

LITTLE WHITE HOUSE NEWSLETTER

Dakota Alano Society

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

January 2015

24 Hours a day:

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



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.

UPCOMING MEETINGS

Sunday, January 11th, 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 18th, 5:15 p.m.

Quarterly Squad Leader Meeting

Main room at the White House

The next quarterly Squad Leader Meeting will be held on January 18th at 5:15pm immediately preceding the January Board meeting.

Squad Leader attendance is strongly encouraged at this meeting. Squad Leaders are requested to find a replacement to attend the meeting if they are unable to be there.

Sunday, January 18th, 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

@@@ **NEW DAS WEBSITE** @@@

In October 2014 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

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

January	Thursday	11:45 a.m.
	Saturday	6:00 p.m.
February	Thursday	8:00 p.m.
March	Friday	6:00 p.m.
	Friday	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.

January Recovery Events

Dakota Alano 6:00 pm Beginner's Meeting

There Is A Solution

Speaker Meeting every Saturday at 6pm

1/10 Collin O SLIPSNAAG
1/17 Melissa Happy Destiny
1/24 Patty A FoxHall
1/31 Larry F FoxHall

And don't miss the next Potluck:

Saturday Feb. 7th - Potluck at 5 pm

Speaker at 6 pm - Niles A, FoxHall



Area 36 Workshop

Trusted Servant Leadership Training

Saturday Jan. 24th 9:00 am - 4:00 pm

Bethel Lutheran Church
1321 North Ave, Northfield MN

For more info contact:
Patrick M: 612-803-3020
www.area36.org



Winter Men's Retreat

Trudging the Road to Happy Destiny

Friday, Jan. 23rd - Sunday, Jan. 25th

Registration Deadline: Jan 9th

Anderson's Horseshoe Bay Lodge on
Leech Lake, near Walker MN

For more information and to register:
www.trhdretreat.org

The Original 4th Step Seminar

7 Sundays beginning January 11th

Jan. 11th - Feb. 22nd

3:00 - 5:00 pm

*A supportive, intense emotionally engaging
exploration of Steps 4-7, with an intro to
Step 8.*

Richfield United Methodist Church

5835 Lyndale Ave South , Minneapolis, MN

More info contact:

Fred: 651-336-3859

Elona: 763-477-5654

Erik: 952-994-0436



Bloomington Alano

4th Step Workshop

6 Tuesdays beginning January 20th

Jan. 20th - Feb. 24th

7:00 - 8:30 pm

Bloomington Alano

2062 West 98th Street, Bloomington MN

More info, and to register, contact

Cathy S: 763-301-0343

Janice M: 651-341-2955



AA is for Everyone

*Carrying Our Message of Hope to those
with Special Needs*

Saturday, Jan. 17th 1:00 - 4:00 pm

Program, Food & Fellowship

New Hope Alano

7550 Bass Lake Rd. , New Hope MN

www.aastpaul.org

TRADITION ONE & A.A. UNITY

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)