



Heart To Heart

Regina and Area AA Intergroup Monthly Newsletter (Sk. Canada)

www.aaregina.com

Please have all birthdays, celebrations, announcements, poems, and articles for January submitted to the Editor by December 15th for January publication.

I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that I am responsible.

STEP TWELVE

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

A Long-time Member Reflects on Her Journey to the 12th Step

When I first joined AA in 1984, these words held no meaning for me. I came to AA specifically to learn how to stop drinking or, even better, to learn how to “drink like a lady.” It took me a number of years to reach the 12th Step; needless to say, like many of us, I am a slow learner.

After a while, it became clear to me that I had to do some serious soul-searching and complete the previous Steps before I could begin the 12th. I remember in my early years feeling “less than” because no one asked me to sponsor them.

In God’s infinite wisdom, I discovered that I was not ready to sponsor other women at that time. However, I could “carry this message to other alcoholics” by sharing at meeting level and reaching my hand out to newcomers.

When I was ready, women started asking me to sponsor them. It’s funny how that works. I guess you could call it synchronicity.

The women that I have sponsored over the years have enriched my recovery in immeasurable ways – even the ones who have relapsed. This is how we share our experience, strength, and hope on a much deeper, more intimate level. Listening to them sharing their stories, their pain and guilt, takes me right back to my early days in AA and reminds me that I never want to go back there again. I have also developed skills as a compassionate listener, which didn’t come easily to me in the beginning, when I was always quick to judge or to offer a solution.

As far as “practicing these principles in all of our affairs,” I am still a work in progress in that area. I have my good days and my bad days, and even my in-between days.

The good news is that I have a kit of spiritual tools that I can pick up at any time, even in the middle of the day, if I am going off course. When I use these tools, I am peaceful and content.

Our 12-Step program is both simple and brilliant, but it only works if you work it!

– Weedgie M. The Coin December 2015

Step Twelve is the way we manifest our sobriety in our environment. My sponsor says that we “carry the message and not the alcoholic.” I love that line, because it gives me permission to work my program in a non-codependent manner. I can knock myself out trying to give away to reluctant Sponsees what I have worked so hard to learn from Steps one through eleven, or I can give it away to the members of AA and other Sponsees as well as people who seem to want what I have on a more casual but consistent basis.

My experience in AA has taught me to keep my spiritual awakening current by having a daily conscious contact with God. If I don’t, I have difficulty carrying the message, as well as difficulty practicing the principles in all my affairs. However, the Steps and the fellowship make it very easy to go back to square one and to talk with another alcoholic, preferably a sponsor, about whatever is upsetting me. Then Step Twelve becomes a privilege for me, because I find the most satisfaction in giving away the precious gift that I have been given of learning how to stay sober under any and all conditions, and in keeping my side of the street clean through the use of the Steps, so that I am content with my life.

A spiritual awakening does not mean I will be perfect, but rather that I would be responsible to myself to do the right thing. I will not know what the right thing is if I am not sober. As a result of having both sobriety and a God in my life, I am available to work the Steps on a daily basis. Step Twelve is the reward I receive as a result of doing the Steps, both spiritually and with other people, because I get to find happiness in my relationship with my Higher Power as well as my relationships in service to my fellow man. Funny how that works. It is the opposite of what the world tells us to do, and yet it is the most satisfying lifestyle I have discovered. I find that the quality of my surrender determines the quality of my contentment with life and those around me.

Anne M Attitude Adjustment Group, Palm Springs Desert Lifeline, December 2014



Regina AA Central
Office

Broad St, Business Center
#107-845 Broad St.
Regina, Sk. S4R 8G9
Open: Mon. Wed. Fri.
12:00-5:00
a.a@sasktel.net
Closed Statutory Holidays

24 Hr. Answering
Service
306-545-9300

Service Meetings

All members of Alcoholics
Anonymous are welcome
to attend.

Office Committee
Monday before Intergroup
6:30

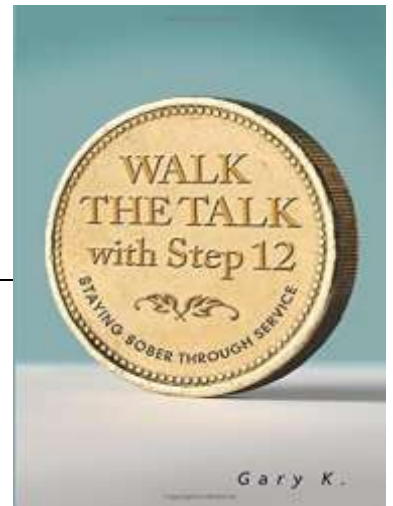
Central Office
Broad St, Business Center
#107-845 Broad St.

