



Heart To Heart

www.aaregina.com

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

Please have all birthdays, celebrations, announcements, poems, and articles for March submitted to the Editor by February 15th for March 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.



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

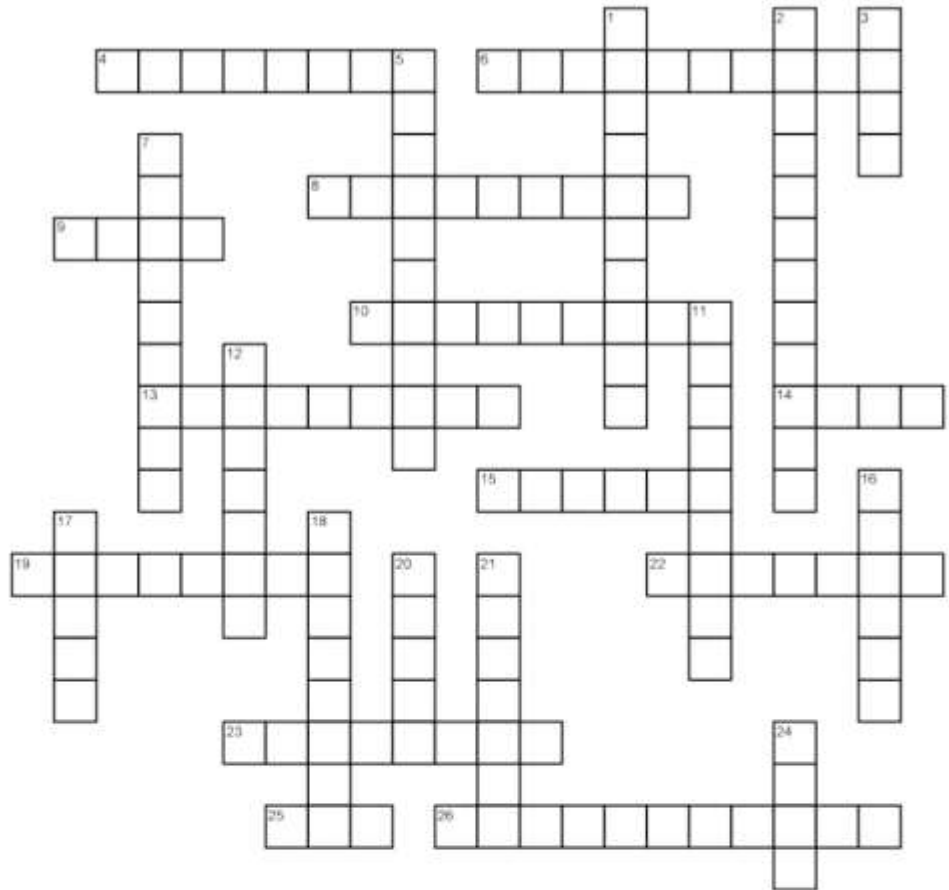
Central Office
Broad St, Business Center
#107-845 Broad St.

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.



ACROSS

- 4 A _____ View of Alcoholics Anonymous
- 6 spiritual
- 8 meeting in print
- 9 happy, joyous and _____
- 10 Step one
- 13 press, radio and films
- 14 As He Sees It
- 15 June conference (2 words)
- 19 Circle and _____
- 22 it is a phenomenon
- 23 Twelve
- 25 New York offices
- 26 Valley city with the most AA meetings (2 words)

DOWN

- 1 What we can't afford
- 2 our life when we got to AA
- 3 Bill's secretary
- 5 International Convention 2010 location (2 words)
- 7 1st AA Convention city
- 11 Dr. William D.
- 12 Freedom From
- 16 soundness of mind
- 17 Intoxicated
- 18 Ninety
- 20 Alcohol
- 21 Little Angel of A.A.
- 24 Swiss psychiatrist

RECOVERY

Step Two

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

We have gained a Partner

HOW MANY times in the past few years I have felt the warmth, friendship, intense love that can be expressed only by one alcoholic for another as we attend our meetings and share.

