

LITTLE WHITE HOUSE NEWSLETTER

Dakota Alano Society

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

MAY 2013



24 Hours a day:

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

UPCOMING MEETINGS

Sunday, May 12th, 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, May 19th, 6:00 p.m.

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

UPCOMING EVENTS

GOPHER STATE ROUNDUP

Friday, May 24 - Sunday May 26
Speakers, Meetings, Hospitality Suites
Doubletree by Hilton, Highway 100 & 494
Bloomington, MN

Tickets: \$13 for the weekend
DAS Hospitality Suite: Room 205

*For more information see Page 2
of this Newsletter*

ST CLOUD ROUNDUP

Spring Celebration of Recovery
Saturday May 18th
5:30 p.m. - 11:00 p.m.

Dinner, Speakers, Fellowship
Moose Lodge, Waite Park, MN
www.stcloudroundup.org
320-398-6118 or scr@cybernation.com



Save the Date!!!

The 3rd Annual
Dakota Alano Society

Summer Picnic

Sunday July 28th

Blackhawk Park, Eagan MN

(same location as 2012)

Approx timeframe: Noon- 4pm

Exact hours TBD

Watch for more information and

Get Involved!



40th Annual GOPHER STATE ROUNDUP

Friday, May 24 - Sunday May 26th

"I am Responsible"

A.A. with Al-Anon & Alateen Participation

Activities and Accommodations at
Doubletree by Hilton, Highway 100 & 494
Bloomington MN

So what's the big deal about Gopher State?

Gopher State is a huge A.A. conference (with Al-Anon and Alateen participation) that takes place every year over Memorial Dad weekend in Bloomington, MN. It is an occasion to share the fellowship and carry the message of A.A. Last year over 8500 recovering alcoholics, members of Al-Anon and Alateen, and their guests, got together at the Gopher State Roundup to celebrate recovery. Many AA groups, Alano Clubs and MN Intergroup organizations host Hospitality Suites during this event. The Dakota Alano Society can be found every year in Suite 205.

What is there to do at Gopher State? Why should I go?

Meetings: Room-to-Grow Call-Up Meetings
Alateen Meetings, Al-Anon Meetings
A.A. History Meeting

Speakers: 2 speakers Friday Night
5 speakers throughout the day on Sat.
Sunday 10 a.m. speaker

40 Year History of Gopher State Roundup
Presentation, 4:00 p.m. Saturday

A.A. Archives Room

Visit Hospitality Suites for:
Fellowship, coffee, lots and lots of food!

Volunteer!
(go to gopherstateroundup.org for volunteer opportunities)

How much does it cost and how do I register?

Registration contribution is \$13 (ages 13 & older)
Pre-register online at gopherstateroundup.org
Pre-register by mail (see flyers on the table)
Register on site
(onsite registration begins at Noon on Friday)

info: www.gopherstateroundup.org

Attention Dakota Alano Society Members . . . It's Gopher State Round-Up Time!

As we embark on yet another Gopher State Roundup in the great city of Bloomington MN, I get excited. This Roundup rejuvenates me and my program each year.

This year my service task is to head up the Food Committee for the DAS Hospitality Suite. Feeding people is my passion. I'm looking forward to this venture as well as working with others in our recovery community to make DAS shine with service, pride and great food throughout this event. If you are looking for a service opportunity to help raise funds and work a shift or two, please sign up!

With this event comes expenses and we're looking for help to raise funds. I would like to ask each meeting to take a Group Conscious vote as to whether they would be willing to pass the basket a second time to help with our costs. This is solely up to each group and I respect their right not to do so. Individual donations are always welcome and can be made by placing your donation in the treasurer's box, or it can be made to myself or a committee member in person. All funds collected are gratefully appreciated.

This year's signature food items for the DAS Hospitality Suite will be :

*Walking Tacos with all the fixings
Assorted Sodas and Water
Bars and Cookies*

If you are unable to donate funds and would rather provide and support the DAS in other service ways, we're always in need of volunteers to host the suite or bring some baked goods, fresh fruit platters, soda or bottled water. All forms of service are welcome.

***If you want to help out, look for the sign-up sheets posted on the door to the kitchen.
Or feel free to contact me directly.***

*Yours in Service,
Brad C
612-270-8238
ryannbrad@yahoo.com*

The Dakota Alano Society will once again be hosting



Hospitality Suite 205

during the Gopher State Roundup.



STEP FIVE

Admitted to God, ourselves and another human being the exact nature of our wrongs.

