



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, 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.

UPCOMING MEETINGS

Sunday, January 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, January 19th, 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

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

Saint Paul Intergroup - New Year's Eve Celebration

The Recovery Church

253 State Street

Saint Paul, MN 55107

Tuesday December 31st

7:00pm - Wed Jan 1st 12:30am

Speaker - Marathon Meetings - Dance

32nd Annual Living in the Heart of AA

Friday January 3rd 7:00 pm -
Sunday January 5th 12:00pm

AmericInn Hotel & Conference Center, Mankato, MN

The Original 4th Step Seminar

Fourth Step Workshop - Seven Weeks duration

Mayflower Church, Minneapolis

Thursday, 9 January 2014, 6:30 PM - 8:30 PM

Squad Leader Reminders

Meetings will run as usual during the holiday season. If you are unable to run your meeting during this time it is your responsibility to find a replacement.

If it snows while you are at the house, please shovel the steps and walkway. Shovels as well as kitty litter (used instead of salt) will be in the supply closet located to the right when you first walk in the door.

10 Spiritual ways to Get Through New Years Clean and Sober

1. **Pray and Meditate.** Use Step 11: "We sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for His will for us and the power to carry that out." At this point, I know His will for me is to stay clean. From that understanding, a fruitful and lasting recovery became possible.

2. **Bottled Water.** I take my own bottle water to office parties, even family gatherings thereby assuring that what I drink is available and unaltered. I NEVER drink from a glass that I've left unattended. Thus, I can be assured no one put anything in my water. This also alleviates my picking up someone else's drink by mistake.

3. **Non-Alcoholic Beer a No-No** - I don't set myself up with non-alcoholic beer. I know me and the taste would tickle my fancy and before I know it, I'd want the real thing--an alcoholic beer. Eventually, the beer would not be enough for me and I'd be back in the vicious addiction cycle again. As the 12-step program literature reminds me, "One is too many and a thousand never enough."

4. **12-Step Program Marathon Meetings** - Before the holiday arrives, I've already mapped out where all the marathons are in my area or wherever I'm going to be for the holidays. These come in handy in my early days of recovery as well as with family when negative feelings can arise. Nobody knows how to push your buttons, like family. I can get away to a meeting for an hour, share my feelings, listen to the experiences of others, get a hug, and then go back to the family--reinforced and focused on what I need to do to make our time enjoyable. In the beginning, I couldn't go around my family because they would pressure me to drink, out of ignorance of how addiction works. They were so glad I wasn't using "hard" drugs they'd offer me alcoholic drinks. As far as my life goes, it's all hard!

5. **12-Step Program Hotlines and websites.** Before I go out of town, I research to find out where meetings are located. I've also asked members to meet me at a meeting, and talk to them when an urge to use arises. Online driving directions can sometimes throw in a wrong turn; so having the number to the hotline, where people are familiar with meeting location is always a good thing

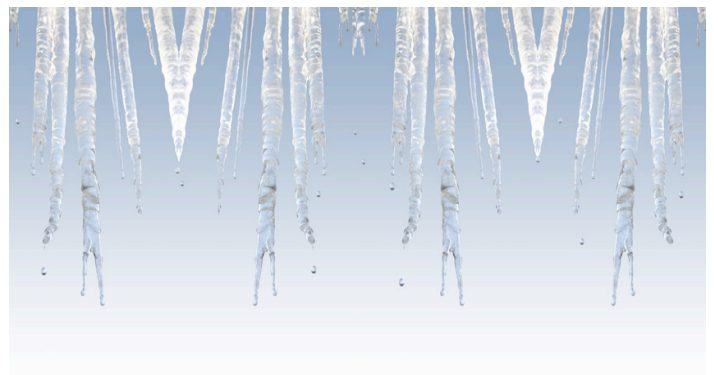
6. **Rely on God to allow you to lean on others.** To do supernatural things, I need supernatural help which is God and the people God uses to help me one day at a time. Doing the opposite of what comes natural for me to do. For example, I naturally do not want to call somebody but with supernatural help, I can reach out to a trusted friend for guidance. 9 times out of 10, when you talk about your urges to use, you won't act on it.

7. **Gratitude.** I try to remember what the season means to me: A new beginning that God so graciously gave. The thoughts usher in an attitude of gratitude because I'm free from the bondage of active addiction.

8. **Do not hang out with people that still use.** There's a saying: "If you hang around a hotdog stand long enough, you're going to eventually buy a hot dog." Instead, I surround myself with those who are serious about their recovery and mine.