It was best expressed to me by a fellow alcoholic I was sharing a jug with down on the Bowery some years back, long before I came into AA. He put it this way. "Ya know, buddy, I'm going to tell you something, and don'tcha ever forgit it. There's the love of a son for his mother. There's the love of a brother for his brother. But there's no greater love in this whole wide world than one drunken bum for another.

How eloquently put, I always thought. The simple sincere honesty of it enveloped me and eventually became the hallmark of every action in AA. It was one of the major factors in my continued commitment to the AA way of life— that is, until recently.

Something was bothering me. I wasn't losing any ground, but by the same token, Mt. Sobriety was getting harder to climb. The meetings were starting to lose some of their original luster, and at the same time, paradoxically, the periods between meetings seemed eons longer. I knew from past experience that the answer had to be in the Twelve Steps, so I carefully went back over them. If the Second Step had had neon lights, it couldn't have been any more obvious. I, who had been turned off hundreds of times by the religious nuts in the program, gleaned a ray of hope from this Step: "Came to believe that a Power greater than ourselves could restore us to sanity."

This was the answer, and I knew it. But it was a hard pill to swallow. I kicked it around for quite a while until it dawned on me that this was the introduction to the spiritual side of the program. Then, I began to look at it through the eyes of those who came before us. I realized that our predecessors in the program were desperate people. They had no AA to seek help from. There wasn't any human being who could comfort them or alleviate their suffering. They were physically sick, mentally ill, and spiritually starved. They admitted in the First Step that alcohol was power greater than themselves, and they realized that no human being could help them overcome it. So why not appeal to a superhuman Being—or Higher Power, as we call it today—to help them out in their time of despair?

Even if we can't accept the words "God as we understand Him," surely we can accept the possibility that there is a source of power greater than man's, since it manifests itself by keeping the planets in orbit, the seasons of the year changing, night giving way to daylight, even the lonely blade of grass sprouting in the fields come springtime. The Second Step does not ask us to believe in this Power, but only to believe that this Power can work for us if we so desire.

The simplicity of the Second Step became overwhelming. My ego retreated as soon as I became aware that I had relied on a power greater than myself most of my life—namely, alcohol, as expressed in the First Step. "We admitted we were powerless over alcohol..." The substitution of another power, a Power greater than myself, became even easier when I realized that the Second Step did not ask me to identify this Power, only to accept it on blind faith and to allow it to work for me. There would be plenty of time before I got to the Eleventh Step to improve my conscious contact with it.

This, then, became the key that unlocked the spiritual side of the program for me. Now that I had the wrinkles out of my belly, as the saying goes, was I willing to accept, on blind faith, that which the first AA's had to do in order to maintain their sobriety? The only rational answer I could come up with as yes. Today, I am extremely grateful.

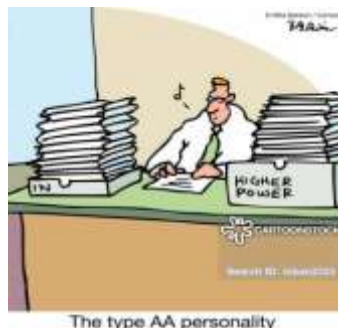
Each of the Twelve Steps has its own reward for those who practice it and accept it for what it is. The Second Step offers us a partner, to aid us both in times of joy and in times of despair. The loneliness that only an alcoholic can feel, whether by oneself or in a crowd, slowly but surely dissipates as a Higher Power is more fully employed in our times of need. We never again have to be alone, for in surrendering a small bit of our ego, we have gained a powerful partner.

F.G. Queens, New York Reprinted with permission of the Grapevine, October 1978

Hope: Restoring Oneself to Sanity
HOPE is not a four letter word, but the first piece required for the recovery puzzle to come together. After arriving in the rooms of AA, hopeless and lonely, tired of all the promises to myself that I kept breaking, I was spiritually bankrupt. HOPE was the first thing that opened my alcoholic brain up to wanting a better life. The power, the people, and the program all are influential in creating HOPE. HOPE is like a butterfly trapped in a cocoon until it's able to break out of its bondage and spread its wings, slowly being warmed by the sun's rays until it gets lifted up by a gentle breeze of faith and action.

