

# LITTLE WHITE HOUSE NEWSLETTER

April 2014

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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.

## UPCOMING MEETINGS

**Sunday, April 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, April 20th, 6:00 p.m.**

*April 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](http://www.dasinc.org)

**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

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## **Squad Leader Reminders Keeping the White House Clean**

Please be sure clean-up is done after every meeting. This includes washing out coffee pots, wiping down kitchen counters and tables in the big room and taking out the garbage.

It is ultimately the Squad Leaders responsibility to make sure these tasks are completed.

In addition to cleaning up after each meeting, each meeting group is responsible for a thorough cleaning for the house during one month of the year. House cleaning schedules are included in the Squad Leader Guide and are posted at the house.

## Upcoming Cleaning Schedule

<b>April</b>	<b>Wednesday 7:00 a.m.</b> <b>Saturday 11:00 a.m.</b>
<b>May</b>	<b>Board of Directors</b>
<b>June</b>	<b>Sunday 8:00 p.m.</b>

The Board thanks you for your anticipated cooperation on this matter.

Greater Minneapolis  
Intergroup's  
31<sup>st</sup> Annual  
**GRATITUDE NIGHT**  
**Saturday, April 12<sup>th</sup> 2014**

6:30 p.m. - Social Hour & Music

7:30 p.m. - Program & Speakers

10:00 p.m. - Music & Dance

Tickets - \$12

Minneapolis Convention Center

For more information:

[www.aaminneapolis.org](http://www.aaminneapolis.org)

## 4<sup>th</sup> Step Workshop

**Beginning Tuesday April 15<sup>th</sup>**

7-8:30 p.m.

Every Tuesday for 6 weeks

Bloomington Groups

2062 West 98<sup>th</sup> Street

(6 blks west of 35W just off Penn Ave.)

Contact:

Tom - 612-414-0204

or

Simone - 651-324-0888

There is no cost for the workshop  
but 7<sup>th</sup> Tradition  
contributions are encouraged.

## SATURDAY 6:00 PM *THERE IS A SOLUTION* BEGINNERS MEETING

Beginning in April the Saturday  
6:00 pm *There is a Solution*  
Beginners Meeting will be holding  
a potluck on the first Saturday of  
each month at 5pm.

### Upcoming Schedule

**APRIL 5<sup>TH</sup> - 5:00 PM POTLUCK.**

PLEASE BRING SOMETHING TO SHARE.

SPEAKER - MAREEN F - HAPPY DESTINY

**APRIL 8<sup>TH</sup> - 7:00 PM DISTRICT 19 /AREA 36**  
MEETING IN ROSEMOUNT

APRIL 12<sup>TH</sup> - MATT M - HAPPY DESTINY

APRIL 19<sup>TH</sup> - TERRY - ROSEMOUNT

APRIL 26<sup>TH</sup> - SOOZE H - SLPNAAG

**MAY 3<sup>RD</sup> - 5:00 PM POTLUCK**

PLEASE BRING SOMETHING TO SHARE.

SPEAKER - ERIN - SLPNAAG



## 41st Annual GOPHER STATE ROUNDUP

Friday, May 23rd - Sunday May 25th

*"I am Responsible"*

A.A. with Al-Anon & Alateen Participation  
Activities and Accommodations at  
Doubletree by Hilton, Highway 100 & 494  
Bloomington MN

### ***So what is Gopher State?***

Gopher State is a huge A.A. conference (with Al-Anon and Alateen participation) that takes place every year over Memorial Day weekend in Bloomington, MN. It is an occasion to share the fellowship and carry the message of A.A. Last year over 8200 recovering alcoholics, members of Al-Anon and Alateen, and their guests, got together at the Gopher State Roundup to celebrate recovery. Many AA groups, Alano Clubs and MN Intergroup organizations host Hospitality Suites during this event. The Dakota Alano Society can be found every year in Suite 205.

### **GET INVOLVED IN GOPHER STATE !!!**

The Dakota Alano Society will once again be hosting Hospitality **Room 205** during the Gopher State Roundup. Be on the look-out for more information about getting involved.



***What is there to do at Gopher State?  
Why should I go?***

**Meetings:** Room-to-Grow Call-Up Mtgs  
Alateen Meetings  
Al- Anon Meetings  
A.A. History Meeting

**Speakers:** 2 speakers Friday Night  
6 speakers on Saturday  
Sunday 10 a.m. speaker

Sat. 4:00 p.m. *Singleness of Purpose*  
History Meeting with Clancy I. from L.A.

### **A.A. Archives Room**

Visit Hospitality Suites for:  
Fellowship, coffee, lots and lots of food!

