



December 2012

24 Hour a day:

MPLS Intergroup Hotline: 952-922-0880

St. Paul Intergroup Hotline: 651-227-5502

UPCOMING MEETINGS/EVENTS

Sunday, December 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, December 16th, 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



Saturday, December 1st, 1:00 p.m.

Holiday Decorating

Come enjoy fellowship and treats while
decorating the Alano House for the Holidays.
(we will be putting up indoor non-denominational
decorations only)



Saturday, December 1st, 4:00 p.m.

New Dual Recovery Meeting

(see more information in next column) • • • • ➤

Dakota Alano Society's 2nd Annual

NEW YEAR'S EVE CELEBRATION

Monday, December 31st, 7:30 p.m. -

Tuesday January 1st, 12:30 a.m.

Fellowship for New Year's Eve will begin
at the House immediately following the
Monday 6:00 p.m. Big Book meeting.

The Monday 8:00 p.m. meeting will be held in
one of the other rooms in the House. Watch for
a flyer to be posted soon with more details.



NEW MEETING AT THE HOUSE!

Starting in December at the Dakota Alano:

A Dual Recovery Meeting

Saturdays at 4:00 p.m.

*** **First meeting is Sat. December 1st** ***

The purpose of the dual recovery meeting is to help one another achieve dual recovery, prevent relapse, and to carry the message of recovery to others who experience a dual disorder. The Dual Recovery Program is based on the principles of the Twelve Steps and the personal experiences of men and women in dual recovery.

A dual disorder occurs when an individual is affected by both chemical/alcohol dependency **and** an emotional or psychiatric illness.

Individuals who have a desire to stop using alcohol and other intoxicating drugs, as well as, a desire to manage their emotional or psychiatric illness in a healthy and constructive environment can benefit from a dual recovery meeting.

If you are interested in learning more or lending support to this new meeting, please contact Pat S (612-759-9532).

CLEANING HOUSE

Did you know that each meeting group is responsible for a thorough cleaning of the White House during one month of the year?

Upcoming Cleaning Schedule

December	Wednesday	8:00 p.m. AA
January	Thursday	11:45 a.m. AA
	Saturday	6:00 p.m. AA
February	Thursday	8:00 p.m. Al-Anon
	Saturday	4:00 p.m. DRA

The suggested time for monthly cleaning is before or after your regular group meeting time. Allow adequate time to complete the tasks listed below.

Cleaning supplies are kept under the sinks in the kitchen and both bathrooms. The House has two vacuum cleaners, and there is additional cleaning equipment in the front entry closet. If you know your group is going to clean and supplies are needed, please call Brad C (612-270-8238).

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

ATTENTION ALL SQUAD LEADERS . . .

Please be mindful of the new policy statement you signed when you received your key to the Alano House.

The DAS Key Distribution Policy states:

Squad Leaders should not lend out their key to any member or ask another member to open or close the Alano House for them. If the Squad Leader will be unable to open the Alano House, please contact a Board member in advance of your meeting to make arrangements for one of them to be there to open the door for your group. There may be a Board member who attends your meeting regularly. Ask them to open the house for you.

Keys to the Alano House are the responsibility of the Squad Leader, who is responsible for unlocking the door before the meeting and locking the door after the meeting. Each group is entitled to only one key. If the key is lost or unaccounted for, either the Squad Leader or the group will be responsible for the cost of the key. The current charge for a new key is \$30.00.

There have been recent concerns about the House being accessed during non-meeting hours. Therefore Squad Leaders are reminded to open the House no more than one hour prior to the start of their meeting and to lock the House up no later than one hour after the close of their meeting. Please check all 3 doors and all windows when leaving the house. They have been found open or unlocked recently. ***Your cooperation is very much appreciated.***

The following Board members volunteered to open the House if a Squad Leader is unable to:

Dan C 651-238-7824

Julie O 651-497-1264

There is a complete list of Board members and their phone numbers on the bulletin board in the kitchen.