(From the Twelve Steps and Twelve Traditions, pages 57 - 59)

What are we likely to receive from Step Five? For one thing, we shall get rid of that terrible sense of isolation we've always had. Almost without exception, alcoholics are tortured by loneliness. Even before our drinking got bad and people began to cut us off, nearly all of us suffered the feeling that we didn't quite belong. Either we were shy, and dared not draw near others, or we were apt to be noisy good fellows craving attention and companionship, but never getting it — at least to our way of thinking. There was always that mysterious barrier we could neither surmount nor understand. It was as if we were actors on a stage, suddenly realizing that we did not know a single line of our parts. That's one reason we loved alcohol too well. It did let us act extemporaneously. But even Bacchus boomeranged on us; we were finally struck down and left in terrified loneliness.

When we reached A.A., and for the first time in our lives stood among people who seemed to understand, the sense of belonging was tremendously exciting. We thought the isolation problem had been solved. But we soon discovered that while we weren't alone any more in a social sense, we still suffered many of the old pangs of anxious apartness. Until we had talked with complete candor of our conflicts, and had listened to some one else do the same thing, we still didn't belong. Step Five was the answer. It was the beginning of true kinship with man and God.

This vital Step was also the means by which we began to get the feeling that we could be forgiven, no matter what we had thought or done. Often it was while working on this Step with our sponsors or spiritual advisers that we first felt truly able to forgive others, no matter how deeply we felt they had wronged us. Our moral inventory had persuaded us that all-around forgiveness was desirable, but it was only when we resolutely tackled Step Five that we inwardly knew we'd be able to receive forgiveness and give it, too.

Another great dividend we may expect from confiding our defects to another human being is humility — a word often misunderstood. To those who have made progress in A.A., it amounts to a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be. Therefore, our first practical move toward humility must consist of recognizing our deficiencies. No defect can be corrected unless we clearly see what it is. But we shall have to do more than see. The objective look at ourselves we achieved in Step Four was, after all, only a look.

- Continued on page 4

TRADITION FIVE

Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.

Tradition Five - The Long Form: Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose* - that of carrying its message to the alcoholic who still suffers.

The first thing Tradition Five tells us is what a group is, or at least "ought to be." "We are not a sociological entity, although sociologists find us fascinating. We are not a therapy group, although remarkable healing takes place among us. And we are not a religion, even though some people want to see us as such. We are a spiritual entity, or at least "ought to be."

To me, that means that, although we are not saints, we "ought to" strive for spiritual progress. We follow a spiritual path laid out for us by Bill, Bob, and the first one hundred members of Alcoholics Anonymous. That spiritual path consists of the Twelve Steps, and by later development, the Twelve Traditions. They are suggestions only, but very firm suggestions-- norms for our spiritual progress. We are a Fellowship of men and women who ought to come together as a spiritual entity.

When individuals in a group neglect the spiritual program of Alcoholics Anonymous and come to the meetings as if they were "fellowship" and nothing more; or when they dilute the meeting to focus on other things, or disparage spirituality, thinking it's the intrusion of religion; then, as a group, they stop being a spiritual entity. The group gets its spirituality from its members.

What does this mean to me personally? It means that my AA spirituality is the very foundation of my sobriety. The group will be as spiritual as its members are spiritual. So my spiritual condition strengthens or weakens the spirituality of the group. Therefore, it increases or lessens our chances for survival as a group, and our chances for sobriety as individuals in the group.

Besides taking good care of my own spirituality, I try to encourage activity that might strengthen the spirituality of the group, such as Twelfth Step workshops. Weekend events can become very popular and even traditional occasions in the life of the group. Whatever strengthens the spirituality of the group strengthens my spirituality, and vice versa. Whatever does that, increases my chances of staying sober, and at the same time, helps me and the group to remain focused on our primary purpose.

- Anonymous, Reprinted from the A.A. Grapevine, May, 2006 and the May 2012 A.A. Lifeline

STEP FIVE - continued from pg. 3

All of us saw, for example, that we lacked honesty and tolerance, and that we were best at times by attacks of self-pity or delusions of personal grandeur. But while this was a humiliating experience, it didn't necessarily mean that we had yet acquired much actual humility. Though now recognized, our defects were still there. Something had to be done about them. And we soon found that we could not wish or will them away by ourselves.

More realism and therefore more honesty about ourselves are the great gains we make under the influence of Step Five. As we took inventory, we began to suspect how much trouble self-delusion had been causing us. This had brought a disturbing refection. If all our lives we have more or less fooled ourselves, how could we now be so certain that we had made a true catalog of our defects and had really admitted them, even to ourselves? Because we were still bothered by fear, self-pity, and hurt feelings, it was probable we couldn't appraise ourselves fairly at all. Too much guilt and remorse might cause us to dramatize and exaggerate our shortcomings. Or anger and hurt pride might be the smoke screen under which we were hiding some of our defects while we blamed others for them. Possibly, too, we were still handicapped by many liabilities, great and small, we never knew we had.

