

# MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

June 2022 Step, Tradition, and Concept Six

## Step Six

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

The first few times I took this step in early sobriety, I don't think I was entirely ready to have my defects removed. I don't think I was even sure of what they were. I realized it was better not to have them, it seemed like a good idea to ask God to remove them, but I still believed that drinking was the cause of any problems that impacted my relationships and life.

My early sobriety was filled with many accomplishments that I was unable to attain when I was drinking. I enrolled and attended University and excelled in my course work. It's amazing how easy school is when you go to classes, do your homework, and study for tests. Soon I graduated with many accolades and began my professional career.

My professional career included starting a company, selling it, and using the proceeds to invest in and start another company in Europe. At ten years of sobriety, I was running several telecommunication companies throughout Europe.

During this time, I was always a devoted member to Alcoholics Anonymous. I attended three meetings a week, had a sponsor and several sponsees. I had many commitments and was always willing to be of service.

I mention all of this only to remind myself and other readers that many of us experience a significant amount of positive growth and changes in early sobriety. These accomplishments prevented me from seeing clearly how those character defects that I avoided in early sobriety were still with me – they had only manifested themselves in ways that I would have described as virtues or positive qualities. The person that showed up 2-3 times a week at AA meetings wasn't always the same person outside of the rooms.

Fortunately for me, and many of us, I began experiencing problems in sobriety. I had many character defects that were impacting my life and affecting relationships. Many of the defects were hard for me to identify – although the results were easier to notice. I was constantly judging others and myself. My fears forced me to place people in one of two categories – better than me or I'm better than them. I didn't see how that classification controlled by fear prevented me from having more relationships as well as more meaningful ones.

As the 12 by 12 mentions, I had greed which was masqueraded as ambition. I created problems for people that I worked for and with by providing less than flattering commentary about their work habits or quality of work. I told myself that I was doing this because company performance would be improved if they weren't there. In reality, I was trying to eliminate the “competition” in order to have a clearer path for my own career trajectory. My desire for more power and prestige caused me to create difficult working conditions for these colleagues. These character assassinations were just an example of another character defect - self-righteousness – which was still there long after I “put the plug in the jug”.

These were just some of the character defects that I was experiencing. When problems and issues impacted me in sobriety, I no longer could blame alcohol as the reason. I learned that sobriety does not equate to the removal of character defects. Even at 30 years of sobriety I must remain vigilant in order to see how these defects could still be hidden by some “virtue” that I have contrived in order to feel protected by my character defects.

For me, being entirely ready includes being entirely able to see how these character defects are impacting my life. This is why I have always done my 5th step with my Sponsor. His knowledge of me and his own personal experience allow me to see how these character defects are not serving me and more importantly, how they are hurting me and others. I am blessed to have a sponsor that has shared with me and thousands of others how his character defects followed him into sobriety. His admission and hundreds of others that I have met and listened to in meetings, help me to identify these defects of character.

When I finally became ready to quit drinking my prayer in early sobriety was “God please remove my desire to drink”. This readiness and subsequent prayer provided me with the miracle of that desire's removal somewhere between 11 and 13 months of sobriety. That same readiness is all that is required for the sixth step. Once I saw how these character defects were hurting others and myself, I was ready.

Step 6 has much more significance for me now than it did in early sobriety. I also now know that God will remove anything that stands in the way of me being happy, joyous and free – all I have to do is be ready and ask.

Jim, Eden Prairie

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**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 and Thursday 9am-7pm Saturday 9 am-1 pm



## Notes from your Service Office:

### The General Service Theme for 2022 is:

### **“A.A. Comes of Age 2.0: Unified in Love and Service.”**

The website meeting directory is a vital service to the A.A. Community in Minneapolis and Suburban Areas. We help make it possible for people looking for a meeting to find you. You make it possible for the miracle to happen when someone finds the A.A. program.

We update meeting information daily. For years we maintained approximately 1,100 meetings in our area. Then there is the affects that the pandemic has had on our meetings. In 2020 over 540 meetings shut down by May of that year. Many went to zoom. Two years later, today, we currently have 218 online meetings added to an existing in person meeting. 93 of those have joined the two together creating a “hybrid” meeting. We have a separate page for “Online Only” meetings that list 63 meetings; majority are on the zoom platform. These meetings are not connected to an existing in person meeting.

We are still today, watching and waiting to hear about the 23 meetings listed as “Temporary Closure”.



