

LITTLE WHITE HOUSE NEWSLETTER

Dakota Alano Society

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

JULY 2013



24 Hours a day:

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

UPCOMING MEETINGS

Sunday, July 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, July 21st, 6:00 p.m.

July Board of Directors Meeting
Main room at the White House
Squad leaders are encouraged to attend
All members are welcome to attend

UPCOMING EVENTS

St Paul Intergroup Open House

Saturday July 13th
11:00 a.m. - 3:00 p.m.

Meet the staff for Fellowship, Food and Fun
Spruce Tree Centre, Suite 214
1600 University Ave. W. St Paul MN , 55104
www.aastpaul.org - upcoming events
more info: 651-227-5502

3rd Annual Minneapolis Alano Block Party

Saturday July 27th
12:00 p.m. - 11:00 p.m.

*3 Speakers, 3 Bands, Food, Raffle,
Kids Activities, Dance*
2218 1st Avenue South, Mpls, 55404
Tickets: \$15 at gate, \$12 in advance
Raffle tickets: \$5
www.2218alano.org/News_and_Events.html



Save the Date !!!

The 3rd Annual
Dakota Alano Society

Summer Picnic

Sunday July 28th
Blackhawk Park, Eagan MN
(same location as 2012)

11:00 am - 4:00 pm
See pg 5 for full details
Map to park on pg 6

Get Involved!



STEP SEVEN

Humbly asked Him to remove our shortcomings.

Since this Step so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us.

Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.'s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they haven't much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.

Humility, as a word and as an ideal, has a very bad time of it in our world. Not only is the idea misunderstood; the word itself is often intensely disliked. Many people haven't even a nodding acquaintance with humility as a way of life. Much of the everyday talk we hear, and a great deal of what we read, highlights man's pride in his own achievements.

Twelve Steps and Twelve Traditions. page 70

As we approach the actual taking of Step Seven, it might be well if we A.A.'s inquire once more just what our deeper objectives are. Each of us would like to live at peace with himself and his fellows. We would like to be assured that the grace of God can do for us what we cannot do for ourselves. We have seen that character defects based upon shortsighted or unworthy desires are the obstacles that block our path toward these objectives. We now clearly see that we have been making unreasonable demands upon ourselves, upon others, upon God.

The chief activator of our defects has been self-centered fear - primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore no peace was to be had unless we could find a means of reducing these demands. *(continued next column)*

TRADITION SEVEN

An A.A. group out to be fully self-supporting, declining outside contributions.

Tradition Seven - The Long Form

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies, that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money and authority.

The difference between a demand and a simple request is plain to anyone.

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

Twelve Steps and Twelve Traditions. page 76

MEETING ANNOUNCEMENTS

***The Saturday 6:00 p.m. Meeting
is always looking for speakers.***

*If you would be willing to share a short version
of your story please sign up on the sheet posted
on the door to the kitchen, or attend the
meeting and talk to the Trusted Servant.*

*(You can do it, it's easy! No podium, no microphone,
you don't even have to stand up in front)*

***The Friday 6:00 p.m. Meeting
is offering a Beginner's Small Group
Meeting after the break for anyone
new to A.A. who wishes to have
an introduction to A.A.***

*The Beginner's Meeting meets upstairs after
the meeting break.*

***The Tuesday 5:30 p.m. ACA Meeting
no longer meets at the Dakota Alano***

There is an ACA meeting at the Rosemount AA.

Thursday 5:30 p.m.

Rosemount AA, Rosemount Mall

14555 S. Robert Trail / Hwy 3

Rosemount, MN 55068

Call to verify: 651-423-3622

For other ACA meetings in the area refer to:

www.adultchildren.org

EXPRESSING GRATITUDE

Welcome and **THANK YOU**
to **Hilary S** who has volunteered to be the
new Webmaster for the DAS website.

www.dasinc.org



THANK YOU to **Ellen J**
for setting up the DAS website and keeping
it updated for these past few years.



