

LITTLE WHITE HOUSE NEWSLETTER

Dakota Alano Society

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

January 2016

24 Hours a day:

MPLS Intergroup Hotline: 952-922-0880
St. Paul Intergroup Hotline: 651-227-5502



Happy Sober New Year!

Step One -

We admitted we were powerless over alcohol -
that our lives had become unmanageable.

Tradition One -

Our common welfare should come first;
personal recovery depends upon A.A. unity.

Tradition One - Long Form

(from Twelve Steps and Twelve Traditions)

Each member of Alcoholics Anonymous is
but a small part of a great whole. A.A. must
continue to live or most of us will surely die.
Hence our common welfare comes first. But
individual welfare follows close afterward.

Concept One -

(from the pamphlet The Twelve Concepts for World Services)

Final responsibility and ultimate authority for
A.A. world service should always reside in the
collective conscience of our whole Fellowship.

UPCOMING MEETINGS

Sunday, January 10th, 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, January 17th, 6:00 p.m.

January Board of Directors Meeting

Main room at the White House

Squad leaders are encouraged to attend

All members are welcome to attend

Just a reminder . . .

to all squad leaders and groups:

Please help shovel the walk and steps
when it snows.

Salt is available in the front closet.

Thank you!



SQUAD LEADER REMINDERS

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

January	Thursday	11:45 a.m.
	Saturday	6:00 p.m.
February	Thursday	8:00 p.m.
March	Friday	6:00 p.m.
	Friday	8:00 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

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.

January Recovery Events

Dakota Alano 6:00 pm Beginner's Meeting

There Is A Solution

Speaker Meeting every Saturday at 6pm

Potluck the first Saturday of each month.

Next potluck is Saturday, February 6th



Bloomington Alano

4th Step Workshop

6 Tuesdays starting January 19th, 2016

7:00 - 8:30 pm

Bloomington Alano

2062 West 98th Street, Bloomington MN

6 blocks West of 35W and 98th Street

1 block East of Penn

More info, and to register, contact

Simone: 651-324-0888

Cathy: 763-301-0343

www.aastpaul.org



Winter Men's Retreat

Trudging the Road to Happy Destiny

Friday, Jan. 29th - Sunday, Jan. 31st

Registration Deadline: Jan 12th

Anderson's Horseshoe Bay Lodge on

Leech Lake, near Walker MN

For more information and to register:

www.trhdretreat.org

34th Annual

Recovery, Unity & Service Conference

Our Spiritual Way of Life

12 Steps, Traditions and Concepts

Friday, Jan 15th, 7:00 PM –

Sunday, Jan 17th 12:00 PM

DoubleTree Park Place Hotel

1500 Park Pl Blvd, Saint Louis Park, MN

More info: www.area36.org, www.aastpaul.org



Twelve Concepts Monthly Study

AA's Twelve Concepts for World Service

This study will focus on:

- *The stated purpose of each Concept*
- *The spiritual awakening possible through practice of each Concept*
- *The challenges each Concept presents for today's trusted servants*

Study Group meets the last Saturday of each month from 10:30 a.m. - 12:30 p.m.

First Meeting: Saturday, January 30, 2016

Third Tradition Group

416 Odd Fellows Ln, Northfield, MN 55057

(Across Highway #19 from the POST Cereal plant)

www.aastpaul.org



33rd Annual Gratitude Night!

Saturday February 27th, 2016

6:30 - Midnight

Social Hour, Music, Speakers, Dance

Minneapolis Convention Center

www.aaminneapolis.com

STEP ONE : HITTING BOTTOM

"We admitted we were powerless over alcohol - that our lives had become unmanageable.

Why all this insistence that every A.A. must hit bottom first? The answer is that few people will sincerely try to practice the A.A. program unless they have hit bottom. For practicing A.A.'s remaining eleven steps means the adoption of attitudes and actions that almost no alcoholic who is still drinking can dream of taking. Who wishes to be rigorously honest and tolerant? Who wants to confess his faults to another and make restitution for harm done? Who cares anything about a Higher Power, let alone meditation and prayer? Who wants to sacrifice time and energy in trying to carry the A.A.'s message to the next sufferer? No, the average alcoholic, self-centered in the extreme, doesn't care for this prospect - unless he has to do these things in order to stay alive himself.

Under the lash of alcoholism, we are driven to A.A. and there we discover the fatal nature of our situation. Then, and only then, do we become open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything that will lift the merciless obsession from us.

- Twelve Steps and Twelve Traditions, p. 24

Suggested Speaker Tape of the Month:

Julie L.

Los Angeles, CA. 11/15/2014

39th Auburn Fellowship Anniversary

Julie describes her journey from isolation to a true worker among workers in the fellowship of AA. Her spiritual experience and personality change have made it possible for her to form true relationships based on love and respect rather than selfishness.

Link:

<http://recoveryspeakers.com/julie-l-from-los-angeles-ca-at39th-auburn-fellowship-anniversary-11152014/>

Or go to recoveryspeakers.com - search Julie L

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 ONE & A.A. UNITY "The unity of Alcoholic Anonymous is the most cherished quality our society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly." (*Twelve Steps and Twelve Traditions, pg 129*)

"Probably no society places a higher value on the personal welfare of the individual member than does A.A. But long ago we found that the common welfare had to come first; without it there could be mighty little personal welfare. We found that there were forces among us that could threaten us ... There were the desires for power, for domination, for glory and for money. They were all the more dangerous because they were invariably powered by self-righteousness, self justification and the destructive power of anger, usually masquerading as righteous indignation.

Pride and fear and anger - these are the prime enemies of our common welfare. True brotherhood, harmony and love, fortified by clear insights, and right practices are the only answers. And the purpose of A.A.'s traditional principles is to bring these forces to the top and keep them there. Only then can our common welfare be served; only then can A.A.'s unity become permanent.

(Adapted from *Alcoholics Anonymous Comes of Age*, pp. 97-98, Reprinted A.A. Lifeline, January 2012)