

Dakota Alano Society

3920 Rahn Road Eagan, MN 55122
651-452-2921 (during meeting times)
www.dakotaalano.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, December 14th, 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, December 21th, 6:00 p.m.

December Board of Directors Meeting

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



**Dakota Alano Society's 4th Annual
*New Year's Eve
Celebration***

***Wednesday, December 31st, 7:30 p.m. -
Thursday January 1st, 12:30 a.m.***

Fellowship for New Year's Eve will begin at the House immediately following the Wednesday 6:00 p.m. Womens meeting. The Wed 8:00 p.m. meeting will be held in one of the other rooms in the House.

Watch for a flyer with more details
to be posted soon!



Happy Holidays!

For information about meetings and events, and tips for staying sober during the Holidays, See pages 3, 5 & 6 of this newsletter.

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

December	Wednesday	8:00 p.m.
January	Thursday	11:45 a.m.
	Saturday	6:00 p.m.
February	Thursday	8:00 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. By pitching in to keep the house clean you are doing valuable service work, and maintaining a pleasant environment for our meetings. Thank You !!

TREASURER REMINDERS

Group treasurers are reminded that the preferred method for making group donations is via check, payable to the Dakota Alano Society, Inc. Checks 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 requested to make their donations to the House **weekly** whenever possible. Pre-printed donation envelopes are in each groups mail slot in the kitchen.



A REMINDER TO ALL DAS MEMBERS

When attending meetings at the White House, please remember to be courteous to other members of your group by limiting side conversations and other actions that may distract from the primary purpose of the meeting.

For the safety of minors and respect of other members, children should be in the presence of, and supervised by, an adult at all times. Members should use discretion when bringing a child to meetings and remove the child if his/her behavior is creating a distraction for other members.

Thank you for being considerate of others.

A REMINDER TO SMOKERS . . .

Smoking is prohibited within 25 feet of the front door of the White House.

Members are requested to **NOT** smoke on the front porch or steps of the house.

Thank you for being considerate of others.

Holiday Recovery Events

Dakota Alano 6pm Beginner's Meeting

There is A Solution

December Potluck and Speaker Meeting

Saturday, December 6th

5:00 p.m. Potluck

Bring a dish to share if you'd like

6:00 p.m. Speaker

www.dakotaalano.org

Speaker Meeting every Saturday at 6pm

Main Idea AA

Christmas Eve Open House

Food, Fun, Fellowship, Meetings

Wednesday, December 24th

4:00 p.m. - Midnight

Meetings every hour

Midnight Candlelight Meeting

Downtown Alano

520 North Robert Str. St Paul, MN 55101

www.aastpaul.org

Greater Minneapolis Intergroup

Winter Open House

Celebrating the Gift of Recovery

Saturday, December 27th

9:00 a.m. - 1:00 p.m.

9:00 - 11:00 Breakfast Goodies

11:00 - 1:00 Appetizers

7204 West 27th Street, Suite 113

St. Louis Park, MN 55426

www.aaminneapolis.org

Dakota Alano Society's 4th Annual

NEW YEAR'S EVE CELEBRATION

Wednesday, December 31st

7:30 p.m. - 12:30 a.m.

Bring a dish to share if you'd like

Watch for a flyer to be posted soon.

Greater Minneapolis Intergroup

New Year's Eve - Pass It On Marathon

Wednesday, December 31st

7:00 p.m. - 12:30 a.m.

Speaker, Game Room, Meetings, FOOD

8:00 p.m. Speaker: Brittani L., Mpls, MN

9:30 - 12:30 Dance

Tickets: \$7 in advance - \$10 at the door

De La Salle High School

1 De La Salle Dr. Minneapolis, MN 55410

www.aaminneapolis.org

St. Paul Intergroup

New Year's Eve Celebration

Monday, December 31st

7:00 p.m. - 12:30 a.m.