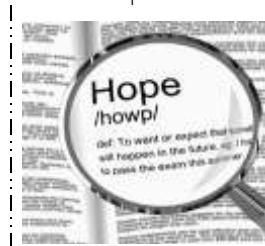
It's a wonderful thing, these steps we take for sobriety.... One step at a time, one foot in front of the other, we will be better than we have ever imagined by starting with a tiny seed of HOPE.

Michael H. The Coin February 2016



Happy Birthday to those celebrating milestones of sobriety...

Spiritual Principle
Step Two



Harmony

Kevin M.....8yrs.....Jan. 1, 2012

Chris A.....1yr..... Jan. 9, 2019

Donna M.....24yrs.....Jan.10, 1996

Don P.....33yrs.....Jan.15, 1987

Free Speech

Susan G.....25yrs.....Mar 7, 1995

Celebration March 12, 2020 @ 8:00

2636-7th Ave. E. Holy Child

U N I T Y

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.

Tradition Two was, and is, intended to remove ego and personal authority from the day to day operation of the A.A. Group. Each group is a fellowship of equals. No matter what an individual member's background, education, or professional expertise, no member has authority "over" the group. In this way, the fellowship reaches out to all who would seek comfort. The group should provide an atmosphere or a sense of "being a part of" to all members who seek relief from the disease of alcoholism.

Tradition Two clearly states that "Our leaders are but trusted servants; they do not govern" Therefore we are required to have leaders for each group, and these leaders or committees should be made up of members from the group, elected by members of the group and should rotate on a regular basis, lest problems of authority rear up among the members of group.

In my personal experience, I have been of service in the A.A. Group on many different levels from greeter to cookie person, secretary, treasurer, and so on. I have always been nominated, elected or took the "A.A. Express" into each position in which I have been of service, and at the end of that term I have graciously stepped down in the spirit of Tradition Two (whether I wanted to or not). In my humble opinion, it is rotation at the level of leadership or committees that keeps the A.A. Group from becoming stagnated and preventing growth at the personal level of both trusted servant and member.

Being of service as a trusted servant has been the ride of my life, and one that I hope to continue for many years into the future. However, I always need to remember that as a trusted leader I am only a servant here, one day at a time, participating to ensure my sobriety. It is my actions as a member of A.A., the will of God, and the conscience of the groups I serve, that I continue to be a trusted servant.

As members of A.A. we are to share our personal experience strength and hope with one another that we may solve our own problems and help another member stay sober. As a trusted servant and a participating member of Alcoholics Anonymous, I wish you service in sobriety.

Jerald W. DHS Primary Purpose Group The Desert Lifeline February 2015

Deposed AA Leaders Face a Choice: Do They Become Bleeding Deacons or Elder Statesmen?

Recently in our group, people were gossiping about my husband and me, saying that we were being the dictators of the group and that all decisions and events revolved around us. We do participate a lot in all the group activities and we thought that we were just being helpful and being of service. Then we heard that more than a few people were saying this. We didn't think that we were being overbearing.

People were saying things to the people we sponsor, and our sponsees were becoming upset, so we decided to make a stand. Our plan was to quit all of our commitments and not attend so many meetings because we were not being appreciated. Our feelings were hurt.

We took this situation to our higher power and prayed for those who had wronged us. And finally we each took the issue to our individual sponsors. Amazingly, our sponsors asked us if we thought we were "bleeding deacons" or "elder statesmen." We had to admit that we were being somewhat bleeding deacons, trying to run the group and influence them in their decisions and sway them to in our direction.

Upon further reflection, and through the passage of time, we have decided to not quit our group. We have decided to take lesser leadership roles and to be more supportive of the newer members and encourage them to be more active in our group. We want to be the elder statesmen that our group looks to for direction. We will continue to do the footwork and ask our higher power to direct us and give us the right thoughts and actions. We will continue to look to our sponsors for enlightenment of our actions and checking our motives.