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:

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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 material 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.

HOLIDAY EVENTS

Minneapolis Intergroup Winter Open House

Saturday, December 29th

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

9:00 - 11:00 Breakfast Goodies

11:00 - 1:00 Appetizers

Coffee, tea and lemonade served all day

7204 West 27th Street, Suite 113

St. Louis Park, MN 55426

www.aaminneapolis.org



Minneapolis Intergroup New Year's Eve

Pass It On Marathon

Monday, December 31st

7:00 p.m. - 12:30 a.m. (1/1/13)

Speaker, Game Room, Meetings, FOOD

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

8:00 p.m. - 12:30 a.m. (1/1/13)

Speaker, Marathon Meetings, Dance, FOOD

The Recovery Church

253 State Street St. Paul, MN 55107

www.aastpaul.org



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

The Dakota Alano has 17 AA meetings, 1 Alanon meeting, 1 ACOA meeting and 1 Fellowship gathering each week ? ! ? That's a total of 20 mtgs per week and 19 phone lists!

There will be 90 meetings at the Alano House in the month of December, PLUS a meeting at Hastings Detox (12/6), PLUS a Board meeting (12/16), **PLUS** a New Year's Eve Celebration (see pg1).

So, don't sit around brooding !!! (see #9, pg 4)

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	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
	4:00 pm	Dual Recovery Open, Mixed
	6:00 pm	Beginners Mtg Open, Mixed

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

ACOA MEETING: Tues. 5:30 pm (Open, Mixed)

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

STEP TWELVE - Carry the Message

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our *twelfth suggestion*: carry this message to other alcoholics!"

Chapter 7, Working With Others, pg.89, Big Book of AA

"The joy of living is the theme of A.A.'s Twelfth Step, and action is its key word. Here we turn outward to our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no reward. 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

Step Twelve -

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

Tradition Twelve -

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

Tradition Twelve - Long Form

(from Twelve Steps and Twelve Traditions)

And finally, 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 is to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over all of us.

*** * * SERVICE OPPORTUNITY * * ***

The Board of Directors is looking for a new Webmaster to help keep the DAS website up to date.

If you are interested or would like more information, please put a note in the board mailbox in the kitchen at the White House, or contact: Ellen J. (emjusten@yahoo.com)

www.dasinc.org

*** * * SERVICE OPPORTUNITY * * ***

The Board of Directors is looking for someone to take over as Secretary.

After years of dedicated service in various positions on the Board and Advisory Board, Ellen J. would like to relinquish her position as Board Secretary if a dedicated replacement volunteer can be found.

While being on the Board of Directors is not a requirement to be Board Secretary, attendance at all Board meetings is required. Board meetings are held the 3rd Sunday of each month at 6:00 p.m. at the House. Possession of laptop and email capabilities are highly recommended.

Secretary responsibilities include:

- Taking minutes during meetings
- Editing and finalizing minutes
- Email distribution of minutes to the Board
- Posting a copy of approved minutes on bulletin board
- Maintaining digital files for the archives
- Occasionally publishing flyers for events, etc.

Being Secretary for the Board is valuable service work because taking minutes is the only way Board business can be documented, and keeping an accurate record of Board meetings is important since business that takes place can directly affect all members of the House.

If you are interested in volunteering for the position of Secretary please contact Susan H (612-600-3731).

ATTENTION SQUAD LEADERS

Please do not keep anything of value in the lockers in the kitchen, as they have been vandalized and broken into on several occasions. This includes money, medallions and literature - all of these items have been reported stolen from various lockers.

The Board is looking into options to remedy this unfortunate situation.

Squad Leaders are also reminded to be diligent about checking and locking all 3 doors to the House and checking the windows when locking up after meetings.

Thank you for your cooperation!

Interested in being on the Planning Committee for the Dakota Alano Society's 2nd Annual New Year's Eve Celebration??

Contact Mary C
Advisory Board Member

952-440-5946

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