

Dakota Alano Society

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

24 Hour a day:

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

UPCOMING MEETINGS

Sunday, January 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, January 20th, 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

Dakota Alano's Newest Meeting:
Dual Recovery Anonymous (DRA) Meeting
Saturdays at 4:00 p.m.

The purpose of the dual recovery meeting is to help one another achieve dual recovery, prevent relapse, and to carry the message of recovery to others who experience a dual disorder. The Dual Recovery Program is based on the principles of the Twelve Steps and the personal experiences of men and women in dual recovery.

A dual disorder occurs when an individual is affected by both chemical/alcohol dependency **and** an emotional or psychiatric illness. Individuals who have a desire to stop using alcohol and other intoxicating drugs, as well as, a desire to manage their emotional or psychiatric illness in a healthy and constructive environment can benefit from a dual recovery meeting.



Bloomington Alano's Fourth Step Workshop

6 Tuesdays beginning January 15th, 2013
7:00 - 8:30 p.m.
2062 West 98th Street, Bloomington, MN

(For more information go to www.aastpaul.org and select Upcoming Events on the left menu)



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.

TRADITION ONE

January, the beginning of the New Year, is typically a time when A.A. members reflect or focus on Step One. It is also an appropriate time to reflect on Tradition One and A.A. Unity.

The long form of Tradition One states:

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.

The following passages are about Tradition One -

“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)

12 Thoughts about Tradition One -

1. Home groups can be torn apart by gossip, backbiting, and judging of others. (And where would we be without our home groups?)
2. Rotation gets new people involved so that God can be expressed through all of us.
3. There is a requirement for AA membership--a desire to stop and stay stopped drinking. We need to be sharing our experience on the solution rather than on the problem.
4. Taking care of our own group business and allowing other groups to do the same will ensure we continue to be here for the still-suffering alcoholic.
5. As individuals and as groups our primary purpose is the same, to get and keep one alcoholic talking with another.
6. Our groups carry the life-saving message of AA to alcoholics and let others do the same, with our blessing.
7. In AA we pay our way and are not influenced by others.
8. AA is love and service freely received and freely given. We do need to employ qualified people to keep certain services available and functioning.
9. We need a service structure directly responsible to ourselves.
10. We leave our personal, religious, and political feelings outside AA doors along with our worldly ambitions.
11. Very little attraction will show forth if we are promoting ourselves. Our recovery program is what's important to the public, not us as individuals.
12. Striving for the good of AA and the still-suffering alcoholic, with God's help, is a foundation we can build on. When we stand on our principles, we leave personalities behind us.

John R., Chatham, Ontario

(A.A. Grapevine, January, 1996, Reprinted A.A. Lifeline, January 2013)

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

January	Thursday	11:45 a.m. AA
	Saturday	6:00 p.m. AA
February	Thursday	8:00 p.m. Al-Anon
	Saturday	4:00 p.m. DRA
March	Friday	6:00 p.m.
	Friday	8:00 p.m.

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 !!

* * * SERVICE OPPORTUNITY * * *

The Board of Directors is looking for a new Webmaster to help keep the DAS website up to date.

If you are interested or would like more information, please put a note in the board mailbox in the kitchen at the White House, or contact: Ellen J. (emjusten@yahoo.com)
www.dasinc.org

* * * SERVICE OPPORTUNITY * * *

The Board of Directors is looking for someone to take over as Secretary.

After years of dedicated service in various positions on the Board and Advisory Board, Ellen J. would like to relinquish her position as Board Secretary if a dedicated replacement volunteer can be found.

While being on the Board of Directors is not a requirement to be Board Secretary, attendance at all Board meetings is required. Board meetings are held the 3rd Sunday of each month at 6:00 p.m. at the House. Possession of laptop and email capabilities are highly recommended.

Secretary responsibilities include:

- Taking minutes during meetings
- Editing and finalizing minutes
- Email distribution of minutes to the Board
- Posting a copy of approved minutes on bulletin board
- Maintaining digital files for the archives
- Occasionally publishing flyers for events, etc.

Being Secretary for the Board is valuable service work because taking minutes is the only way Board business can be documented, and keeping an accurate record of Board meetings is important since business that takes place can directly affect all members of the House.

If you are interested in volunteering for the position of Secretary please contact Susan H (612-600-3731).

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.*

NEW LOCK ON THE SIDE DOOR

To address security issues with the side door (the door on the landing of the stairs to the basement), a new lock has been installed. The side door will lock automatically upon closing and can not be opened from the outside. Squad Leaders are asked to check to make sure this door is latched when leaving the House.

GROUP LOCKERS IN THE KITCHEN

After considering several options, the Board has decided not to replace the locks on the individual group lockers in the kitchen. While unfortunate, it was agreed that the lockers would continue to be broken into if the locks were replaced. Groups are encouraged to use the lockers but not keep anything of value in them, including money, literature or medals.

NOTE TO GROUP TREASURERS

Group treasurer's are reminded that the preferred method for making group donations is via check, payable to the Dakota Alano Society, Inc. The check should be placed in a donation envelope in the Treasurer's mail slot in the kitchen. Writing a check decreases the risk that the group's donation funds will be stolen.

Group treasurer's are encouraged to make their donations to the House weekly whenever possible. Pre-printed donation envelopes can be found in each groups mail slot in the kitchen. In order to meet expenses (rent, supplies, coffee, utilities, etc.) the Board requires that a minimum of 75% of the group's collection be donated to its treasury. The remaining 25% of the contributions are for the group to use at their discretion.

Letter of Gratitude to the Dakota Alano Society, provided by Dan C.