Some meetings did not survive the period of being what we thought was a “temporary” closure. We deleted 88 meetings as of January 2021 to April 2022. Not all are due to the pandemic, but many were. In the spirit of hope we received the information of newly created meetings. There were 20 new meetings added in 2020, 28 new meetings added in 2021 and 14 so far in 2022.

As of May 10th we list 956 meetings in the Minneapolis and Suburban Areas. We rely on each group to inform the staff at the Intergroup office of any changes with your group. We are only as good as the information we receive. Contact Minneapolis Intergroup staff with any updates with your meeting. Our annual Outreach Program is in progress. We need volunteers to sign out one group to visit and bring them information about what Minneapolis Intergroup does to reach the still suffering alcoholic and update that groups meeting information. It is a great excuse to visit a new meeting or show a sponsee how to be of service. Stop by the Intergroup office for details.

Watch for information about our August 6th Unity Open House, more details to come.

Yours in Love and Service,

Gail S. Office Manager

## Notes from Your Board Chair:

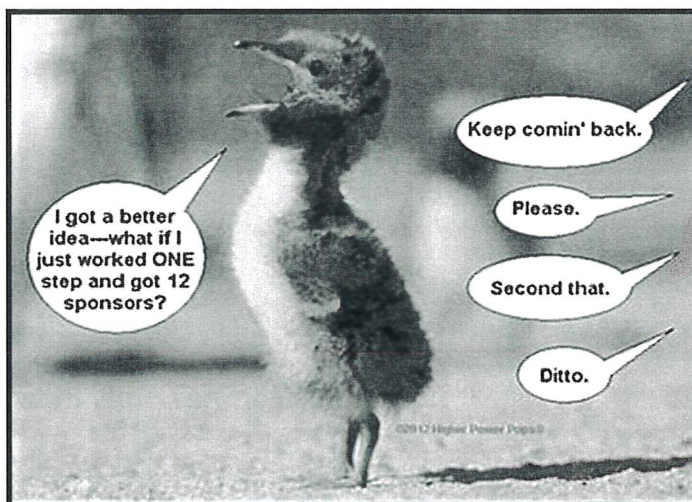
As I write this, I am so elated with all the events that are occurring. We started off so well with having the West Coast Regional AA Service Conference March 4-6 at the Double Tree in Bloomington, our 39th Annual Gratitude Night that was held at the Convention Center on April 2nd and Gopher State Roundup that was held over Memorial Day Weekend at the Double Tree in Bloomington. We have resumed the Intergroup Annual Outreach Program for 2022. This program asks volunteers to visit a meeting in a selected area that may not be aware what Intergroup services are available to reach the still suffering alcoholic. If you have ever participated in this program, and would like to volunteer to help, please stop by the office and talk to staff, we can always use the help. The area we are focusing on this year are meetings within Minneapolis. Our goal is to have this completed by June 30th.

Every year our Area 36 sends a Delegate to the General Service Conference in New York City. This year it was held April 24-30th. We have invited Stacy M, our Area 36 Delegate, to share on the Agenda Items during our Intergroups Reps meeting June 24th at 6:30 pm within the Mizpah Church in Hopkins. We are excited to hear what she has to say.

To round off the summer we are looking forward to hosting our Annual Summer Open House in August. Please keep your eyes open as we will have a flyer coming out soon!

Thank you for letting me serve,

Cory S. Board Chair





## Intergroup Board

### Board Officers

Chairperson	Cory S.
Co-Chairperson	Mike A.
Secretary	Tanya L.
Treasurer	Mark M.

### Board Members

Jim R.	Dwight C.
Brian C.	Grace C.
Dan S.	John M.
Betsy G.	Steve S.
Gail S.	Office Manager, Ex-Officio

### General Service District Board Liaisons

District 7	Tanya L.
District 13	Steve S.
District 14	Grace C.
District 17	Jim R.
District 18	Dwight C.
District 19	Betsy G.
District 20	Doug H.
District 21	Mike A.
District 22	Dan S.
District 24	Deb W.
District 25	John M.

