

LITTLE WHITE HOUSE NEWSLETTER

December 2015

Dakota Alano Society

3920 Rahn Road Eagan, MN 55122
651-452-2921 (during meeting times)
www.dakotaalano.org

24 Hours 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, December 13th, 7:00 p.m.

Take a meeting to Hastings Detox

Meet in the parking lot at 6:15 p.m.
to car pool to Hastings

Sunday, December 20th, 6:00 p.m.

December Board of Directors Meeting

Main room at the White House

Squad leaders are encouraged to attend

All members are welcome to attend



Dakota Alano Society's 5th Annual *New Year's Eve Celebration*

**Thursday, December 31st, 9:00 p.m. -
Friday January 1st, 12:30 a.m.**

Fellowship for New Year's Eve will begin
at the House immediately following the
Thursday 7:30 p.m. Men's meeting.

Watch for a flyer with more details
to be posted soon!

Happy Holidays!

For information about meetings and events,
and tips for staying sober during the Holidays,
See pages 3 & 4 of this newsletter.

SQUAD LEADER REMINDERS

Squad Leaders and groups are reminded to clean up at the end of each meeting. It is the Squad Leader's responsibility to see that the house is left in good condition for the next meeting.



! Check the Website !

Please check out the [Squad Leaders News](http://www.dakotaalano.org) page @ www.dakotaalano.org

and Check Your Mailbox

Squad Leaders are requested to check their mail slots on a weekly basis for squad leader and house news.



TREASURER REMINDERS

Group treasurers are reminded that the preferred method for making group donations is via check, payable to the Dakota Alano Society, Inc. Checks should be placed in a donation envelope in the Treasurer's mail slot in the kitchen. Writing a check decreases the risk the group's donation funds will be stolen. Group treasurers are requested to make their donations to the House **weekly** whenever possible. Pre-printed donation envelopes are in each groups mail slot in the kitchen.

A REMINDER TO SMOKERS . . .

Smoking is prohibited within 25 feet of the front door of the White House.

Members are requested to **NOT** smoke on the front porch or steps of the house.

Thank you for being considerate of others.

A reminder to all groups -

MONTHLY CLEANING SCHEDULE

Each meeting group is responsible for a thorough cleaning of the White House during one month of the year.

Upcoming Cleaning Schedule

December	Wednesday	8:00 p.m.
January	Thursday	11:45 a.m.
	Saturday	6:00 p.m.
February	Thursday	8:00 p.m.
	Alanon	

The suggested time for monthly cleaning is before or after your regular group meeting time. Allow adequate time to complete the tasks listed below.

Cleaning supplies are kept under the sinks in the kitchen and both bathrooms. The House has a vacuum cleaner, and there is additional cleaning equipment 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. Thank You !!

Holiday Recovery Events

Dakota Alano 6pm Beginner's Meeting
There is A Solution

December Potluck and Speaker Meeting

Saturday, December 5th

5:00 p.m. Potluck

Bring a dish to share if you'd like

6:00 p.m. Speaker

www.dakotaalano.org

Speaker Meeting EVERY SATURDAY at 6pm

Greater Minneapolis Intergroup
Winter Open House

Celebrating the Gift of Recovery

Saturday, December 19th

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

9 - 11 - Breakfast Goodies

11 - 1 - Appetizers

Greater Minneapolis Intergroup
7204 West 27th Str., Suite 113
St. Louis Park, MN 55426
www.aaminneapolis.org

Need a meeting during the Holidays?

The Dakota Alano has 17 AA meetings, 1 Alanon meeting, and 1 Fellowship gathering each week. That's a total of 19 mtgs per week and 18 phone lists! **And** there is a Speaker meeting every Saturday at 6pm.

There will be 83 meetings at the Dakota Alano in the month of December, PLUS a Potluck & Speaker on the 6th, PLUS a meeting at Hastings Detox (12/13), PLUS a Board meeting (12/20), **PLUS** a New Year's Eve Celebration. See you there!

Dakota Alano Society's 5th Annual
NEW YEAR'S EVE CELEBRATION

Thursday, December 31st

9:00 p.m. - 12:30 a.m. (Jan 1st 2016)

Bring a dish to share if you'd like.

Watch for a flyer to be posted soon.