### **Volunteer!**

Go to [gopherstateroundup.org](http://gopherstateroundup.org) for  
volunteer opportunities

***How much does it cost and how do  
I register?***

Registration contribution is \$15

Pre-register online at:  
[gopherstateroundup.org](http://gopherstateroundup.org)

Pre-register by mail  
(see flyers on the table)

Register on site  
(onsite registration begins at Noon Friday)  
**info: [www.gopherstateroundup.org](http://www.gopherstateroundup.org)**

## EXERCISE AND RECOVERY

The importance that exercise plays in the health of the individual is now universally recognized. Everyone can benefit from incorporating exercise into their life as a regular part of their life routine. As true as this is, there are special reasons why regular exercise helps those in recovery lead a healthier life. Exercise improves a person's outlook on life and raises their sense of well being. This helps to eliminate the desire to reach for a drug or alcohol to artificially improve how you feel in life. Many people have used drugs or alcohol in the past to compensate for negative feelings. However, if you greatly alleviate, or even totally eliminate these negative feelings, your need to compensate for them with drugs or alcohol will no longer exist. This is exactly what happens to most people when they embark on and carry through with a program of regular exercise.



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Excerpted from AABooksOnline Blog, Exercise and Recovery.  
April 2014 [online.com/blog/exercise-and-recovery](http://online.com/blog/exercise-and-recovery)

## April In AA's History

### April 1

- 1939 - Publication date of Alcoholics Anonymous, AA's Big Book.
- 1940 - Larry J. of Houston, wrote "The Texas Prayer", used to open AA meetings in Texas.
- 1966 - Sister Ignatia died.

### April 2

- 1966 - Harry Tiebout, M.D. died.

### April 3

- 1941 - First AA meeting held in Florida.
- 1960 - Fr. Ed Dowling, S.J., died. He was Bill W's "spiritual sponsor."

### April 7

- 1941 - Ruth Hock reported there were 1,500 letters asking for help as a result of the Saturday Evening Post Article by Jack Alexander.

### April 10

- 1939 - The first ten copies of the Big Book arrived at the office Bill and Hank P shared.

### April 11

- 1938 - The Alcoholic Foundation formed as a trusteeship for A.A. (sometimes reported as May 1938)
- 1941 - Bill and Lois finally found a home, Stepping Stones in New Bedford.

### April 16

- 1940 - A sober Rollie H. catches the only opening day no hitter in baseball history since 1909.
- 1973 - Dr. Jack Norris presented President Nixon with the one millionth copy of the Big Book.

### April 19

- 1940 - The first AA group in Little Rock, Arkansas, was formed. First 'mail order' group.
- 1941 - The first AA group in the State of Washington was formed in Seattle

### April 22

- 1940 - Bill and Hank transfer their Works Publishing stock to the Alcoholic Foundation.

### April 23

- 1940 - Dr. Bob wrote the Trustees to refuse Big Book royalties, but Bill W insisted that Dr. Bob and Anne receive them.

### April 24

- 1940 - The first AA pamphlet, "AA", was published.
- 1989 - Dr. Leonard Strong died.

### April 25

- 1939 - Morgan R interviewed on Gabriel Heatter radio show.
- 1951 - AA's first General Service Conference was held.

### April 26 or May 1

- 1939 - Bank forecloses on 182 Clinton Street.

### April 30

- 1989 - Film "My Name is Bill W." a Hallmark presentation was broadcast on ABC TV

## **STEP FOUR**

### **Made a searching and fearless moral inventory of ourselves.**

This step can be difficult for many alcoholics. While in the depths of alcoholism, the alcoholic has likely displayed character traits that have been hurtful and wrong. This step requires self-examination that can be uncomfortable, but honesty is essential in this process. Many participants will make a list of poor decisions or character flaws during this step, outlining hurt they caused to others, as well as feelings, like fear and guilt, that motivated some of their past actions.

This step doesn't just involve the period of time when the participants were struggling with active alcoholism. The self-inventory process can extend far beyond that, even to early childhood. The key is to identify any areas of past regret, embarrassment, guilt or anger. Once the alcoholic has acknowledged these issues, they are less likely to serve as triggers to future alcohol abuse.

## **TRADITION FOUR**

### **Each group should be autonomous except in matters affecting other groups or A.A as a whole.**

### **The Principle of Step Four - Courage**

This step is really about having the courage to honestly look at ourselves. Take a look at how our behavior has become warped to justify our continued behavior. We are here to take an honest assessment to ourselves. Looking at causes and conditions of our alcoholic behavior can be scary.

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## **Failure is Impossible**

Failure is an attitude. Having an attitude of failure can't help us. It can only hurt us. If we're not careful, it can grow into away of life. So, when we feel like failures, we'd better look at our attitudes.

An attitude of failure often comes from making mistakes. But we can learn to see our mistakes as lessons. This turns mistakes into gains, not failures. Sometimes, we try to do things that just can't be done. When we act like we can control others, we're going to fail. When we act like we know everything, we're going to fail. If we try to act like God, we're going to fail. We can't control others. We can't know everything. We're not God. We're human. If we act human, we've already won.