### 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.

## Metro District General Service Meetings

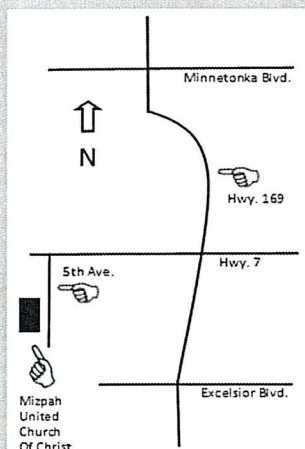
District 7	Second Monday, 6:30 pm Zoom Meeting ID: 379-996-391 Dial in: 646-558-8656, 379996391#
District 13	First Tuesday, 7:00 pm United Methodist Church 10506 Hanson Blvd. N.W., Coon Rapids, MN 55433
District 14	First Monday, 7:30 pm United Methodist Church 609 8th St NW, Buffalo, MN 55313
District 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 Mizpah United Church of Christ 412 5th Ave N. Hopkins, MN .
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

## Intergroup A.A. Orientation Open Meetings

The Saturday Orientation Open Meeting takes place every week at 10 A.M. In person at Mizpah United Church of Christ 412 5th Ave N. Hopkins, MN

6/4	What are A.A.'s Three Legacies? His Story
6/11	Step Five/ Tradition Five Her Story
6/18	The History of A.A. & Its Founders His Story
6/25	Step Six / Tradition Six Her Story

## NOTICE • NOTICE



The Intergroup Rep Meeting will be held at  
**Mizpah UCC**  
412 5th Ave N.  
Hopkins, MN 55343  
This is a HYBRID meeting.  
**Thursday,**  
**June 23rd at**  
**6:30pm**



## 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.

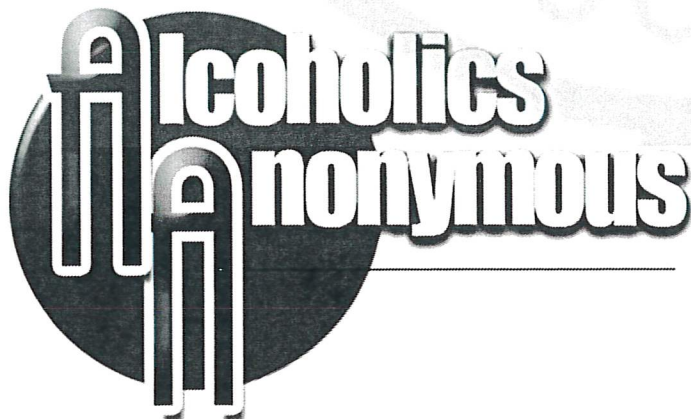
The Twelve Concepts illustrated provides a great cartoon depiction that explains the concept behind this Concept. The caption reads "somebody has to make things happen" and that is exactly what this concept is all about.

The Conference has the principal responsibility for the maintenance of A.A. Delegates act in place of our cofounders, Bill W. and Dr. Bob. That is why delegates represent the majority of voting members at the Conference. But it would be challenging for those 93 delegates from around the U.S. and Canada 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 active responsibility for our affairs. They bring a wealth of professional, life, and A.A. experience to bear on the management of A.A. business. They are responsible for implementing actions taken by the Conference each year and they protect our Twelve Traditions and Twelve Concepts. They have quarterly board meetings. They also meet several times throughout the year in committees outlined by the A.A. Service Manual. Often, they are asked to serve on special subcommittees that are convened for a special purpose. They truly manage our affairs! Alcoholics Anonymous is blessed by the dedicated servants on our General Service Board.

One of our general service trustees, Deb K., will be speaking at 11:00am on Saturday May 28 at the Gopher State Roundup. This is a great opportunity for many to meet one of our trustees and hear her story. I hope to see you there!

Stacy M., Area 36 Delegate



### Group & Member Services Committee Greater Minneapolis Intergruop Annual Outreach Program

An Invitation to join our Committee!  
Help carry the Intergruop Service message to those who may not be informed what services IG provides.

Become a part of the 2022  
GMSC Group Outreach

Each year we randomly select 70 Groups in the Minneapolis and Suburban Cities to bring a packet of information about how Minneapolis Intergruop reaches the still suffering alcoholic.

We ask members who want to serve on this committee to sign out one group to visit this month, update the group's information on an update form to bring back to the Intergruop office to update the website meeting directory. Leave the packet of information. And you are done!

Stop by the office and a staff member will explain what is expected and assign a group for you to visit.