Speaker, Marathon Meetings, Dance, FOOD

7:00 p.m. Speaker: Willis B, Mpls, MN

9:00 p.m. Dance: The Flattfoot Rollers

9:00 - Midnight: Marathon Step Meetings

The Recovery Church

253 State Street St. Paul, MN 55107

www.aastpaul.org

STEP TWELVE

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, especially alcoholics and to practice these principles in all our affairs.

The Principle of Step Twelve: **SERVICE**

TRADITION TWELVE

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principle before personalities.

Tradition Twelve - The Long Form

We of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

The spiritual substance of anonymity is sacrifice. Because A.A.'s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit - well symbolized by anonymity - is the foundation of them all. It is A.A.'s proved willingness to make these sacrifices that gives people their high confidence in our future.

Twelve Steps and Twelve Traditions, pg 184

STEP TWELVE

The joy of living is the theme of A.A's Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it.

Twelve Steps and Twelve Traditions, pg 106

Carrying the message to others, by sharing experience, strength, and hope, reinforces the spiritual principle of the 12 steps in the person being 12-stepped as well as the one doing the sharing. It works for the stepper and the steppee!

If nobody was doing any 12 step work, the program would simply cease to exist. Without the service work of those who came before, none would be here now.

But Step 12 also admonishes members to put the spiritual growth they have found to work not only within the fellowship, but in all aspects of their lives -- to practice these principles in all our affairs. This too is doing 12 step "work" and makes the program work as one of attraction and not promotion.

http://alcoholism.about.com/od/study/a/step_twelve.htm

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

(adapted and reprinted from Box 4-5-9, Winter 2011)

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest of holidays of our lives sober - an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.

1. Line up extra AA activities for the holiday season.

Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.

2. Be host to A.A. Friends, especially newcomers.

If you don't have a place where you can throw a party, take one person to a diner and spring for the coffee.

3. Keep your A.A. telephone list(s) with you at all times.

If a drinking urge or panic comes - **postpone everything else until you've called an A.A.**

4. Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you are timid, take someone newer than you are.

5. Skip any drinking occasion you are nervous about.

Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.

6. If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.

7. Don't think you have to stay late.

Plan in advance an "important date" you have to keep.

8. Worship in your own way.

9. Don't sit around brooding.

Catch up on those books, museums, walks and letters.

10. Don't project about holiday temptations.

Don't start now getting worked up about those holiday temptations. **Remember - One Day at a Time.**

11. Enjoy the true beauty of holiday love and joy.

Maybe you cannot give materials gifts - but this year, you can give love.

12. Carry the message.

No need to spell out the Twelfth Step here. Give the Joy away, and it will be yours to keep.

More on Staying Sober for the Holidays Did You Know . . .

The Dakota Alano has 17 AA meetings, 1 Alanon meeting, and 1 Fellowship gathering each week ??? That's a total of 19 mtgs per week and 18 phone lists! **And** there is a Speaker meeting every Saturday at 6pm.

There will be 83 meetings at the Dakota Alano in the month of December, PLUS a Potluck & Speaker on the 6th, PLUS a meeting at Hastings Detox (12/14), PLUS a Board meeting (12/21), **PLUS** a New Year's Eve Celebration (see pg1).

So, don't sit around brooding !!!

(see #9, opposite column)

DAS AA MEETINGS

Sunday	4:00 pm	Relapse Prevention Open, Mixed
	8:00 pm	Open, Mixed
Monday	6:00 pm	Big Book Closed, Mixed
	8:00 pm	Open, Mixed
Tuesday	6:00 pm	Open, 12x12
	7:30 pm	Open, Mixed
Wed	7:00 am	Big Book Closed, Mixed
	6:00 pm	Women's Group Open
	8:00 pm	Open, Mixed
Thursday	11:45 am	Closed, Mixed
	5:30 pm	Closed, Mixed
	7:30 pm	Men's Step Closed
Friday	6:00 pm	Open, Mixed
	8:00 pm	Open, Mixed
Saturday	9:00 am	As Bill Sees It Open, Mixed
	11:00 am	Open, Mixed
	6:00 pm	Beginners Mtg Speaker Open, Mixed

