

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

April	Wednesday	7:00 a.m. AA
	Saturday	11:00 a.m. AA
May	Board of Directors	
June	Sunday	8:00 p.m. AA

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 !!

REGARDING HOUSE SECURITY

- Keys to the Alano House are the responsibility of the Squad Leader.
- **Do not give or lend your key to any other member.** Contact a Board member in advance of your meeting if you need someone to open or lock the House for you.
- Open the House no more than one hour prior to the start of your meeting.
- Lock the House up no later than one hour after the close of your meeting.
- **Check all 3 doors when leaving the house.**
- The following Board members have volunteered to open the House if a Squad Leader is unable to:

Dan C 651-238-7824

Julie O 651-497-1264

SERVICE OPPORTUNITIES

The Saturday 6:00 p.m. Beginner's 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 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

STEP FOUR

Made a searching and fearless moral inventory of ourselves.

The Fourth Step. It is not everyone's favorite topic. Not mine, either. But recently I knew I needed to do one. It had been several years since my last inventory. That one had done me some good, no doubt, but there still seemed to be old attitudes and fears that were holding me back. Yes, I knew I needed another Fourth Step, but I still dragged my feet.

Just to get something moving, I went to a workshop on the Fourth Step. It met weekly for six weeks, and broke down what the Big Book says about this Step (pp. 63-71) into a set of directions, prayers and promises that even I could follow and use. This turned out to be important.

I guess I'd always considered the Fourth Step to be more than a little like self-bashing. I thought I was supposed to list out all the wrong things I'd ever done, so that I'd have a handy list to use in my Fifth Step. The careful and detailed examination of the text of the Big Book that I received at the workshop changed this perspective for me.

Yes, I still needed to look into my faults and shortcomings, but I learned that there can be more than that to a Fourth Step. That it can be redemptive too. The prayers that the Big Book suggests open new pathways for relief from these issues and a means for keeping them at bay. For each resentment, I am reminded that the person I resent is sick, just like I am. I am directed to pray for the person with a new and different attitude. "We asked God to help us show them the same tolerance, pity and patience that we would cheerfully grant a sick friend...God save me from being angry. Thy will [not mine] be done" (pg. 67).

For my fears, too, there is a prayer. "We asked Him to remove our fear and direct our attention to what He would have us be" (pg. 68). And so too for my sex relations. "We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing" (pg. 69).

Through each prayer, I take an action that relieves me of the bondage of self and frees me to forgive those for whom I have a grievance, so that I may move forward through the rest of the Steps with an open heart and a clear mind. That is real relief, which opens the door to many Promises to come as I "trudge the Road of Happy Destiny!" (from the April 2012 Lifeline Newsletter)

TRADITION FOUR

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

Tradition Four - The Long Form: With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

More on Tradition Four

(from the April 2012 Lifeline Newsletter, St. Paul Intergroup)

What does this mean – that each group is autonomous? The dictionary says autonomous means "acting independently or having the freedom to do so." So every A.A. group can decide for itself how to hold its meetings, what prayers and readings they will or won't use, how to spend the money they collect, and so on.

There are, of course, some suggested limits in Tradition Four itself and in the other Traditions. A group's primary purpose should be to carry the message of recovery. How they do this, however, is up to them. Membership, one hopes, is determined according to Tradition Three, but of course there are male groups, female groups, young people's groups, and so forth. And perhaps most important, an A.A. group ought never do or plan anything which may affect the welfare of another group or our Fellowship at large.

*Here at the Intergroup office we are sometimes called by A.A. members with a complaint or gripe about how a group is conducting their business, or just about a member of a group and how they are comporting themselves and what might the other members do about this situation. When this happens, it can be difficult to know how to respond. There really is no "right way," except when the group itself decides what action to take (or not take) according to their own conscience as guided by their Higher Power. **As the 12 and 12 says, "Each group has the right to be wrong."** Here at Intergroup we simply try to pass on the collective wisdom of A.A. experience by directing folks to the appropriate A.A. literature and other resources, which may help resolve the concern.*

40th Annual GOPHER STATE ROUNDUP

Friday, May 24 - Sunday May 26th

"I am Responsible"

A.A. with Al-Anon & Alateen Participation

Activities and Accommodations at
Doubletree by Hilton, Highway 100 & 494
Bloomington MN

So what's the big deal about Gopher State?

Gopher State is a huge A.A. conference (with Al-Anon and Alateen participation) that takes place every year over Memorial Dad weekend in Bloomington, MN. It is an occasion to share the fellowship and carry the message of A.A. Last year over 8500 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.

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

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

Speakers: 2 speakers Friday Night
5 speakers throughout the day on Sat.
Sunday 10 a.m. speaker

40 Year History of Gopher State Roundup
Presentation, 4:00 p.m. Saturday

A.A. Archives Room

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

Volunteer!
(go to gopherstateroundup.org for volunteer opportunities)

How much does it cost and how do I register?

Registration contribution is \$13 (ages 13 & older)
Pre-register online at gopherstateroundup.org
Pre-register by mail (see flyers on the table)
Register on site
(onsite registration begins at Noon on Friday)

info: www.gopherstateroundup.org



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.



Save the Date !!!

The 3rd Annual
Dakota Alano Society

Summer Picnic

Sunday July 28th

Blackhawk Park, Eagan MN

(same location as 2012)

Approx timeframe: Noon- 4pm

Exact hours TBD

Watch for more information and

Get Involved!



LITTLE WHITE HOUSE NEWSLETTER

Dakota Alano Society

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

APRIL 2013



24 Hours a day:

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

UPCOMING MEETINGS

Sunday, April 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, April 21st, 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

UPCOMING EVENTS

4th Step Workshop

6 Tuesdays, April 16 - May 21st

7:00 - 8:30 p.m.
Bloomington Alano
2062 West 98th Street, Bloomington MN
For registration contact
Simone: 651-324-0888 or
Robb: 651-269-2995

MIni MNYPAA

Minnesota Young People in AA

Friday, April 19th

7:00 p.m. - 1:00 a.m.

7:00 - Coffee, Fellowship, Bake Sale
8:15 - Sobriety Countdown, Speaker
Dance, Games, Marathon Meetings til 1a.m.
Downtown Alano
520 North Robert St. St Paul, MN 55101
info: www.aastpaul.org - Upcoming Events



Lakers Spring Banquet

Saturday April 20th - 6:00 p.m.

*A celebration of those with 1-2 years sobriety.
(but attendance is open to all!)*

Dinner, AA & Al-Anon Speakers, Dance
\$15 - Evening \$7 - Speakers & Dance only
Catered Dinner to included BBQ Chicken,
Pulled Pork and all the fixin's
St. Patrick's Social Hall, St. Patrick MN
(Hwy 13, south of Prior Lake)
For info/tickets contact Brian: 651-775-5926

St. Paul Intergroup Spring Fling!

Saturday, April 20th 5:30 - 11:30 p.m.

Dinner, AA & Al-Anon Speakers, Dance
The Recovery Church
253 State Street, St. Paul, MN
\$10 - Evening \$7 - Dinner \$5 - Dance
info: www.aastpaul.org - Upcoming Events
info: 651-227-5502