**Group Visits to be completed by June 30th, 2022. Turn in Group Update Form to the Intergruop Office.**

**Carver, Scott, and  
Hennepin County jail AA  
12th Step Opportunities.  
Now looking for  
volunteers!! Please see the  
Service Opportunities tab  
on [aaminneapolis.org](http://aaminneapolis.org) for  
details.**



April 16, 2022  
To  
September 24, 2022

**MIZPAH UNITED CHURCH**  
**412 5TH AVE NO.**  
**HOPKINS, MN 55343**

Greater Minneapolis Intergroup

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

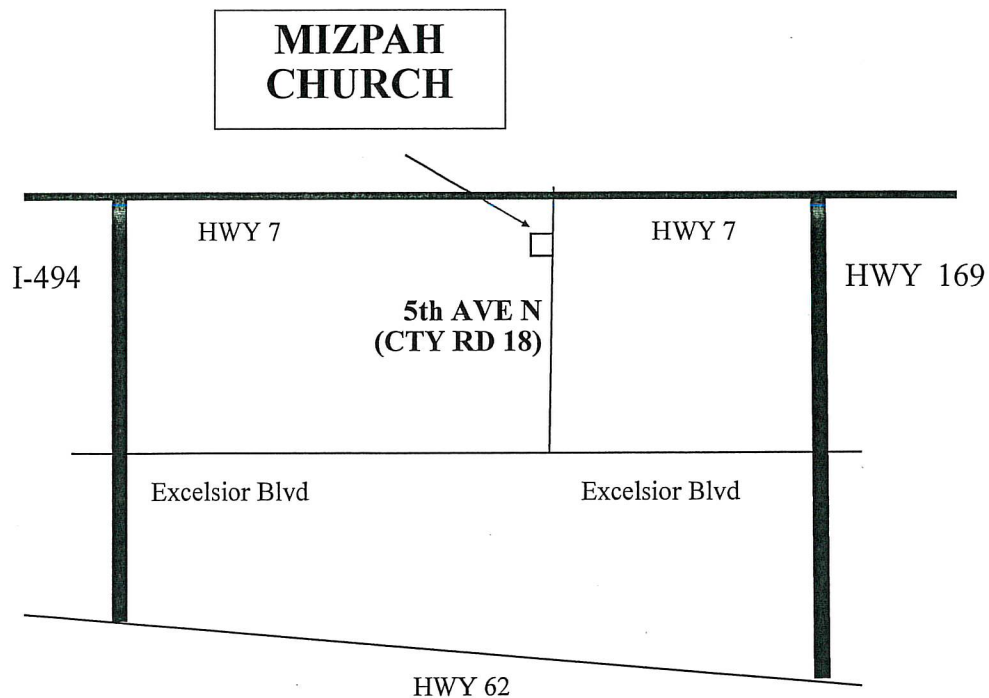
Apr 16	Step One / Tradition One Her Story
Apr 23	Staying Away from the First Drink His Story
Apr 30	Step Two / Tradition Two Her Story
May 7	Importance of Having a Sponsor His Story
May 14	Step Three / Tradition Three Her Story
May 21	Importance of Singleness of Purpose His Story
May 28	Step Four / Tradition Four Her Story
June 4	What are A.A.'s Three Legacies? His Story
June 11	Step Five / Tradition Five Her Story
June 18	The History of A.A. & Its Founders His Story
June 25	Step Six / Tradition Six Her Story
July 2	A.A. Literature—The A.A. Grapevine His Story

July 9	Step Seven / Tradition Seven Her Story
July 16	Self Support and A.A.'s Vital Services His Story
July 23	Step Eight / Tradition Eight Her Story
July 30	Local Service Office - Minneapolis Intergroup His Story
Aug 6	Step Nine / Tradition Nine Her Story
Aug 13	A.A. Service Entities: District & Area His Story
Aug 20	Step Ten / Tradition Ten Her Story
Aug 27	A.A. World Services / General Service Office His Story
Sept 3	Step Eleven / Tradition Eleven Her Story
Sept 10	Anonymity as a Spiritual Principle His Story
Sept 17	Step Twelve / Tradition Twelve Her Story
Sept 24	Importance of Having an A.A. Home Group His Story

**GENERAL DIRECTIONS**  
From Hwy 7 (0.4 miles West of 169)  
Turn South onto 5th Ave N,  
Go 1/2 block to 412 5th Ave N,  
Mizpah Church is on the right  
**Map: [www.aaminneapolis.org](http://www.aaminneapolis.org)**  
**Intergroup: 952.922.0880**

**Revised 2/17/22**

**Meeting Location:**  
Mizpah United Church of Christ  
412 5th Ave N  
Hopkins, MN 55343



**GENERAL DIRECTIONS**

From Hwy 7 (0.4 miles West of 169)

