SERVICE

SATURDAY AUGUST 14, 2021

9AM - 1PM

9AM-11AM DOUGHNUTS & COFFEE * 11AM-1PM HOT DOGS & CHIPS
MAGIC SHOW—GAMES—CAKE WALK



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

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."

I once heard that Tradition 6 is why there is no AA-sponsored Bowl Game. We do not attach the AA name to anything outside of AA. This includes things that are closely related – but separate – from AA. Some common examples would be clubs, treatment facilities, and large gatherings (think 2218, Hazelden, Gopher State). These are all part of the fabric of recovery in this area, but none are officially part of AA.

This is because of Tradition 6. The book Twelve Steps and Twelve Traditions talks about Tradition 6 arising from the experience of early AA getting mixed results trying to apply the AA program to different parts of life. Early members thought that there could be official AA hospitals, schools, and political movements. However, they soon realized that this would get AA tangled up in external conflicts that would divert us from our primary purpose – to help the alcoholic who still suffers. It is also important that AA be able to completely distance itself from outside entities if problems arise.

The Traditions are necessary to preserve the program of AA and to make sure that every person ready to begin their recovery has a seat at a meeting. I can also apply the principles behind the Traditions in my own personal recovery.

I see humility as an important principle behind Tradition 6. I can relate to the idea that the way I do things (the "right" way) is the key to solving all the problems in the world. However, I will not accomplish anything good if I run around telling everyone that I hold the key to success in all areas of life. Rather, I should try to focus on staying sober one day at a time by practicing AA principles. By staying honest, trying to be of service to others, and relying on a Higher Power, I will not only be able to stay happy, joyous, and free, but I will also be a much better example of the principles in action.

Alex G., St. Paul MN



MINNEAPOLIS INTERGROUP 12 Step Service Opportunity

GROUP PHONE COMMITMENTS OPEN

2nd Saturday

&

4th Saturday

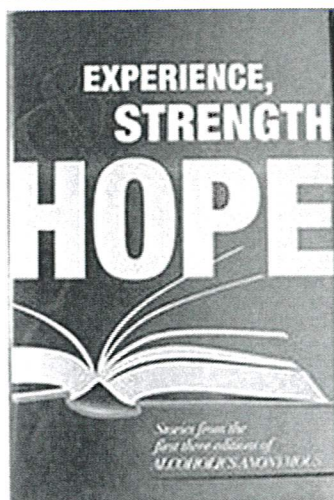
12:45 pm-3:15pm

**IF INTERESTED
STOP BY OR CALL INTERGROUP STAFF
(952) 922-0880**

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

AA Book of the Month:

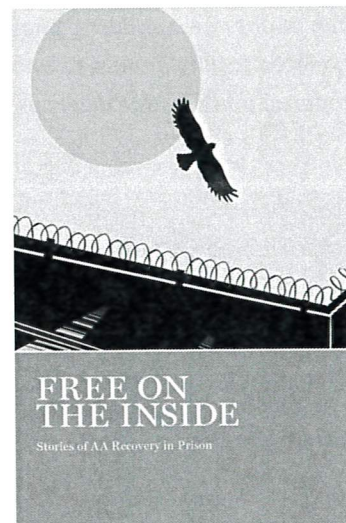
Experience, Strength & Hope
Stories from the first three editions of
Alcoholics Anonymous

**A.A. Pamphlet of the Month:**

A.A. for the Native North American

Grapevine Book of the Month:

Free on the Inside –
Stories of AA Recovery in Prison



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 we can stay connected and available to all who want them.

Call the office at **952-922-0880**

Group Contributions - April 2021 Thank you all, in the Spirit of Hope.