Greater Minneapolis Intergroup
New Year's Eve - Pass It On Marathon

Thursday, December 31st

7:00 p.m. - 12:30 a.m. (Jan 1st 2016)

Speaker, Candlelight Meetings, Game Room, Dance, Food for purchase, Cookies & Coffee

8:00 p.m. Speaker: Graham W., Plymouth, MN

9:30 - 12:30 Dance

Tickets: \$7 in advance - \$10 at the door

De La Salle High School
1 De La Salle Dr. Minneapolis, MN 55401
www.aaminneapolis.org

St. Paul Intergroup
New Year's Eve Celebration

Thursday, December 31st

7:00 p.m. - 12:00 Midnight

Speaker, Marathon Meetings, Dance, FOOD

Location: TBD

www.aastpaul.org

Check out the Intergroup websites for additional events: www.aastpaul.org, www.aaminneapolis.org

SOBER FOR THE HOLIDAYS

One of the most difficult times of the year for those recovering from alcoholism are the winter Holidays. If you find yourself struggling during the Holiday season, please remember that you are not alone. Help is only a phone call or a meeting away! Here are some helpful and practical tips to keep you from taking that first drink. *(wisdom shared over the years from one member to another)*

1. Plan Each and Every Day of Your Holiday.

Plan to spend the majority of your time with friends and family who are supportive of your recovery. If you are required to be present for a social gathering where alcohol is being served, bring a fellow AA member with you. Plan fun events and outings to replace your old drinking rituals.

2. Find an A.A. Sponsored Event in Your Area.

During the Holiday season, some AA groups hold a marathon of meetings (sometimes called an "Alkathon"). It is a time when the members of Alcoholics Anonymous gather together to celebrate their recovery from alcohol addiction. Many AA groups have meetings on the hour every hour to share their experience, strength and hope. If you are a member of the fellowship or think that you might have a problem with alcohol, you are welcome to attend. Check with Intergroup to find an AA sponsored event in your area. (see bottom of right column)

3. Ask for Support from Your Family and Friends.

Those who are truly supportive of your recovery will be happy to help you throughout the holidays. Be up front and tell them your concerns.

4. Have a List of at Least Ten People you can call if you feel the Urge to Drink.

Make a list and check it twice. Carry your cell phone and your list of names at all times. The urge to drink is very powerful and can come on unexpectedly.

5. Don't Forget about Regular Exercise.

Regular exercise is an essential component of any balanced recovery program. If you have extra time on your hands, it is a great idea to get out and exercise. Examples include running, skating, cross country skiing, stretching, yoga, swimming, or just going for a walk around the block instead of napping.

6. Stay Away from Slippery Places.

There is absolutely NO reason to EVER check out your former favorite drinking establishments! It is very likely that your old drinking buddies are still there and are still telling the same old (boring) stories.

7. Create New Traditions to Replace Your Old Drinking Patterns.

Try something totally different during the Holidays. Buy a new board game; take the family on a sleigh ride; prepare a family power point presentation. Use your imagination, be creative and have fun.

8. Write out a Daily Gratitude List.

The quickest cure to get you out of the Holiday Blues is by counting your blessings. Be grateful for what you have by writing out a gratitude list every morning. Don't stop writing until you have at least 10 items on your list.

9. Volunteer your Services to a Charitable Organization

There are many people in your community who are homeless and hungry. Why not volunteer to work at a soup kitchen or at a special Holiday dinner for those less fortunate than you? You will be helping not only the needy but yourself!

10. Write a Letter to yourself about How I Stayed Sober over The Holidays.

The act of writing your ideas on paper is very powerful. Write down all the activities and events that will help you have healthy, happy, sober Holiday season. Now take action on them and make this letter come true!

11. Avoid H.A.L.T. (Hungry, Angry, Lonely, Tired)

There are very simple solutions for all of the above items. If you are hungry, get something to eat. If you are angry, talk to somebody about it. If you are lonely, go to a meeting or call a friend. If you are tired, get a good night's sleep.

12. Live One Day at a time and Enjoy your Sobriety!

Stay in the moment. Have present time consciousness. Be in the now. These are all different ways of telling you to live 1 day at a time. Never mind about what happened or what could happen. Enjoy today. Live today. Celebrate your sobriety!