Dakota Alano Society

Dear Members,

It is with great pleasure that I tell you on October 9th I will have two and a half years of Sobriety. In August 2010 with just 89 days sober, I found myself alone in Minnesota for two weeks and I did not know anyone I was allowed to speak with except my lawyer. My plans were to see my 4 year old Son but a Judge changed those plans that day in court. After court I had to find a meeting (or an emergency room) and thank God Intergroup of St. Paul told me about a meeting at the Dakota Alano Society in 20 minutes. It was 5 minutes from the Microtel Inn and Suites in Eagan where I was staying.

The first night I could barely speak through the tears, pain and fear but what a relief I felt just walking into the room, I felt at home and no longer alone. In retrospect it taught me about the Traditions and AA Unity, and I am ever so Grateful to you all for your hands and hearts being there when I needed you most desperately. At the time I really did not have a relationship with my Higher Power, thank Him he had one with me and led me to your door. Now I am never alone because I found "that One" whom I now choose to call God and my Higher Power.

The first night or the next morning one member got his 26 Year Medallion. That second day I asked for and received my 3 Month Medallion (we call them Chips here in Pensacola, FL) and I have it to this day and carry it sometimes with my Beginners Chip and/or my 2 Year Chip. Other than that, it is in a special place for safe keeping as I cherish it as much or more than any others. The next morning before the meeting broke into groups (this was new to me) I asked for a temporary Sponsor and someone suggested the group address that request before we split into groups. About 9 people spoke to me and the fellow with 26 years became my temporary Sponsor, I believe his name was Joe but I am not sure. Whatever his name he should have gotten a 28 Year Medallion last August, and I especially want to thank him for his love and help while I was there. Because I was able to stay sober, my Son is now in my life even though we are miles and miles apart. Slowly the Promises are coming true for me . . . as Promised.

I was so thrilled when my new friend Alan asked me if I knew where any meetings were by the Mall of America as he has heard me mention Minnesota more than once. Of course I told him "you betcha"!!! . . . LOL, and I told him of my experience there and asked him to drop this note for me in person. Hopefully I will be up there soon to see my now 6 year old Son and thank you all again in person for being a part of my Recovery and loving me like one of your own, which I am to this day, one day at a time.

Forever Grateful,

A handwritten signature in black ink that reads "John G Webb, Sr." The signature is written in a cursive style with a large, prominent 'J' and 'W'.

John G Webb, Sr.
Awakening Group of AA
Pensacola, FL 32514

God Smacked*Written by and printed with permission from Charlie, member of The White House*

*Me and my best friend alcohol
 Could make it through this life.
 We'd make our friends, and build our world
 And find and win the perfect wife.*

*Let life's trials begin in earnest.
 I was now out on my own.
 It would take my best and my best friend
 I could feel it to the bone.*

*So began a life long partnership acceptable to me.
 It was not perfect, it had its faults
 But we had each other's company.*

*With each trial and tribulation
 I would call upon my friend
 For a steady nerve and comfort
 To make it 'round the bend.*

*He never seemed to fail me
 But there was a price I had to pay
 I was becoming more dependent on his strength
 To always get my way.*

*His power was alarming,
 I would find out the next day
 We would have our talk of compromise
 and temperance -
 And then be on our way.*

*He did not seem to listen in a rational sort of way
 He'd point out my thousand weaknesses
 In a manner to persuade.*

*You cannot live without me
 I'm your strength, your cool, your class.
 I'm fun that's never ending.
 Now shut up and fill my glass.*

*I became the royal servant
 To this friend I'd taken on
 Defending and denying foolish actions
 In his path and fixing damage done.*

*I was a willing player on this ride I had begun,
 But the risks and pains of this wild trip
 Were making this man's future looking glum.*

*My family worried anxiously,
 My wife was not amused,
 My little sons looked on lovingly
 At their daddy as he used.*

*God smacked me up beside my head,
 Yes, you've got to stop.
 You've got to put your responsibilities
 To your dependents at the top.*

*I put drink out and shunned Him -
 "I don't need you cummin' round"
 I don't need you or anyone else
 to make it in this town.*

*For fourteen years I rode this jag
 Anger at my side.
 I'd never wake without it
 My new friend and me and pride.*

*After fourteen years I was tired,
 Battle weary and depressed.
 I was looking for new answers
 To this life long quest.*

*I took up with a girl named Morphine
 There was comfort by at her side.
 We would spend our evening dreamily
 All inclusive on this ride.*

*She was the great seductress,
 With unnoticed tastes and smells and sounds.
 A safe harbor of tranquility,
 A feeling of well being, having her around.*

*She came with unacknowledged consequences
 A high maintenance mistress I'll admit.
 And in the end I'll say my friend,
 Almost impossible to quit.*

*She's the woman scorned, the price was high
 She's etched eternal memories on my soul.
 She tempts me with her sweet caress of bliss
 That rocks me to my soul.*

*She still sends armies of her agents
 To harass and taunt my soul
 She is a higher power than me in this world
 Which causes me to suffer with control.*

*God smacked me up beside my head
 You'll never last with her, you fool.
 She'll suck you dry, and make you cry
 You'll be nothing in the end but dead.*

*I'm grateful for this "higher" power friend
 He sends me signs around each day
 Saying follow me, "I live this way"
 Come mend.*

*My weary spirit strengthens,
 There's now hope amongst my clouds.
 I'm living with God's children and
 Hanging with the AA crowd.*

*Acceptance each day heartens me
 It is a blessed trade.
 I can't drink and use like others do
 Yet I get back a life that can be made.*

*More profoundly worth with hope and peace
 And feeling of success
 That I can ask for God's help now
 To live life at my best.*

*Dedicated to all the people I've met in recovery
 at the Little White House.
 Effin Charlie, Night Drifter*