Turn South onto 5th Ave N,

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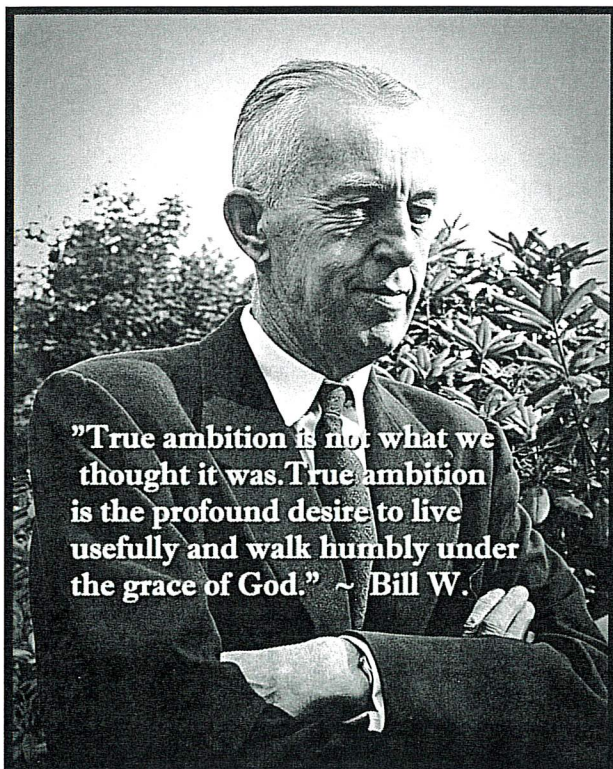
## ***The Twelve Traditions - How They Apply In Our Lives***

### **From the Traditions Checklist 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. Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club for AAs 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. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

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Go to [aaminneapolis.org](http://aaminneapolis.org)

and hit the yellow contribute button  
to sign up!

## **JOIN THE FAITHFUL FIVERS!**



"When we meet and defeat the temptation to take large gifts, we are only being prudent. But when we are generous with the hat, we give a token that we are grateful for our blessing and evidence that we are eager to share what we have found with all those who still suffer."

- Bill W.

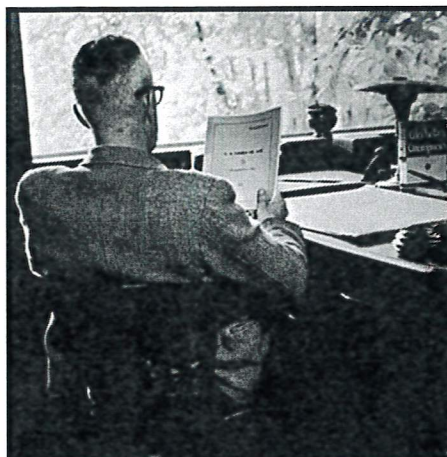
Reprinted from *The Language of the Heart*  
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**Thank you for your  
generous support!**



## Living Sober

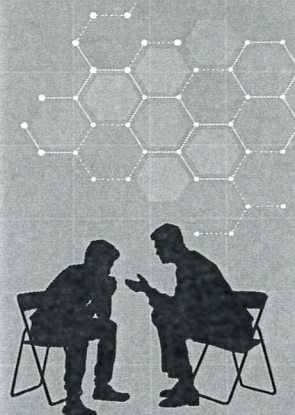
### Grapevine Book of the Month: The Language of the Heart (SC)



## THE LANGUAGE OF THE HEART

Bill W's  
Grapevine Writings

### How A.A. Members Cooperate with Professionals



Cooperation,  
but not affiliation.

### AA Book of the Month: Living Sober (LP)

### A.A. Pamphlet of the Month: How A.A. Members Cooperate with Professionals

## Group Contributions - April 2022 Thank you all, in the Spirit of Hope.

2218 Squad 1 Depth and Weight  
4th Step Workshop  
7-Hi Group  
A New Day Lakeville  
Andover Alano Squad 4  
Andover Alano Squad 9  
As Bill Sees It - Delano  
Back To Basics Women's Grp at St  
Luke's  
Bar None Tues/Thurs Groups  
Basic 12 Group  
Basic Principles  
Basic Twelve & Twelve  
Blaine Alano Squad 10  
Bloomington Groups  
Boiler Room Men's Group  
Bridge to Shore  
By The Book AA  
Crushed Grapes  
Dakota Alano Thurs Mens Grp  
Design for Living BB Study

