

Dakota Alano Society

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

24 Hours a day:

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



The Dakota Alano Society, Inc was founded in 1978 to serve the needs of men and women who are recovering from the effects of alcohol and drug abuse. As an Alano society, the Dakota Alano provides space for Alcoholics Anonymous and Al-Anon meetings, and hosts at least one group every day of the week. If you are struggling with alcohol or drug addiction, or suffering because a loved one is addicted, please come find a meeting at our house, where you can find others who can help you on the road to recovery.

***Do you have a drinking problem?
A.A. wants to help if you want help.***

Greater Minneapolis Intergroup and St. Paul Intergroup are 2 organizations available to help men and women who might have a drinking problem. They help new members find local meetings of Alcoholics Anonymous in the Twin Cities and surrounding the Suburban Areas. Phones are answered 24 hours a day.
Mpls Intergroup Hotline: 952-922-0880
Saint Paul Intergroup Hotline: 651-227-5502

I am Responsible.

***When Anyone, Anywhere Reaches Out For Help,
I Want The Hand Of A.A. Always To Be There.
And For That, I Am Responsible !***

UPCOMING MEETINGS

Sunday, November 9th, 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, November 16th, 6:00 p.m.

November Board of Directors Meeting

Main room at the White House
Squad leaders are encouraged to attend
All members are welcome to attend

***Looking for a great way to kick off the
Holiday Season?***

The Dakota Alano Society's

22nd Annual Gratitude Meeting

Nov. 27th - Thanksgiving Day - 9:30 a.m.

Everyone is welcome!

Mount Calvary Lutheran Church

3930 Rahn Rd. Eagan MN 55122

(right next to the Little White House)

So, did you know

The Gratitude Meeting started 22 years ago at the White House. For the first four years the meeting was held at the Alano House, however, attendance grew so much it was moved next door to the church. After setting up for the first Gratitude Meeting at the church, a chair was unintentionally left in the middle of the circle. For the past 17 years, that chair has remained in the center of the circle represented the still suffering alcoholic, people who have passed on in the last year, anyone who might be mentally or physically sick, or anyone who is unable to attend the meeting.

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

November	Saturday	9:00 p.m.
December	Wednesday	8:00 p.m.
January	Thursday	11:45 a.m.
	Saturday	6:00 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. Thank You !!

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 the group's donation funds will be stolen.

Group treasurers 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 requests 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.

With the funds kept aside, each group may support the various AA service organizations and buy books and/or medallions for their group.

One recommended distribution of excess funds to AA service organizations is:

- 50% - to intergroup (Mpls and/or St Paul)
- 30% - to General Service Organizations
- 10% - District 19 Committee
- 10% - Southern MN Area Assembly

(see section 4.1 of the Group Leaders Guide for addresses for the various organizations)

Being the group treasurer is an important service commitment. Thank you to all group treasurers for your service! For more information on group treasurer responsibilities, please refer to Section 2.5 Group Financial Responsibility on page 18 of the Group Leaders Guide. If you are in need of a Guide for your meeting, please ask the Squad Leader if they have one, and if not, contact a Board member. Board member contact information is listed on the bulliten board in the kitchen.

NOVEMBER RECOVERY EVENTS & MEETING NEWS

SATURDAY 6:00 PM

THERE IS A SOLUTION

BEGINNERS/SPEAKER MEETING

*holds a potluck on the first
Saturday of each month at 5:00 p.m.*

Next potluck will be December 6th

Upcoming Speaker Schedule:

Nov 8th - 6:00 p.m. Speaker: Mellanie, Foxhall

Nov 15th - 6:00 p.m. Speaker: Megan W, Foxhall

Nov 22nd - 6:00 p.m. Speaker: Keith N, SLPSNAAG

Nov 29th - 6:00 p.m. Speaker: TBD

@ @ @ NEW DAS WEBSITE @ @ @

In October the Dakota Alano Society
launched an updated website.

Thank you to Hilary S. for all her
hard work in getting the site up and
running. We appreciate your service!

Check out our website at:

www.dakotaalano.org



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The Importance of Being a GSR

District 15 Fall Workshop

Saturday, Nov 8th 11:30 AM – 2:00 PM

Christ Lutheran Church

11194 36th Street N. Lake Elmo, MN 55042

Lunch at 11:30, Presentation at 12:15

(Tacos and treats provided, bring dish to share)

More information at: www.aastpaul.org

Saint Paul Intergroup's

Annual Gratitude Night

Saturday Nov. 22nd 7:00 – 10:00 PM

Open Speaker Meeting with our guest: TBA

Location: TBA

More information at: www.aastpaul.org

Founder's Day Weekend

Celebrating 74 Years of AA in the Upper
Midwest and Honoring AA Members with
One Year of Sobriety

Friday Nov. 28th - Sunday Nov. 30th

Doubletree Park Place Hotel

Saint Louis Park

More Information at:

www.foundersdaymn.org

Study & Action Group

"Precisely How We Have Recovered"

Friday Nov. 28th - Sunday Nov. 30th

In conjunction with Founder's Day Weekend

Doubletree Park Place Hotel

Saint Louis Park

More Information at: www.into-action.com

STEP ELEVEN

Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out.

The Principle of Step Eleven:

Spirituality

TRADITION ELEVEN

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Tradition Eleven - The Long Form

Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not to be broadcast, filmed, or publicly printed.

Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

Spirituality and the 11th Step

There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life.

12 Steps and 12 Traditions, pg 98

STEP ELEVEN

For many who come into the rooms of recovery, whether it is Alcoholics Anonymous or Al-Anon Family Groups, the concept of spirituality is an unfamiliar one. Let's face it, many of those who make it into the program come in from bars, jails, broken marriages, and a life in turmoil.

Even those who have a background in church find that their experience has been more "religious" rather than spiritual, or have found their relationship with God to have been neglected or severed.

But if they are earnest in working the 12 Steps, by the time they arrive at Step 11 they discover they have found a measure of spirituality at work in their lives. For the first time, many members discover their Higher Power and form a better understanding of that power.

The approaches and methods of prayer and mediation suggested in Step 11 vary, but the purpose of the step is to make contact with that Higher Power, whether they refer to it as "God" or have a different concept altogether. The point is they have discovered through participation in the program that there is a power greater than themselves and they have seen that power at work. <http://alcoholism.about.com>

Heard in a Meeting:

*"Do not be discouraged;
Meditation is nothing more than
listening for answers."*