Intergroup
First Wednesday of the month
7:30

St. Paul’s Cathedral
1860 McIntyre St.

Districts 15, 17, 18
Second Wednesday of the month
7:30

Mount Olive Lutheran Church
2015 - 4th Ave. N.



RECOVERY

Step Twelve

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

RECOVERED

occurs 20 times [16 in BB ... 4 in 12&12]

We, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. *BB Foreword to First Edition, p.xiii*

To show other alcoholics precisely how we have recovered is the main purpose of this book. *BB Foreword to First Edition, p.xiii*

In that brief space, Alcoholics Anonymous has mushroomed into nearly 6,000 groups whose membership is far above 150,000 recovered alcoholics. *BB Foreword to Second Edition, p.xv*

Their very first case, a desperate one, recovered immediately and became A.A. number three. *BB Foreword to Second Edition, p.xvii*

This man and over one hundred others appear to have recovered. *BB The Doctor's Opinion, p.xv*

Nearly all have recovered. *BB There Is A Solution, p.17*

Doubtless you are curious to discover how and why, in the face of expert opinion to the contrary, we have recovered from a hopeless condition of mind and body. *BB There Is A Solution, p.20*

Further on, clear-cut directions are given showing how we recovered. *BB There Is A Solution, p.29*

If a mere code of morals or a better philosophy of life were sufficient to overcome alcoholism, many of us would have recovered long ago. *BB We Agnostics, pp.44-45*

If he says yes, then his attention should be drawn to you as a person who has recovered. *BB Working With Others, p.90*

He often says that if he had continued to work on them, he might have deprived many others, who have since recovered of their chance. *BB Working With Others, p.96*

He knows that thousands of men, much like himself, have recovered. *BB To Wives, p.113*

We have recovered, and have been given the power to help others. *BB The Family Afterward, p.132*

We, who have recovered from serious drinking, are miracles of mental health. *BB The Family Afterward, p.133*

An alcoholic who has recovered, but holds a relatively unimportant job, can talk to a man with a better position. *BB To Employers, p.146*

(* In 2016, it is estimated that over two million have recovered through A.A. *12&12 Foreword (Note), p.15*

With the publication of the book "Alcoholics Anonymous" in 1939, the pioneering period ended and a prodigious chain reaction set in as the recovered alcoholics carried their message to still others. *12&12 Foreword, p.17*

It was a statistical fact that alcoholics almost never recovered on their own resources. *12&12 Step One, p.22*

And if these are facts of life for the many alcoholics who have recovered in A.A., they can become the facts of life for many more. *12&12 Step Twelve, p.112*

Merriam Webster definition of recover:

- get back: regain
- bring back to normal position or condition
- stumbled, then recovered himself
- save from loss and restore to usefulness: reclaim
- regain a normal position or condition (as of health)

Synonyms: Verb

get back, reacquire, recapture, reclaim, re-collect, recoup, regain, repossess, retake, retrieve

Happy Birthday to those celebrating milestones of sobriety...those 24hrs add up!

- Women's Serenity**
- Shawna M....2yrs Dec. 17, 2017
Free Speech
 - Gloria M 25 yr Celebration
Thurs. Dec. 19, 2019
8:00PM Holy Child Parish
2636-7 Ave. E.
Harmony Group
 - Mike N....9yrs.....Dec. 13, 2010
 - Scott A.....7yrs.....Dec. 13, 2012



12 STEP WORK AVAILABLE!
Your group can carry the message of recovery to another alcoholic by chairing meetings at
Regina Detox
The General Hospital-Liver & Onions
Pine Lodge Treatment Center
Contact Angela to sign up your group to chair meetings
Intergroup Treatment Chair

Spiritual Principle

Step Twelve SERVICE

The Twelve Rewards

1. We can all have Hope, instead of desperation;
2. Faith, instead of despair;
3. Courage, instead of fear;
4. Peace of Mind, instead of confusion;
5. Self-respect, instead of self-contempt;
6. Self-confidence, instead of helplessness;
7. The respect of others, instead of their pity and contempt;
8. A clean conscience, instead of a sense of guilt;
9. Real friendships, instead of loneliness;
10. A clean pattern of life, instead of a purposeless existence;
11. The love and understanding of our families, instead of their doubts and fears;
12. and the freedom of a happy life, instead of the bondage of an alcoholic obsession.

All this and more through AA, are we grateful enough? Gratitude will continue the miracle of your sobriety, I found that out.

