



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, February 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, February 16th, 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

Do you have a drinking problem? A.A. wants to help if you want help.

Greater Minneapolis Intergroup is here to help men and women who might have a drinking problem. We help new members find local meetings of Alcoholics Anonymous in Minneapolis and the Suburban Area. Our sole reason for being here is to carry the message of Alcoholics Anonymous and to be of service to the A.A. Groups in Minneapolis and the Suburban Area.

Hours:

Monday, Wednesday, Friday	9:00 am-4:30 pm
Tuesday, Thursday	9:00 am-7:00 pm
Saturday	9:00 am-1:00 pm

phones answered 24 hours a day
phone: [\(952\) 922-0880](tel:9529220880) / fax: [\(952\) 922-1061](tel:9529221061)
e-mail: info@aaminneapolis.org

Squad Leader Reminders

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.

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



Rebuilding Takes TIME!

Recovery is a process of transformation in which we seek to become something greater, healthier, and happier than we've ever been. Unfortunately, for as many years as it has taken folks to get into recovery, they'd like to make up for lost time and be all better by next week.

As my friends in AA say, "Time takes time. " Very few good things happen in a hurry and healing always takes longer than we'd like. The pitfalls for the affected other (people affected by a loved one's drinking or drugging) are many. Some of us try to convince ourselves that things will be fine now that our loved one is sober. We want to believe that sobriety is once and for all. We hope that being clean will return them to the person we once knew.

Setting Goals and Making Progress

People in early recovery often tell me that they want to get back to where they were. I point out that where they were is where they were just before everything went progressively toward hell!

So we come to accept that going back is not an option and that building new relationships with new boundaries and clear expectations is key.

I encourage both the recovering addict and affected others to set reasonable goals and expectations. It's important to define growth and success clearly and overtly. In the absence of distinct goals and milestones, "getting better" remains a vague and incredibly difficult vision to achieve.

Rebuilding Not Resurrecting

While their external behavior may be very different, folks in early recovery have the same character flaws they had when they were using. They are generally impulsive, impatient, and very moody. As affected others we must be careful to avoid climbing aboard this emotional roller coaster and compensating for their deficits.

Remember your own needs:

It is we too who are changing. **Hopefully we develop the resolve to be true to ourselves independent of what our loved ones choose.** We are free to have limitations, needs, wants and feelings and we are free to express them.

We have the right to not walk on eggshells and to overcome our fears of holding our loved ones accountable. In couples and family counseling I am often asked, "What do I have to be careful not to do or say? I don't want to push them back to drinking/drugging." I'm quick to point out that affected others are not *that* powerful and that accountability doesn't work that way.

The ONLY person who is responsible for drinking/drugging is the addict themselves.

Rebuilding Trust (One Day at a Time)

In addictions counseling I frequently hear outrage that, "My partner still doesn't trust me!" I ask how long they were active in addiction? They usually respond with a high number of years. I ask how long they've been sober? They explain a few months. I raise an eyebrow at the contrast and they usually get it.

Our recovering loved ones have the same fear we do - that they will return to using/drinking. The difference is that they have 100% control over whether they stay sober and we have none. Worse still, there's no guarantee of

Building Trust - One Day at a Time

Addicts & affected others alike tend to view trust as this all or nothing, once and for always thing. Making this kind of commitment again is terrifying. It needn't be this way. Just as the person in recovery is free to make only 24 hours of commitment to sobriety, so too can we make our commitments one day at a time.

Trust is earned through consistent integrity. We're looking to see that we can depend on our partners to do what they say they will. We are also mindful that sooner or later we must deal with everything that was swept under the rug. It's hard to imagine mustering the courage to try again after failing so many times in the past.

Courage is not the absence of fear. It's the choice to refuse to allow fear to stop you. We want to love again, but how are we to love others when we remain ambivalent or worse toward ourselves?

Self-Care Is Key

There's a world of difference between caring for and taking care of. As affected others we are brilliant in our ability to be caregivers to everyone but ourselves. That simply must change. Ideally, our loved ones get sober for themselves not for us (if they're doing it for us they will resent us later and their sobriety will be tenuous). What then shall we do for ourselves?

We need conviction, commitment, and support; these make life manageable:

We develop **conviction** that we will be responsible for identifying our own needs and ensuring that they are met. We make meaningful **commitments** to our daily self-care and make consistent choices to invest in our well-being. We need the encouragement and **support** of friends and family. We too have the opportunity to experience transformation.

I urge affected others to avail themselves of the wealth of good literature and support accessible through 12 step programs like Al-Anon, Nar-Anon, Adult Children of Alcoholics and others.

Step Two

Came to believe that a Power greater than ourselves could restore us to sanity

Ask yourself: Do I now believe, or am I even willing to believe that there is a Power greater than myself? (p47)

If you have difficulty with the idea of a Higher Power, here are some things that helped us. Ask yourself, as the Big Book tells us, "Am I even willing to believe in a Power greater than me"? Then you can adopt what you think that a Higher Power might be, and make a start. Many people adopt the power of AA - whatever you think might be helping all of us in our AA group now to stay sober.

Something else that is true for some of us is that we had a faith when we came to AA, but struggled to accept that the God we believed in was interested in us and really does, as the Big Book promises, want us to be sober and happy, joyous, and free. What we did was to abandon this old conception of a harsh God and find a new Higher Power that does care for us - again, perhaps you could try the power of AA. It's helping us!

So, ask yourself, as the Big Book tells us: "Do I believe, or am I even willing to believe that there is a Power greater than myself that can restore me to sanity?" If you can say yes, then you have taken Step Two.

Step Two...Belief

The moment they read Step Two, most A.A. newcomers are confronted with a dilemma, sometimes a serious one. How often have you heard them cry out, "Look what you people have done to us! You have convinced us that we are alcoholics and that our lives are unmanageable. Having reduced us to a state of helplessness, you now declare that none but a Higher Power can remove our obsession. Some of us won't believe in God, others can't and still others who do believe that God exists have no faith whatever. He will perform this miracle. Yes, you've got us over the barrel, all right - but where do we go from here?"

Twelve Steps and Twelve Traditions

Step Two -

Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition Two -

For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

PREVENT FROSTBITE: AT WIND CHILLS OF 15 TO 30 BELOW, EXPOSED SKIN CAN GET FROSTBITTEN IN MINUTES AND HYPOTHERMIA CAN QUICKLY SET IN.

MITTENS ARE BETTER THAN GLOVES, LAYERS OF DRY CLOTHING ARE BEST, AND ANYONE WHO GETS WET NEEDS TO GET INSIDE, DOCTORS WARN. AVOID BEING OUTDOORS, IF POSSIBLE, OR MAKE SURE ALL BODY PARTS ARE WELL-COVERED.

