

LITTLE WHITE HOUSE NEWSLETTER

Dakota Alano Society

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

AUGUST 2013



24 Hours a day:

MPLS Intergroup Hotline: 952-922-0880

St. Paul Intergroup Hotline: 651-227-5502

UPCOMING MEETINGS

Sunday, August 11th, 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 18th, 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

UPCOMING EVENTS

**St. Paul Intergroup Ice Cream Social
& Long Timers Recognition**

Saturday August 24th
4:00 p.m. - 6:30 p.m.

*Recognize those with more than a quarter
Century of Sobriety*

The Recovery Church
253 State Street, St. Paul MN 55107
www.aastpaul.org - upcoming events

32nd Annual
Al-Anon/Alateen Fellowship Weekend

Practice Makes Progress
Friday August 30th - Saturday August 31st
Doubletree Park Place Hotel
Saint Louis Park, MN
www.al-anon-alateen-msp.org



23rd Annual Heartland Roundup

Experience the Serenity

Friday Sept 6th - Sunday Sept 8th
Northern Pines Assembly Grounds
Fish Hook Lake, Park Rapids MN
www.heartlandroundup.org

55th Annual Southern MN Roundup

We are Going to Know a New Freedom
Friday Sept 6th - Sunday Sept 8th
Best Western, North Mankato MN
mankatoaa.org

Dakota Alano Society's
Annual General Membership Meeting

Sunday, September 15th
6:00 - 7:30 p.m.
Main room in the White House
All members are encouraged to attend

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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MEETING ANNOUNCEMENTS



Did You Know? The Dakota Alano offers a

Dual Recovery Anonymous (DRA) Meeting

Saturdays at 4:00 p.m.

The purpose of the dual recovery meeting is to support those affected by both chemical or alcohol dependency *and* an emotional or psychiatric illness.

The Dual Recovery Program is based on the principles of the Twelve Steps and the personal experiences of men and women in dual recovery.

This is an OPEN, MIXED meeting.
Anyone may attend. Come try this meeting out!



The Saturday 6:00 p.m. Meeting is always looking for speakers.

If you would be willing to share a short version of your story please sign up on the sheet posted on the door to the kitchen, or attend the meeting and talk to the Trusted Servant.

(You can do it, it's easy! No podium, no microphone, you don't even have to stand up in front)



The Friday 6:00 p.m. Meeting is offering a Beginner's Small Group Meeting after the break for anyone new to A.A. who wishes to have an introduction to A.A.

*The Beginner's Meeting meets upstairs after
the meeting break.*

REGARDING HOUSE SECURITY

BREAK-IN AT THE HOUSE

7/17 - 7/18

The Board of Directors continues to have concerns about the security of the Alano House. A break-in occurred between Wednesday evening, July 17th and Thurs. morning, July 18th. The front door was the apparent entry point of the break-in and sustained damage. No other damage and no theft was discovered. A police report was made at the request of the church.

Additionally, there have been reports of an individual sleeping on the front porch of the House.

All Squad Leaders and meeting attendees are requested to keep an eye out for unusual activities and doors left open. Members should not hesitate to contact a DAS Board member or call the Eagan Police if they noticed any suspicious behavior, unusual activity or evidence of a break-in or damage to the House. Any member who notices something worth reporting but does not wish to contact the Eagan Police, should notify a Board Member as soon as possible. Board phone numbers are listed on the bulletin board in the kitchen.

This is a good time to remind Squad Leaders to be diligent about checking to make sure the House is locked and secure upon leaving, and that keys to the House should never be loaned out.

Thank you for your cooperation!

ATTENTION SQUAD LEADERS

Did you know???

Your new Group Leader Guide contains the following information:

- Group Leader Responsibilities
- Rules for the White House
(hours of operation, use of the grounds in cooperation with the church, general guidelines for keeping the House clean and secure, parking guidelines, etc.)
- Sample meeting and group conscious agendas
- AA Preamble and Opening Statement
- How It Works and The Serenity Prayer
- 12 Traditions of A.A. and of Al-Anon
- Al-Anon and ACOA meeting information
- Group Financial Responsibilities
- Monthly Cleaning Schedule
- Key Distribution Policy
- Information/directions to Hastings Detox
- Addresses for Intergroup, Districts & Areas
- Pledging Information
- Meeting Schedule
- Guidelines for starting a new meeting
- The By-Laws of Dakota Alano Society, Inc.
- Articles of Incorporation of the DAS, Inc.
- 12 Concepts of World Service, adapted for the DAS, Inc.

Remember that monthly board meetings are the 3rd Sunday of each month at 6:00 p.m. Squad Leaders are encouraged to attend. A list of upcoming Board meetings is posted on the bulletin board in the kitchen.

CLEANING HOUSE

Did you know that each meeting group is responsible for a thorough cleaning of the White House during one month of the year?

Upcoming Cleaning Schedule

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

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 two vacuum cleaners, and there is additional cleaning equipment in the front entry closet. If you know your group is going to clean and supplies are needed, please call Brad C (612-270-8238).

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 !!