As written by Ann C. of Niles, Ohio - sober April 1, 1948



U N I T Y

Tradition Twelve

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

Alcoholics Anonymous 4th Edition pg 565

Tradition Twelve Checklist

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

1. Why is it good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?
6. Does my personal behavior reflect the Sixth Tradition—or belie it?
7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs' behavior—especially if they are paid to work for AA? Who made me so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
12. What is the real importance of me among more than a million AAs? www.grapevine.org



AA Regina
Alcathon 2019/2020

Our primary purpose at Alcathon is to provide a safe and sober environment for our members and those new to recovery, over the holiday season.

A New Meeting Every Hour!

<i>Cribbage Tournament!</i>	<i>Speakers Meetings!</i>
<i>Long Timers' Meeting!</i>	<i>Chili Cook-off!</i>
<i>Food!</i>	<i>Live Entertainment!</i>
<i>Kiddie's Corner!</i>	

Dec. 24, 5pm thru Dec. 26th, 5pm
&
Dec. 31, 5pm thru Jan. 1st, 2020, 5pm

North East Community Centre
160 Broad Street
Regina, Sask.
(back of building - north parking lot)

Sign Up Now to Volunteer at this Worthwhile Event
Cash Donations and Food Donations from Groups are gratefully accepted

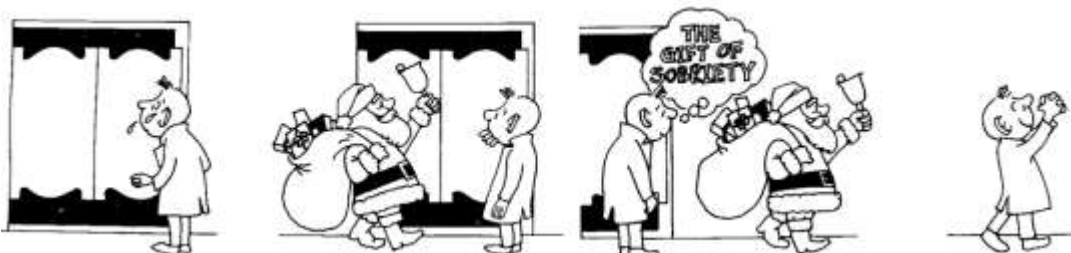
For info or to Volunteer: Contact: alcathon@aa.org
Or Central Office: aa.org
Phone: (306) 545-9300

When I first volunteered to write about tradition Twelve, I thought it would be an easy task. Practicing one of my character defects – procrastination – it took a reminder on my answering machine from the Central Office manager to get started on this commitment. I want to apologize for not completing my assignment on time. I once heard at a speaker meeting that the 12 Steps of Alcoholics Anonymous are so that I don't kill myself and that the Twelve Traditions are so that we don't kill each other. I don't know if there is any truth to this, but one thing I do know is that without the traditions of Alcoholics Anonymous, this journey I am on would not be possible. I must be honest and say that I have not studied all of the traditions in depth and have mainly concentrated on the 12 Steps. I have been sober almost 20 years and have just recently begun to study the Traditions, knowing they keep this whole thing together. Tradition Twelve states, "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities." To me this means that the anonymity of the program is spiritual in nature and that it is foundational to all of the other preceding traditions, therefore serving as a reminder to put principles in front of personalities. I feel that Tradition Twelve is the grand-daddy of all the traditions because it keeps us going in the right direction and away from individual ego. It places the common welfare of all AA members before the welfare of individual personalities. In the beginning, the concept of anonymity was not born of confidence but was a child of our early fear of public reaction. We started out as a secret society, and newcomers could find us only through a few trusted friends. As time continued and the disease of alcoholism became less taboo, it became apparent that we could do incalculable good or harm.

Everything would depend upon how the program was channeled. The chance of letting self-appointed members present themselves as messiahs representing A.A. before the public was not even entertained for this would be our undoing.

Many of the experiences of our early AA members taught us that anonymity is real humility at work. That anonymity has an all-pervading spiritual quality which today is present in AA life everywhere. I am thankful for the 12 Steps of Alcoholics Anonymous and the traditions. The 12 Steps have introduced me to the alcoholic Daniel and the Traditions assure Daniel the alcoholic that this wonderful program will be here for a long time to come. I am enjoying a personal journey that I know will continue due to the Twelve Traditions.

Daniel M. Sloan's Men's Stag, Indio Desert Lifeline December 2014



Spiritual Principle
Tradition Twelve
SPIRITUALITY

S E R V I C E

Concept Twelve

"The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action."

Summarized from *The A.A. Service Manual*, and the pamphlet, *The Twelve Concepts for World Service, Illustrated*.