24 Hour a day:

MPLS Intergroup Hotline: 952-922-0880

St. Paul Intergroup Hotline: 651-227-5502

In Memory of Mark S. Miller

Star Tribune Obituary, published December 1st 2015

Miller, Mark S. Age 64 of Eagan; passed Nov. 27, 2015.

He is survived by his partner, Linda Melena; children, Jesse Miller (Abby) and Karen Collins (Rick); their mother, Kris Miller; sister, Judy Erickson (Todd); beloved grandchildren, Cole and Brita Collins; niece and nephews, Elise and Conner Erickson, and Luke Cassell. Mark attended Edina H.S. and graduated from St. Cloud State with a BS in Education, and the University of Minnesota with a BS in Accounting. Following his work with Taylor McCaskill and Robert Half, Mark partnered with fellow CPA, Linda Melena, and established the accounting firm Miller, Melena & Company, which continues to provide service today. The love and respect forged in that partnership provided a strong foundation throughout the years, and it was a job he loved. Mark was a brilliant, gregarious, good-hearted man. He greatly enjoyed his two grandchildren, fishing at Lake of the Woods, and being the entertainer at family events.

Mark will always be remembered for his tremendous pride in Jesse and Karen, his boundless love for Cole and Brita, his quick wit, his keen observations, his sense of humor and his unparalleled skill as a baby-whisperer. He also had the uncanny ability to be both entertaining and exasperating at the same time - he was truly one of a kind. Mark is now at peace and will be greatly missed.

Memorial service to be held at 6 pm, following the 5pm visitation, on Friday Dec. 4, 2015 at Washburn-McReavy Edina Chapel, 5000 W. 50th St., Edina.

Memorials preferred to The Brain & Behavior Research Foundation, and The Animal Welfare Institute.



"Mark will be missed terribly by all who knew and loved him. I considered him one of my most trusted friends and advisors. His humor was as large as his heart. You could not get away with much around Mark, he called it like it was. He cherished his grandchildren and took every opportunity to proudly show pictures and videos of them taking their first steps, showing off a new hat, and speaking their first words. Mark had a special talent for helping those who were suffering. He truly was one of a kind. May he rest in peace until we meet again."

~ Kathleen W

As a Friend of Bill W's and a long-time member of the Little White House, Mark touched many lives. He will be greatly missed.

STEP TWELVE

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

The Principle of Step Twelve: **SERVICE**

Suggested Speaker Tape of the Month:

Don C.

Colorado Springs, CO 9/19/2002

Don shares how AA's principles transcend cultures and how he discovered AA's twelve steps within his own Native American spiritual beliefs. Don reminds us that sobriety is not only abstaining from Alcohol; but an opportunity for healing and hope within our lives.

Link:

<http://recoveryspeakers.com/don-c-colorado-springs-co-9192002/>

Or go to recoveryspeakers.com - search Don C

RecoverySpeakers.com is a website dedicated to preserving the audio history of 12 step fellowships. Their library spans eight decades and includes popular conference speakers, international conventions, as well as, CA and NA speakers. Each month the newsletter will highlight a speaker tape from this website.

"Whether you are just beginning the recovery process or have been sober for many years you're sure to find the support you need from this extensive array of speakers." RecoverySpeakers.com

TRADITION TWELVE

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

This Tradition reminds us that anonymity means more than just not using our last name in public, it has a deeper spiritual significance in that it's calling us to renunciation. Normally alcoholics would rebel at that word, it sounds so harsh, and after all, aren't I the Center of the Universe? But in Alcoholics Anonymous we learn to give up a little something. We give up the need to always stand out by keeping our unity in mind, we give up the need to always be right when we listen to God speak in the group conscious, we give up jockeying for money, power, position, we give up being the face of AA in print, radio, and films. We give up looking for controversy, just to stir the pot a little.

We place emphasis on spiritual principles rather than personalities. Whether it's the Cranky Old Timer (COTS) who insist it's "My way or the highway!", the clueless newcomer who does know everything, the addict who wants to come hang out, the Guru Sponsor and his little collection of sponsees, the DCM who believes the district will fall apart at any moment, there is a loving God as we understand him watching over the whole crazy, kooky, nutty bunch of us. And that's how this thing works.

Bill W. The Grapevine, November 1948