Hence it was most evident that a solitary self-appraisal, and the admission of our defects based upon that alone, wouldn't be nearly enough. We'd have to have outside help if we were surely to know and admit the truth about ourselves — the help of God and another human being. Only by discussing ourselves, holding back nothing, only by being willing to take advice and accept direction could we set foot on the road to straight thinking, solid honesty, and genuine humility.

(From the Twelve Steps and Twelve Traditions, page 62)

Provided you hold back nothing, your sense of relief will mount from minute to minute. The damned-up emotions of years break out of their confinement, and miraculously vanish as soon as they are exposed. As the pain subsides, a healing tranquility takes place. And when humility and serenity are so combined, something of great moment is apt to occur. Many an A.A., once agnostic or atheistic, tells us that it was during this stage of Step Five that he first actually felt the presence of God. And even those who had faith already often became conscious of God as the never were before. This feeling of being at one with God and man, this emerging from isolation through the open and honest sharing of our terrible burden of guilt, brings us to a resting place where we may prepare ourselves for the following Steps toward a full and meaningful sobriety.

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

May	Board of Directors	
June	Sunday	8:00 p.m. AA
July	Monday	6:00 p.m. A.A.
	Monday	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 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 !!

Minnesota Clean Indoor Air Act (MCIAA) - Freedom to Breathe (FTB) Amendment

Dear Squad Leaders and DAS Members,

On October 1st, 2007, Minnesota enacted the Freedom to Breathe amendment to the MCIAA to protect office employees and the public from the health hazards of secondhand smoke. At that time local governments established additional ordinances regarding smoking on public property and within the proximity of building entrances. Businesses also established policies pertaining to smoking on property.

When the FTB amendments went into effect, the DAS became a non-smoking facility with a policy of no smoking with-in 25 feet of the entrance. Standing cigarette butt receptacles were placed on either side of the sidewalk 25 feet from the entrance to the White House to designate the distance and remind members to respect that policy.

Over time the 25 foot restriction has not been enforced and has been (unintentionally) ignored. Recently several members of the Alano have approached the Board of Directors to express concern about secondhand smoke from members smoking on the steps to the House.

The 25 foot restriction is not part of the FTB amendment - I thought it was, but I was wrong.

However, it IS the Dakota Alano Society's policy. Therefore we are requesting everyone's help to re-establish this guideline. We respectfully request that

***All members of the Dakota Alano please refrain from smoking
within 25 feet of the entrance to the House.***

We also ask that all Squad Leaders remind their groups of this policy at every meeting, and to continue to remind members as necessary before and after meetings, as well as during breaks. Squad Leaders and members will be doing a great service by complying with this policy and we appreciate your help in this endeavor. There is a plastic cigarette butt receptacle and a short stump placed at the 25 foot mark. The picnic table should remain beyond the 25 foot mark too.

This is probably a good time to remind members to dispose of cigarette butts properly and try to keep the grounds around the house clean. Thank you!!

Yours in Service,

Susan H - on behalf of the DAS Board of Directors

REGARDING HOUSE SECURITY

The Board has had ongoing concerns about the House being accessed during non-meeting hours. The Board requests that Squad Leaders be mindful of their responsibilities regarding the security of the House:

- Keys to the Alano House are the responsibility of the Squad Leader.
- **Do not give or lend your key to any other member.** Contact a Board member in advance of your meeting if you need someone to open or lock the House for you. Or there may be a Board member who attends your meeting regularly. Ask them to open the house for you.
- Open the House no more than one hour prior to the start of your meeting.
- Lock the House up no later than one hour after the close of your meeting.
- **Check all 3 doors when leaving the house.**
- Each group is entitled to only one key and will be responsible for the cost of a replacement key. The current charge for a new key is \$30.00.
- The following Board members have volunteered to open the House if a Squad Leader is unable to:

Dan C 651-238-7824
Julie O 651-497-1264
- There is a complete list of Board members and their phone numbers on the bulletin board in the kitchen.

If you are a Squad Leader who is unable to meet the above requests, please help your group to select a replacement Squad Leader. ***Your cooperation is very much appreciated.***

MEETING ANNOUNCEMENT

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.

The Tuesday 5:30 p.m. ACA Meeting no longer meets at the Dakota Alano

There is an ACA meeting at the Rosemount AA.

Thursday 5:30 p.m.

Rosemount AA, Rosemount Mall

14555 S. Robert Trail / Hwy 3

Rosemount, MN 55068

Call to verify: 651-423-3622

For other ACA meetings in the area refer to:

www.adultchildren.org