Welcome and **THANK YOU**
to **Rob M** and **Rusty S** for
stepping up to fill vacated Board positions,
and thanks to Rusty for taking on the
Maintenance responsibilities.



THANK YOU to **Katie P**
for volunteering to take over as Secretary
for the DAS Board of Directors.



THANK YOU to **All Squad Leaders**
for being diligent about locking the House
and being responsible with the keys!



And finally, **THANK YOU** to
our smoking members for very respectfully
observing our 25 ft from the House rule!

CARPET CLEANING - TUESDAY JULY 9TH

PLEASE NOTE: The carpets in the house will be professionally cleaned on Tuesday, July 9th. Tables and chairs will be removed from the carpeted areas following the 8pm mtg on Monday, the 8th. The tables and chairs will need to be repositioned immediately prior to the 7:30pm mtg on Tuesday evening.

ATTENTION SQUAD LEADERS

Did you know???

Your new Group Leader Guide contains the following information:

- Group Leader Responsibilities
- Rules for the White House
(hours of operation, use of the grounds in cooperation with the church, general guidelines for keeping the House clean and secure, parking guidelines, etc.)
- Sample meeting and group conscious agendas
- AA Preamble and Opening Statement
- How It Works and The Serenity Prayer
- 12 Traditions of A.A. and of Al-Anon
- Al-Anon and ACOA meeting information
- Group Financial Responsibilities
- Monthly Cleaning Schedule
- Key Distribution Policy
- Information/directions to Hastings Detox
- Addresses for Intergroup, Districts & Areas
- Pledging Information
- Meeting Schedule
- Guidelines for starting a new meeting
- The By-Laws of Dakota Alano Society, Inc.
- Articles of Incorporation of the DAS, Inc.
- 12 Concepts of World Service, adapted for the DAS, Inc.

Remember that monthly board meetings are the 3rd Sunday of each month at 6:00 p.m. Squad Leaders are encouraged to attend. A list of upcoming Board meetings is posted on the bulletin board in the kitchen.

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

July	Monday	6:00 p.m. A.A.
	Monday	8:00 p.m. A.A.
August	Tuesday	7:30 p.m. A.A.
	Wednesday	6:00 p.m. A.A.
Sept	Sunday	4:00 p.m. A.A.

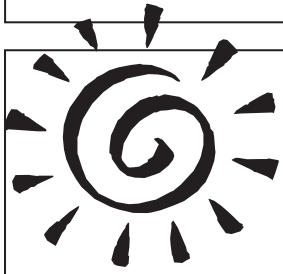
The suggested time for monthly cleaning is before or after your regular group meeting time. Allow adequate time to complete the tasks listed below.

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 to keep the White House clean. Thank You !!



The *3rd Annual* Dakota Alano Society

Summer Picnic

Sunday July 28th

Blackhawk Park, Eagan MN

(same location as 2012 - see map on page 6)



11:00 a.m. - 4:00 p.m.



11:00 a.m. Set Up

Grilling to begin at Noon

Burgers, Brats, Beverages provided by DAS

Bring a potluck food item, yard games, lawn chairs,
squirt guns, etc

Musical Entertainment and Games throughout
the afternoon



Activities available at Blackhawk Park: Fishing, volleyball,
playground, walking trails, canoe/kayak launch