Intergroup wants to express our appreciation

for those groups and individuals who have made generous financial contributions, and give a special thank you to all the members who volunteer their time to help the sick and suffering alcoholic.

The following Groups made contributions in October, November, 2019

Recovery First, Last Door Recovery, Sunday Meeting in the Park, Sisters in Sobriety, Personal donation, 12 Steps to Recovery, North side AA, Sunday @ 9, Walsh Acres, Nor West, Pioneer Fellowship Society, Novelco, Nu Life, Free Speech, Lucky Nooners, Namaste, Hero, Massey Road, Friday Eureka, Friday Morning Breakfast

I believe that the Concepts are the least known of all the written material in AA. So, when I began to write on Concept 12, I found I didn't know them at all. I hope you find this material as interesting as I did. In reading Concept 12, I saw where the Concepts are the glue that holds AA together. In Concept 12, AA levels the playing field.

First, it mentions matters of money and that we are to keep these matters in check, keeping no more than what is needed to operate. I think this keeps us honest. Next, it mentions personal power, and it addresses that AA has no BIG SHOTS; we are all made from the same cloth – that we as AAs take a vote on all things that affect the group. This keeps it fair and again levels the playing field. This also insures that no personality ever benefits from decisions made. So I guess what I am trying to say is in matters of money, property and prestige, Concept 12 is, in fact, the whole basis of how AA works!

Paul G Monday Night Men's Marauders, Palm Desert, Desert Lifeline, December 2014

Concept Twelve Checklist

1. How do we guard against becoming a "seat of perilous wealth or power?"
2. How do we practice prudent use of our Seventh Tradition contributions and literature revenue?
3. Do we insure the spiritual liberties of all A.A. members by not placing any member in the position of absolute authority over others?
4. Do we try to reach important decisions by thorough discussion, vote and, where possible, substantial unanimity?
5. As guardians of A.A.'s traditions, are we ever justified in being personally punitive?
6. Are we careful to avoid public controversy?
7. Do we always try to treat each other with mutual respect and love?

www.grapevine.org

A Holiday "Thank You"

Dear Members of the Fellowship,

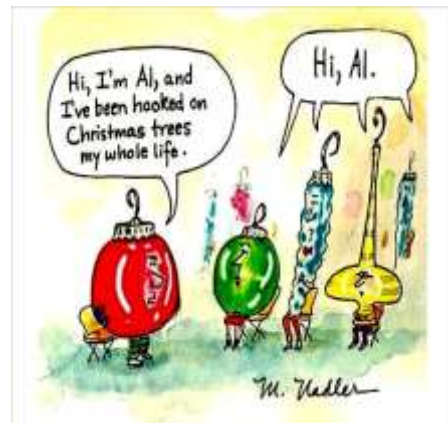
We at Intergroup and your Central Office wish to express our gratitude for your participation in our Seventh Tradition. These words feel inadequate, but they truly express our appreciation of your contributions and your service – an appreciation grounded in amazement and inspired enthusiasm. Without your support, the hand of Alcoholics Anonymous can't reach those suffering alcoholics in need, both inside and outside our Fellowship.

You have your needs, yet time after time we stand in awe and are inspired by your ability to think of others before you concentrate on or wallow in your own problems. You put our "common welfare" before your own, thus assuring that the message is not lost, that our Fellowship thrives.

Our newest members are shown the path to "happy destiny" and our services continue.

So, please accept our thanks for the honor you give our Traditions and the energy you give to service. And we wish you the very best of this Holiday Season – safe, sane, sober, and filled with joy.

Regina Intergroup & Central Office



"My name is Rudolph and I am an alcoholic."

A. A. Needs Your Help!

We are in need of 12-Step volunteers.

If you are available to take 12-Step phone calls and/or go out on a 12-Step calls (Although, never alone!),

PLEASE sign up!

We are especially in need of Women 12-Step Volunteers

Contact Alex: 12Stepchair@aaregina.com

Spiritual Principle Concept Twelve

- (a) Selflessness
- (b) Realism
- (c) Representation
- (d) Dialogue
- (e) Compassion

Heart to Heart is the newsletter voice of Regina area AA. Regina Intergroup as a service to the AA community publishes it. It uses the basic intent of the AA Grapevine policy and mission statement as its editorial policy. Its intent is to enhance an already strong recovery community by providing a vehicle for sharing the combined recovery messages and our experiences, strengths and hopes. You and your group can contribute to its financial survival through your group and tax-deductible donations to Regina AA Intergroup Office. Any of the articles in this publication are the opinion of the writers and do not necessarily reflect official AA position.