ALANON MEETING: Thurs. 8:00 pm (Open, Mixed)

FELLOWSHIP: Sun. 2:00 pm (Open, Mixed)

SOBER FOR THE HOLIDAYS

One of the most difficult times of the year for those recovering from alcoholism are the winter Holidays. If you find yourself struggling during the Holiday season, please remember that you are not alone. Help is only a phone call or a meeting away! Here are some helpful and practical tips to keep you from taking that first drink. *(wisdom shared over the years from one member to another)*

1. Plan Each and Every Day of Your Holiday.

Plan to spend the majority of your time with friends and family who are supportive of your recovery. If you are required to be present for a social gathering where alcohol is being served, bring a fellow AA member with you. Plan fun events and outings to replace your old drinking rituals.

2. Find an A.A. Sponsored Event in Your Area.

During the Holiday season, some AA groups hold a marathon of meetings (sometimes called an "Alkathon"). It is a time when the members of Alcoholics Anonymous gather together to celebrate their recovery from alcohol addiction. Many AA groups have meetings on the hour every hour to share their experience, strength and hope. If you are a member of the fellowship or think that you might have a problem with alcohol, you are welcome to attend. Check with Intergroup to find an AA sponsored event in your area. (see bottom of right column)

3. Ask for Support from Your Family and Friends.

Those who are truly supportive of your recovery will be happy to help you throughout the holidays. Be up front and tell them your concerns.

4. Have a List of at Least Ten People you can call if you feel the Urge to Drink.

Make a list and check it twice. Carry your cell phone and your list of names at all times. The urge to drink is very powerful and can come on unexpectedly.

5. Don't Forget about Regular Exercise.

Regular exercise is an essential component of any balanced recovery program. If you have extra time on your hands, it is a great idea to get out and exercise. Examples include running, skating, cross country skiing, stretching, yoga, swimming, or just going for a walk around the block instead of napping.

6. Stay Away from Slippery Places.

There is absolutely NO reason to EVER check out your former favorite drinking establishments! It is very likely that your old drinking buddies are still there and are still telling the same old (boring) stories.

7. Create New Traditions to Replace Your Old Drinking Patterns. Try something totally different during the Holidays. Buy a new board game; take the family on a sleigh ride; prepare a family power point presentation. Use your imagination, be creative and have fun.

8. Write out a Daily Gratitude List.

The quickest cure to get you out of the Holiday Blues is by counting your blessings. Be grateful for what you have by writing out a gratitude list every morning. Don't stop writing until you have at least 10 items on your list.

9. Volunteer your Services to a Charitable Organization

There are many people in your community who are homeless and hungry. Why not volunteer to work at a soup kitchen or at a special Holiday dinner for those less fortunate than you? You will be helping not only the needy but yourself!

10. Write a Letter to yourself about How I Stayed Sober over The Holidays. The act of writing your ideas on paper is very powerful. Write down all the activities and events that will help you have healthy, happy, sober Holiday season. Now take action on them and make this letter come true!

11. Avoid H.A.L.T. (Hungry, Angry, Lonely, Tired)

There are very simple solutions for all of the above items. If you are hungry, get something to eat. If you are angry, talk to somebody about it. If you are lonely, go to a meeting or call a friend. If you are tired, get a good night's sleep.

12. Live One Day at a time and Enjoy your Sobriety!

Stay in the moment. Have present time consciousness. Be in the now. These are all different ways of telling you to live 1 day at a time. Never mind about what happened or what could happen. Enjoy today. Live today. Celebrate your sobriety!



24 Hour a day:

MPLS Intergroup Hotline: 952-922-0880

St. Paul Intergroup Hotline: 651-227-5502