

LITTLE WHITE HOUSE NEWSLETTER

Dakota Alano Society

3920 Rahn Road Eagan, MN 55122

651-452-2921 (during meeting times)

www.dakotaalano.org

August 2015



24 Hour a day:

MPLS Intergroup Hotline: 952-922-0880

St. Paul Intergroup Hotline: 651-227-5502



The Dakota Alano Society, Inc was founded in 1978 to serve the needs of men and women who are recovering from the effects of alcohol and drug abuse. As an Alano society, the Dakota Alano provides space for Alcoholics Anonymous and Al-Anon meetings, and hosts at least one group every day of the week. If you are struggling with alcohol or drug addiction, or suffering because a loved one is addicted, please come find a meeting at our house, where you can find others who can help you on the road to recovery.

Do you have a drinking problem? A.A. wants to help if you want help.

Greater Minneapolis Intergroup and St. Paul Intergroup are 2 organizations available to help men and women who might have a drinking problem. They help new members find local meetings of Alcoholics Anonymous in the Twin Cities and surrounding the Suburban Areas. Phones are answered 24 hours a day.
Mpls Intergroup Hotline: 952-922-0880
Saint Paul Intergroup Hotline: 651-227-5502

I am Responsible.

***When Anyone, Anywhere Reaches Out For Help,
I Want The Hand Of A.A. Always To Be There.
And For That, I Am Responsible !***

UPCOMING MEETINGS

Sunday, August 9th, 6:00 p.m.

Take a meeting to Hastings Detox

Meet in the parking lot at 6:00 p.m.
to car pool to Hastings

Sunday, August 16th, 6:00 p.m.

August Board of Directors Meeting

Main room at the White House
Squad leaders are encouraged to attend
All members are welcome to attend

COMING UP IN SEPTEMBER

Dakota Alano Society's
Annual General Membership Meeting
Sunday September 20th
6:00 - 7:30 p.m.

All members are welcome and
encouraged to attend.

Elections of Board members take place at the
Annual General Membership Meeting.

3 regular 3-year terms and
1 vacated 2-year term
are open to be filled.

Qualifications for Board candidates are:
one year of continuous sobriety or one year of
attendance at Alanon, and the ability to attend
monthly Board meetings on the 3rd Sunday of
the month from 6:00 - 7:00 p.m. Willingness to
take on a board responsibility is also required.
Candidates must be present at the Annual
General Membership meeting to be elected to
the Board.

***If you have an interest in serving on the
DAS Board of Directors please contact a
current board member.***

MONTHLY HOUSE CLEANING

A Reminder to All Groups and Squad Leaders

Please be sure clean-up is done after every meeting. This includes washing out coffee pots, wiping down kitchen counters and tables in the main room and taking out the garbage. It is ultimately the Squad Leaders responsibility to make sure these tasks are completed.

In addition, each meeting group is responsible for a thorough cleaning of the White House during one assigned month of the year.

Upcoming Cleaning Schedule

August	Tuesday	7:30 p.m.
	Wednesday	6:00 p.m.
Sept	Tuesday	6:00 p.m.
	Sunday	4:00 p.m.
October	Thursday	7:30 p.m.

Cleaning supplies are kept under the sinks in the kitchen and both bathrooms. The House has a vacuum cleaner, and additional cleaning equipment is stored in the front entry closet.

Monthly House Cleaning consists of:

- Vacuum all carpets:
upstairs, downstairs, and stairway
- Vacuum and/or shake out mats in kitchen, hallway and bathroom
- Vacuum & damp mop linoleum floor (with Swiffer mop in front entry closet)
- Clean both bathrooms
- Clean kitchen sink and counter tops
- Wash all coffee pots
- Wipe down all tabletops in all rooms

The Board and all members of the Dakota Alano Society appreciate each group's efforts to keep the White House clean. By pitching in to keep the house clean you are doing valuable service work, and maintaining a pleasant environment for our meetings.

Thank You !!

SQUAD LEADER REMINDERS

Now That It's Summer . . .

Please remember to check and lock ALL windows, both upstairs and on the main level.

Squad Leaders are also asked to make sure that ALL doors are locked at the end of their meetings.



! Check the Website !

Please check out the **Squad Leaders News** page @ **www.dakotaalano.org**

This page will be kept up to date with reminders, upcoming Squad Leader meetings and messages for you to relay to your group.

You can also find a copy of the current Squad Leader Guide on the website, which contains information on group leader and treasurer responsibilities, sample meeting agendas and readings, info and directions to Hasting Detox, monthly cleaning schedule, and a **bunch** more stuff, so check it out!

and Check Your Mailbox

Squad Leaders are requested to check their mail slots on a weekly basis for squad leader and Dakota Alano news. Mail slots are located in the kitchen on the wall between the bathroom and the side room, above the counter. Pre-printed donation envelopes are provided in the mail slots, along with flyers and any postal service mail for your meeting.