9. **Understand you have an allergy.** - During the holidays, drinks and drugs abound. People are offering, trying to persuade you that "you've been clean awhile, you can handle it." When offered anything that would compromise my recovery, I say, "I'm allergic. I break out!" If they insist, I continue, "I really am allergic! I break out in hopelessness. Un-employability. Homelessness. Whorish behavior, thievery..." Everyone usually laughs first; then backs off of me. The offers cease. I get through one more day.

10. **Don't take yourself too seriously.** Be easy on yourself, laugh, and develop a sense of humor. Happy New Year everyone. Keep your primary focus--staying clean and sober no matter what.



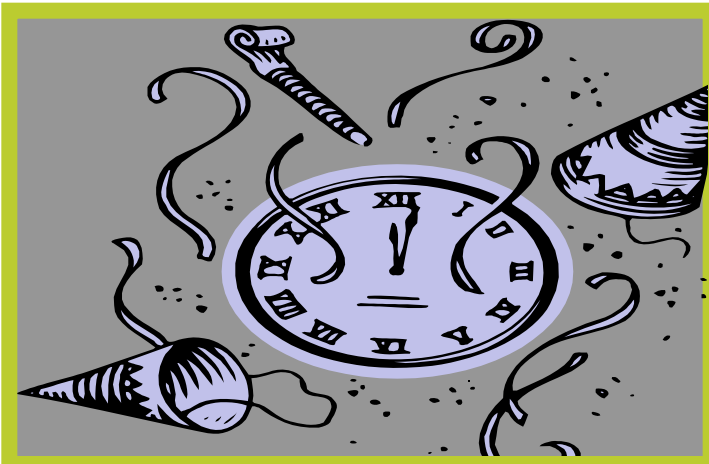
New Year's Day is one of the most popular times for people to commit to their efforts to breaking bad habits and living a healthier life. These resolutions often include eating healthier, getting a better job, spending more time with loved ones, and even getting sober.

The only problem is that almost all of these resolutions end up failing, and then you are right back where you started. People make these New Year's resolutions with good intentions and truly do want something better out of their lives. The challenge is that saying you want to change your life is easy, but doing the work is often more difficult than you expected.

If you made a resolution to get sober on New Year's Day and you're still struggling to actually do it, then maybe you weren't as ready as you thought you were. Making a resolution to get sober is one of the most important decisions you will ever make, but you can only get sober when you are truly ready to quit abusing drugs and alcohol. This will minimize your chance of relapse and increase your chance of recovery.

People sometimes set recovery goals that are impossible to achieve, and they unknowingly set themselves up for failure. The strain of only having one chance to get it exactly right on January 1 is often too much and can.

New Year's resolutions can also promote addictive behaviors when made weeks or months before January 1. For example, if you decide in October that you are going to get clean at the start of the New Year, this may be seen as an excuse to severely abuse drugs and alcohol until the designated quit date. Addicts see this as going out with a bang when doing their drug of choice one last time.



Despite some challenges, making a resolution to get sober can be successful. If you are making the decision for the right reasons, the results are absolutely worth it. So what can you do to ensure that your sobriety resolution is a success, even if you are starting a little later than you anticipated?

Pick realistic goals that you can achieve. You can't try to change your entire life at one time. Instead, choose to work on small parts of your life and make improvements. For example, start by researching 12-step meetings or addiction treatment centers in your area. Once you reach that goal, then move on to another goal until you are satisfied. Setting small goals and reaching them can keep you motivated to take even bigger steps toward your recovery.

Plan for problems in advance. No matter how hard you try to fight it, problems will always pop up. If you sit down and make a thorough list of issues you could find yourself facing, then you can create a plan to react in a rational and healthy manner.

Reward yourself. The simple act of encouragement can make a huge difference in your success. Giving yourself a pat on the back for getting through the first several days of sobriety can serve as a wonderful morale boost to your self-esteem. After the first couple of weeks, start giving yourself different rewards. For example, buy yourself a new pair of shoes or contact a supportive friend to make a dinner date. These little pick-me-ups are something to look forward to and something you have earned.

With enough patience and motivation, you will be well on your way to getting sober in the New Year.

Step One....Admission

Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self-sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

Twelve Steps and Twelve Traditions

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)

The unity of Alcoholics 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. Back again in their caves, alcoholics would reproach us and say, "What a great thing A.A. might have been!"

HAPPY NEW YEAR!

FELIZ AÑO NUEVO!

С НОВЫМ ГОДОМ!

GOTT NYTT ÅR!

GLÜCKLICHES NEUES JAHR!

BUON ANNO!

