

# LITTLE WHITE HOUSE NEWSLETTER

## Dakota Alano Society

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

OCTOBER 2013



**24 Hours a day:**

MPLS Intergroup Hotline: 952-922-0880

St. Paul Intergroup Hotline: 651-227-5502

## UPCOMING MEETINGS

**Sunday, October 13th, 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, October 20th, 6:00 p.m.**

*October Board of Directors Meeting*  
Main room at the White House  
Squad leaders are encouraged to attend  
All members are welcome to attend



## UPCOMING EVENTS

**Southern MN Area Assembly (area 36)**

**Saturday Oct. 19th, 9 a.m. - 5 p.m.**

Holiday Inn  
1701 4th Street N.W.  
Austin MN  
[www.area36.org](http://www.area36.org) - the area calendar

**31st Annual St. Cloud Roundup**

*A New World Came Into View*  
**Friday Oct. 25th - Sunday Oct. 27th**  
River's Edge Convention Center  
10 Fourth Ave S.  
St. Cloud MN  
[www.stcloudroundup.org](http://www.stcloudroundup.org)



**Saint Paul Intergroup  
Annual Gratitude Night**

*Open Speaker Meeting with Bill C from MN*

**Saturday, November 23rd**

**7:00 - 10:00 p.m.**

The Recovery Church  
253 State Street  
Saint Paul, MN 55107

**Founder's Day Weekend**

*Celebrating 73 Years of AA in the Upper  
Midwest and Honoring AA Members  
With One Year of Sobriety*

**Friday Nov. 29th - Sunday Dec. 1st**

Doubletree Park Place Hotel  
Saint Louis Park, MN  
[www.foundersdaymn.org](http://www.foundersdaymn.org)

**NEW DAS BOARD OF DIRECTORS**

5 New Board members were elected to the Dakota Alano Society's Board of Directors at the 2013 DAS Annual General Membership meeting on September 15th.

An additional Board member was appointed to the Board at the September Board meeting on the 22nd to fill a newly vacated Board position. Officers were elected and Board positions assigned at the September meeting. Advisory Board members were also elected.

***Congratulations to the new Board!!***

A sincere **Thank You!** is deserved by all departing Board and Advisory Board members for your dedicated service work:

Mark W

Rick F

Tim K (advisory board)

Gary S (advisory board)

Ellen J (advisory board)

Katie P (volunteer secretary)

(departing board but moving or returning to advisory board)

Rob M

Dan C

Susan H

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**2013 - 2014 DAS Board of Directors**

<b>President</b>	Brad C
<b>Vice President</b>	Mary Jo C
<b>Treasurer</b>	Julie O
<b>Secretary</b>	Martha D
<b>Asst. Treasurer</b>	Mike F
<b>House Security</b>	Lonnie L
<b>Supplies</b>	Michon P
<b>Maintenance</b>	Rusty S
<b>Publishing</b>	Michelle P

(VP is now in charge of Lit. & Medallions, Secretary is in charge of Archives)

**2013 - 2014 Advisory Board**

Rob M

Mary C

Dan C

Susan H

*A new Board contact list will be posted in the kitchen.*

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***Without volunteers to serve on the Board of Directors, the Dakota Alano Society could not stay open to provide a meeting location for AA, Alanon, ACOA meetings.***

***Thank you again to all incoming and outgoing Board and Advisory Board members for donating your time, energy and expertise.***

## STEP TEN

**Continued to take personal inventory and when we were wrong promptly admitted it.**

As we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all time and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

When a drunk has a terrific hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not. That is the emotional hangover, the direct result of yesterday's and sometimes today's excesses of negative emotion - anger, fear, jealousy, and the like. If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn't mean we need to wander morbidly around in the past. It requires an admission and correction of errors *now*. Our inventory enables us to settle with the past. When this is done, we are really able to leave it behind us. When our inventory is carefully taken, and we have made peace with ourselves, the conviction follows that tomorrow's challenges can be met as they come.

*Twelve Steps and Twelve Traditions, pgs 88-89*

## TRADITION TEN

**Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.**

Tradition Ten - The Long Form

*No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside issues - particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.*

Never since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world.

As by some deep instinct, we A.A.s have known from the very beginning that we must never, no matter what the provocation publicly take sides in any fight, even a worthy one. All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into controversy. Others fell apart because of sheer self-righteousness while trying to enforce upon the rest of mankind some millennium of their own specification. In our own times, we have seen millions die in political and economic wars often spurred by religious and racial difference. We live in the imminent possibility of a fresh holocaust to determine how men shall be governed, and how the products of nature and toil shall be divided among them. This is the spiritual climate in which A.A. was born, and by God's grace has nevertheless flourished.

In this respect we do not enter into public controversy, because we know that our Society will perish if it does. We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance than the weight we could collectively throw back of any other cause. Since recovery from alcoholism is life itself to us, it is imperative that we preserve in full strength our means of survival.

*Twelve Steps and Twelve Traditions, pgs 176-177*

## MEETING ANNOUNCEMENTS

**The Dual Recovery Anonymous (DRA) Meeting**

Has been moved to Tuesdays at 6:00 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. Beginner's Meeting is always looking for Speakers to share their Experience, Strength and Hope.***

*If you would be willing to share a short version of your story please contact*

***Sheryl S - 952.356.4809***

*Or attend a meeting and sign up.*

*Though the focus of the Saturday 6 p.m.*

*Beginner's/Speaker meeting is on the newcomer, this meeting is open to everyone.*

*Please attend and support this meeting!*



***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.*

## 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**

**October Thursday 7:30 p.m. A.A.**

**November Saturday 9:00 a.m. A.A.**

**December Wednesday 8:00 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 Michon (651-245-5578).

**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 !!***