**Thank You to All Squad Leaders
and Treasurers
for Your Service Work !**

Recovery Meetings & Events

15th Annual Greater Minneapolis Intergroup Unity Open House

*An opportunity for all AA members to connect
into service.*

Saturday, August 15th

9:00 a.m. - 1:00 p.m.

9:00 - 11:00 - Donuts & Coffee

11:00 - 1:00 - Hot Dogs & Chips

Kids fun area all morning

Learn about various service opportunities:

Daytime Phones, Group Phones,

Early Birds and Night Owls,

Southern Minnesota Area 36 Temporary

Contact Program and Correctional Facilities

Contact Program.

7204 West 27th Street, Suite 113

Saint Louis Park, MN 55426

www.aaminneapolis.org

Saint Paul Intergroup

Ice Cream Social & Long Timers Recognition

*Ice cream social and recognition of those with
more than a quarter century of continuous
sobriety*

Saturday, August 22nd

4:00 - 6:30 p.m.

The Recovery Church

253 State Street South

St. Paul, MN 55107

www.aastpaul.org

Dakota Alano 6:00 pm Beginner's Meeting

There Is A Solution

Speaker Meeting every Saturday at 6 pm

☼ ☼ **1st Saturday of the month** ☼ ☼

Potluck at 5 pm

Speaker at 6 pm

Next Potluck: Sept 5th

DAS Service Opportunities

Take a meeting to Dakota County Jail

Third Saturday of the Month

12:45 pm Arrival 1:00 - 2:00 pm Meeting

Format: Big Book, 12x12 or Your Story

2 people needed: 2 men or 1 man/1 woman

Must have 6 months of sobriety and can not
have been incarcerated at this facility.

Organized by the Saturday 6 pm meeting.

**For more information or to sign up for the next
available meeting contact Sheryl S:**

952-346-4809

sasaunders@live.com

Take a meeting to Hastings Detox

Second Sunday of the Month. 7pm

Every 2nd Sunday of each month, the Dakota Alano sponsors a 7pm meeting at Hastings Detox. Volunteers from all groups meet at the house and carpool to Hastings at 6:15 pm. This is an opportunity to carry the message and to introduce detox residents to the AA program. There are no sobriety requirements or credentials for volunteers. Meetings last no longer than 1 hour.

Take a meeting to Ramsey Co. Detox

Fourth Wednesday of the Month

Contact Lee G for details: 612-202-1013

STEP EIGHT

Made a list of all persons we had harmed and became willing to make amends to them all.

As I continue to live each twenty-four hours in the Fellowship of Alcoholics Anonymous and attempt to practice its principals in all my affairs, one Step seems to play an increasingly important role in my life and in my relationships with others. This quiet but potent Step is Step Eight.

Many people, myself included, tend to lump Steps Eight and Nine together. By doing this, I never really achieved even a glimmer of the humility and love that Step Eight has to offer. Being a person of impatient actions, I was off and running on Step Nine with a simple list of names tightly grasped in my sweaty hand and a bad case of false humility to go along with it. Needless to say, I came home each evening with a battered sense of justice and my tail tucked underneath me.

As usual, I did not read all the words contained in the Step, and, just as I had done in Step One, I read only the first half before jumping to my next Step. The resulting self-induced pain has, however, taught me much about myself and the principles of this simple program.

Going back to Step Eight, I read the words at last, "...became willing to make amends to them all." As I began to absorb what was being said to me, and as I reviewed the first seven Steps leading up to this one, It suddenly became clear what the message was for me and what the hasty mistake of impatient interpretation had cost me in serenity. The word "identify" held the key to my success with this Step. To become willing means to become willing to identify myself in others. I had been using Step Eight not as preparation for Step Nine, which is the carrying out of that willingness, but as a hiding place for my own real fear of my true shortcomings. The purpose of Step Eight for me is not to hide but to identify. In order not to identify, I either condemned or forgave as if I were some kind of standard for comparison. In this Step I receive the humility to "Identify," to see myself in others and to share their burdens and difficulties by sharing myself. In this Step I truly join the human race.

- Continued next column

TRADITION EIGHT

Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

Tradition Eight - The Long Form

Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. Twelfth Step work is never to be paid for.

My identification becomes my freedom – freedom from fear and anger. When I can identify my own shortcomings in another, the battleground between us is removed.

I cannot make amends when I am still condemning or forgiving myself or the one I am making amends to, because of the judgment this implies. I have always found condemnation to be a lonely road and have always found forgiveness to be a confusing and impossible task. When I forgive someone I guess what I really mean to say is that I admit I judge others. Forgiving and condemning are God's business, not mine. Only he has the mercy to judge and accept at the same time. My job is to achieve enough humility to see myself in others and to accept both myself and others, by identifying. The willingness to make amends will grow from this act of love. When I become "willing to make amends to them all" I am saying to them, "your pain is my pain; when I hurt you, I hurt myself; I will try not to hurt you anymore."

When I have achieved this kind of willingness to identify, my Higher Power has always set up my amends and allowed both of us to grow from the love involved in such an act.

- E. C., Bowling Green, KY. *The Lifeline*, August 2012
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