7-Hi Group
A New Freedom - Excelsior
As Bill Sees It - Delano
Basic 12 Group
Basic Principles
Belle Plaine AA Group
Better than Gold
Breakfast Club-Saturday
Bridges AA Group - Prior Lake
Bryn Mawr Group
Cavalier West Thurs Night Mens
Central Pacific Group
Cliffhangers VI at St. Ed's
Complete Defeat AA Group
Crushed Grapes
Design for Living BB Study
Dry Dock
Dunn Sober AA Groups
Dynamic Women's Group
Early Risers Group
Elk River Alano Squad 10

Excelsior Wednesday Night Group
Foreword XIX Group
Foxhall Chapter 7 Group
Fridley Alano Squad 19
Fridley Alano Squad 3
Gloria Dei AA
Golden Valley Group
Good Samaritan Group
Gratitude Group
Happy Destiny
Happy Hour Squad 27
Hit Squad - H-2
It Might Have Been Worse
It's Noon Somewhere-Blmngtn Groups
Kozy's Noon Men's AA
Ladies Night Happy Hour-Sahara Club
Lakers Alano
Life is Good AA Group
Living Sober AA Group
Lost & Found Step Group
Medina AA Group

Men at Peace
Men at Work-Minnetonka
Minnetonka Big Book Study Group
Mixed Hazelnuts Big Book
N.E. Sunrise Women's
New Beginnings Women
Pax Christi Thursday Night
Rich/Blmngtn Alano Squad 4E
Rich/Blmngtn Alano Sun Spkr Mtg
Ridge Runners I Group
Ridge Runners III Group
Rojo Group
Rule 62 Cavalier
Savage Unity AA Group
Serenity Sisters
Serenus AA Group
Silver Lake AA Group
Sisters of Service
Sober Victory
SOS AA Group
Southwest Women's Group

Squad A - Depth and Weight
St. Louis Park Sun Night AA Group
St. Luke's Saturday Men's Group
Suburban North Alano Squad 7
Sunlight of the Spirit Group
Sunrisers (Thursdays)
Temple Wed. AA Group
The Way Out Big Book Hen. United
There is a Solution - Minnetonka
Third Tradition Group of AA Northfield
This Simple Program
Thursday Night Big Book-Northfield
Tradition Five
Tradition One
Valley View AA
Victory AA
Watertown AA - Wednesday
Wayzata Women's Group
Women's 12 x 12 on Central

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 2021**

Wednesday Knight Avenue Group * Minnetonka Big Book Study * SLPSNAAG * 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 Password: 083951 or dial: +1 (312) 626-6799, 135964753# 083951#

Foxhall Chapter 7 Group, 7:30 PM

Zoom Meeting: Please email foxhallchapter7@gmail.com to request the Meeting ID and Password information.

Friday:

From the Heart Open Speaker Meeting, 7:00 PM

GoTo Meeting ID: 425 401 293 or dial: +1 (408) 650-3123 and enter access code: 425401293#

Three Legacies, 7:30 PM Zoom Meeting ID 88138339810
Password: 3Legacies or dial: (312)626-6799 88138339810# 3legacies#

Saturday:

A.A. Orientation Meeting 10:00 AM

Zoom Meeting ID: 740 667 236 Password: 506032 or dial: +1 (312) 626-6799, 740667236753# 506032#

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



General Service Announcements

June 19th

Area Assembly

9:00am – 5:00pm

Remote Zoom Meeting

August 7th

Area Committee Meeting

Committees 9:30am – 11:30am

Area Committee 12:30pm – 4:00pm

Remote Zoom Meeting

September 10th – 12th

West Central Regional Forum

Remote Zoom Meeting



Rocketed Into a Fourth Dimension September 3 – 5, 2021

The Gopher State Roundup Board is proud to announce that the Gopher State Roundup is back on for 2021. Although the date is moving to September this year, Friday, September 3, 2021 – Sunday, September 5, 2021 to provide a little extra time to plan for the safety of everyone who attends.

Get ready to gather with your AA friends to share your experience, strength and hope.

www.GopherStateRoundup.org



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SATURDAY AUGUST 14, 2021

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GAMES AND FUN ACTIVITIES - SOMETHING FOR EVERYONE



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map & directions at www.aaminneapolis.org

Most Area 36 events have a map on how to find the location @ 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.

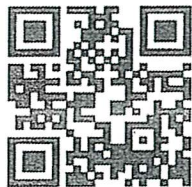
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