We have recovered from this setback, and at group level admitted to our group that we had heard the gossip, that it hurt our feelings. We told the group we are now over it and ready to move forward, with more consideration and empathy for the newcomer who wants to be of service.

I feel this is the essence of 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 trusted servants, they do not govern.

Anonymous The Coin February 2015

Editor's Note: for a definition of elder statesmen and bleeding deacons, see p. 135 of Twelve Steps and Twelve Traditions



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:

1. Do I criticize or do I trust and support my group officers, AA committees, New comers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

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Save the Date

Regina 68th AA Round Up
with AI-Anon participation

Recovery Through Fellowship



April 24th to April 25th, 2020

2636 – 7th Avenue East
(Holy Child Parish Hall)

More details to come soon!

Check out www.aaregina.com for more
DETAILS AS THEY BECOME AVAILABLE...

Spiritual Principle
Tradition Two

TRUST

SERVICE

Concept Two

When, in 1955, the A.A. Groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference—excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter—the actual voice and the effective conscience for our whole Society.” The General Service Conference meets once each year in April, when the Area Delegates and the staff and trustees of A.A. World Services, the General Service Office and the A.A. Grapevine make decisions on matters affecting A.A. as a whole. There are two items on which the General Service Conference may NOT act: Changes to the Twelve Traditions, or to Article 12 of the Charter of the General Service Conference. Article 12 is, word for word, the Long Form of the Twelfth Concept. Changes to the Traditions or to Charter Article 12 require the written consent of three quarters of all the A.A. groups.

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

January Puzzle Solution



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.

Spiritual Principle
Concept Two
CONSCIENCE



NEEDED IMMEDIATELY
The position of Corrections Chair needs to be filled on our Intergroup body.
Attend the February 5th Intergroup meeting and let your name stand!

Thinking of doing some service work?

How about trying something new! We are looking for some dedicated people to join our Public Information/CPC Committee. So what does this committee do?

Our primary purpose is to carry the AA message to the still suffering alcoholic.

The Public Information Committee's service involves conveying AA information to the general public, including media. This does not mean we break our anonymity.

Cooperation with the Professional Community (CPC) services are slightly different, (but work in cooperation with Public Information) in that we distribute AA information to those in contact with alcoholics through their professions. i.e. nurses, doctors, psychiatrists, union representatives, Recovery Institutions, Health Authorities, Justice, Human Resource management, etc... The first requirement to be of service in the committee is: sound sobriety, thoroughly familiar with the AA program, able to provide consistent and accurate information about the Fellowship, an understanding of the 12 traditions, including a firm grasp of the ANONYMITY traditions.

Experience in public relations is NOT necessary. It's an exciting committee, but there's lots of work to do and we need more members. Please think about this service. Bring your passion and ideas to our committee it's so rewarding!

Contact: Lorraine Z. email: infochair@aaregina.com

Concept Two: The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

- Do we have an understanding of the history of the General Service Conference (the "Conference")?
- What is a Conference Advisory Action? Does our home group's G.S.R., D.C.M., area delegate report back to the group on the highlights of the Conference and Conference Advisory Actions?
- Is our group meeting its wider Seventh Tradition responsibilities?

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Help To Carry The Message Behind The Walls

The need is always present for Active A.A. Members, both Men and Women, to Chair A.A. Meetings in Regina Area Correctional Facilities. We would be able to hold additional meetings at these facilities if a suitable number of A.A. Meeting Chairpersons where available, the need is great.

Currently Correctional Meetings are held as follows:

- White Birch, Ladies Correctional Facility, on Wednesdays at 7:30 P.M.
- Jo- Cor Group Men's Meeting at on Tuesdays at 7:00 P.M. Regina Provincial Correctional Centre
- The requirements to Chair Meetings at these facilities are as follows:
- Currently active A.A. Member with a minimum of 1 year sobriety.
- Successfully complete the clearance process of a Criminal Records check and a Vulnerable Sector Check.

If you are interested in starting the clearance process or would like more information regarding the meetings please contact the Regina Intergroup Corrections Facilities Chair via email at:

- aaregina.com
- Regina Intergroup Committees
- Corrections Facilities Chair