Desire Meeting  
Dynamic Women's Group  
Early Risers Group  
Fairview Riverside AA  
Foreword XIX Group  
Foxhall Chapter 7 Group  
Friday Night Shift  
Golden Valley Group  
Groveland Group  
Happy Destiny  
Hit Squad - H-2  
Hope AA - Richfield  
It Might Have Been Worse  
Kozy's Noon Men's AA  
Ladies Night Happy Hour-Sahara Club  
Lakers Alano  
Lakers Alano Wednesday Group  
Lakers Friday 6.30  
Life is Good AA Group  
Lost & Found Step Grp Zimmerman

Minnetonka Big Book Study Group  
Mixed Hazelnuts Big Book  
Monday Primary Purpose Group  
Monticello Alano Squad 10  
New City Women's AA Group  
Oasis Group -- Shakopee  
Polaris Group  
Rich/Blmngtn Alano Sunday Morn. Spkr  
River Valley AA Group  
Rojo Group  
Rule 62 Cavalier  
Saturday Night Live Group  
Saturday Sisters - Pax Christi  
Senior Men's Barn Group  
Serenity Sisters  
Silver Lake AA Group  
Sober on Saturdays Group  
SOS AA - Minneapolis  
SPD-Tuesday Night Group  
St. Louis Park Sunday Night AA

St. Luke's Mon Nite AA Group  
St. Lukes Saturday Mens Group  
Step Sisters Mon PM  
Stepsisters of Northfield  
Sunrisers (Thursdays)  
TGIF Women's AA Group  
The Contingency Plan  
The Leftovers Squad 17  
Third Tradition Group of AA Northfield  
Three Legacies  
Thursday Open Mtg Isanti Alano Club  
Tonka Alano Society  
Tradition Three Group Waconia  
Turning Point Women's BB Mizpah  
Waconia Friday Nite AA Group  
Watertown AA - Wednesday  
We Think Not  
Wednesday Noon Hope Group  
West Moore Lake AA Group  
Women's AA Group at Elim

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 2022 Basic Twelve & Twelve, Foxhall Chapter 7

\*\*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  
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  
Mizpah United Church of Christ  
412 5th Ave N, Hopkins, MN 55343

**Saturday Night Live** 7:30 AM  
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 17th, 18th, 19th

21st Annual MMAAC

Midwest Motorcycle Alcoholics Anonymous Convention  
Green Lake, WI  
www.mmaac.org

#### June 25th & 26th

4th Annual Emotional Sobriety Conference  
Zoom Only – Meeting ID: 857 8022 4372  
Passcode: 1K1z2L

(see event calendar for details)

#### July 16, 2022

North/South Forum about Remote Communities  
Beyond Language, Culture & Geography: Sobriety Within  
Everybody's Reach

Contact: Regional Forums at GSO: northsouthconnections@aa.org or  
212-870-3400

#### General Service Announcements

##### June 18th

Area Assembly

Committees – 9:30am-11:30am

GSRs/Alts – 10:30am-11:30am (optional)

Area Committee – 12:30pm-5:00pm

Online-go to Area36.org for details

##### July 16th

Recovery, Unity & Service Get Together  
9:00am – 9:30pm

TBD



### INTERGROUP'S 22ND ANNUAL UNITY OPEN HOUSE JOIN US IN CELEBRATING 54 YEARS OF SERVICE SATURDAY AUGUST 6, 2022 9AM - 1PM

9AM-11AM DOUGHNUTS & COFFEE \* 11AM-1PM HOT DOGS & CHIPS  
DUNK TANK—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"

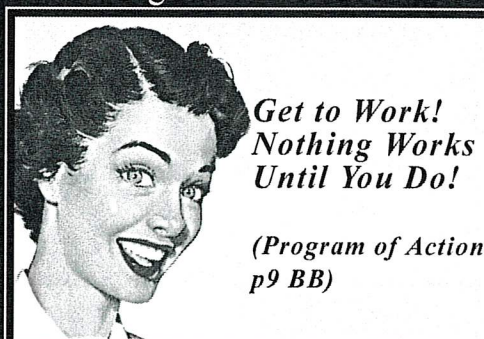


#### GREATER MINNEAPOLIS INTERGROUP

7204 West 27th Street, Suite 113  
St. Louis Park, MN 55426

map & directions at [www.aaminneapolis.org](http://www.aaminneapolis.org)

### Program of Action



*Get to Work!  
Nothing Works  
Until You Do!*

*(Program of Action  
p9 BB)*

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.



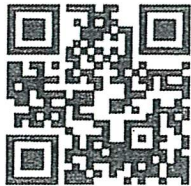
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