The Picnic Planning Committee has plenty of
volunteer opportunities available

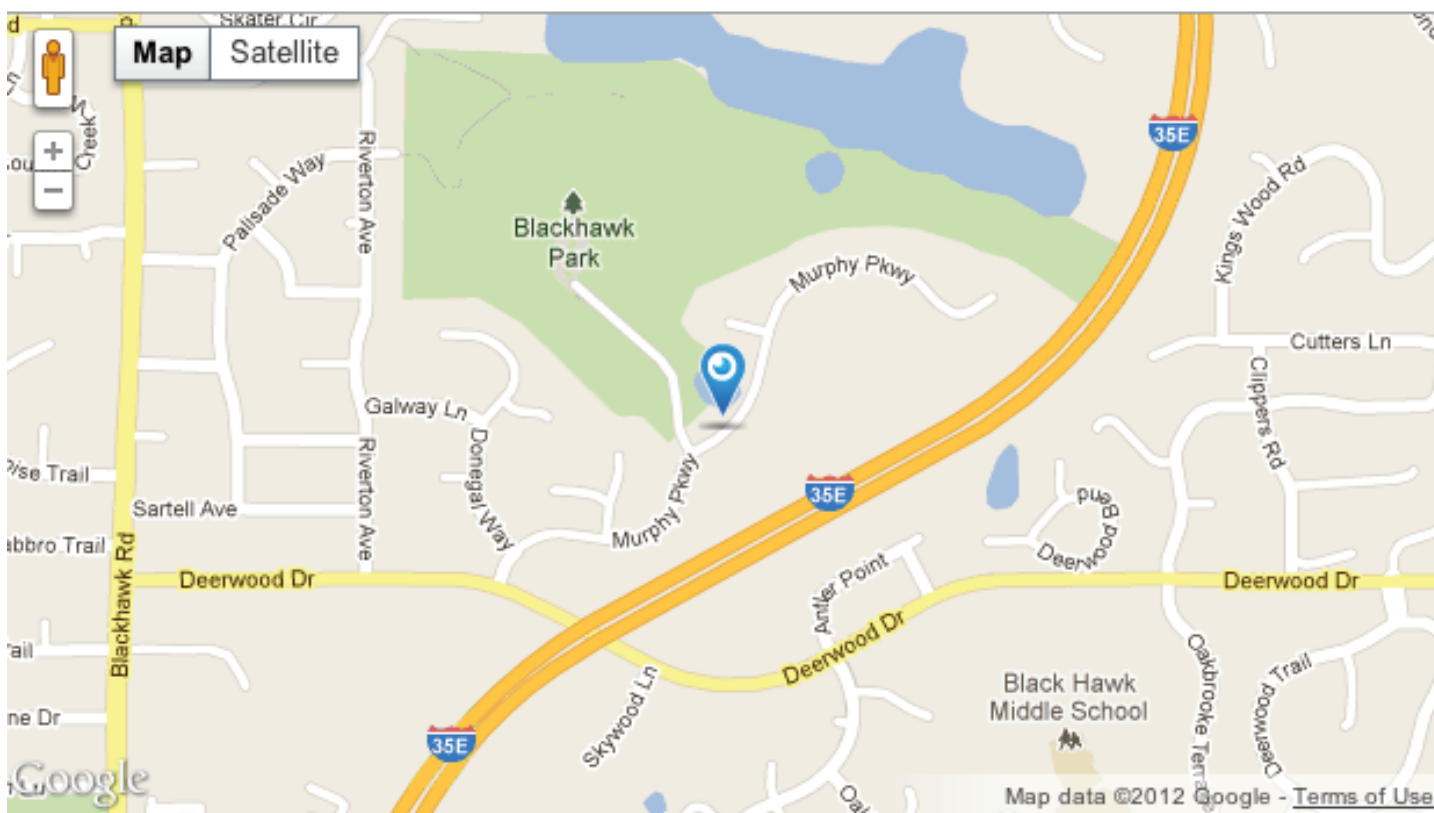
Volunteer sign up sheet posted on pop machine

To get involved contact Mary C (952-440-5946) or Tim K (651-239-2768)

Dakota Alano Summer Picnic

Blackhawk Park

1629 Murphy Parkway, Eagan



Go north on Murphy Parkway from Deerwood Dr. Turn left into the entrance to Murphy Park. Follow road to parking lot and pavillion.

Activities available at Blackhawk Park:
fishing pier, volleyball, playground,
walking trails, canoe/kayak launch