



Heart To Heart

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

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

UNTIL FURTHER NOTICE
All meetings are temporarily
closed and the newsletter
will only be
available by subscription or on
www.aaregina.com

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.

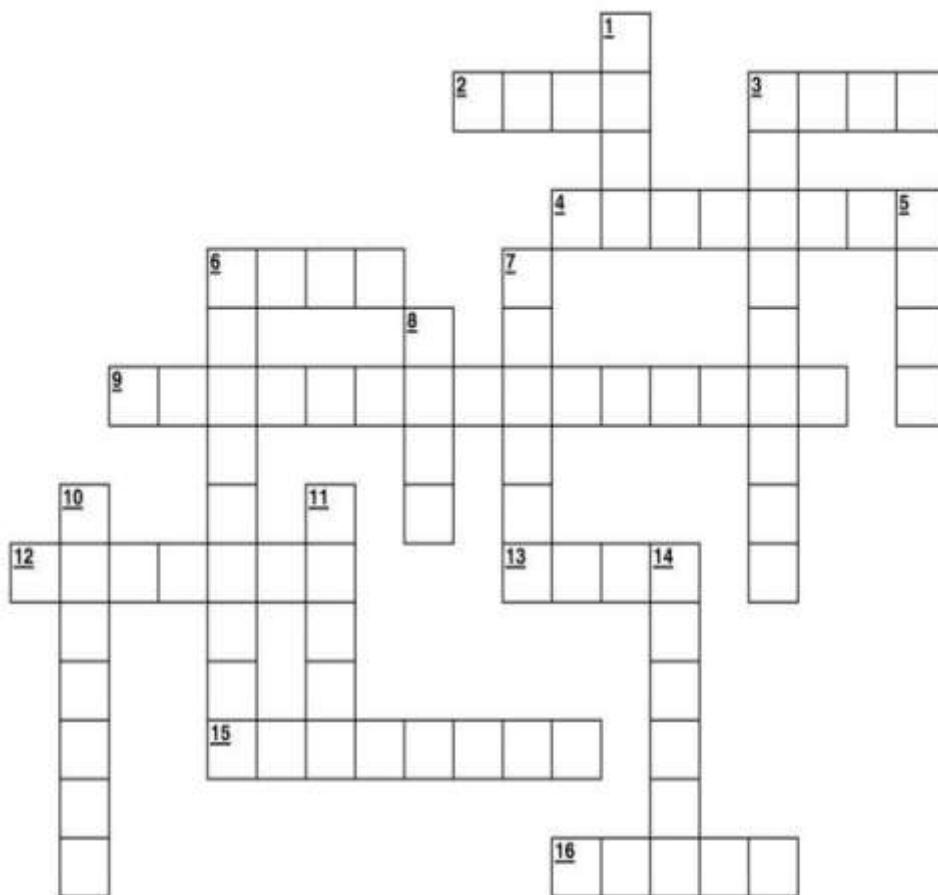


Regina AA Central
Office
Broad St, Business Center
#107-845 Broad St.
Regina, Sk. S4R 8G9
Open: Mon. Wed. Fri.
12:00-5:00
a.a@sasktel.net
Closed Statutory Holidays

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.

April Puzzle



ACROSS

- 2 The month that AA was "born"
- 3 "He Thought He Could Drink Like a Gentleman"
- 4 "Home Brewmeister"
- 6 "The Car Smasher"
- 9 Original company that published the Big Book (2 words)
- 12 State where Bill W was born
- 13 Dr. Bob's wife's name
- 15 Dr. Bob's middle name
- 16 "Women Suffer Too"

DOWN

- 1 Bill's longtime secretary
- 3 Author of the March 1, 1941 article in the Saturday Evening Post
- 5 "He Sold Himself Short"
- 6 Where Dr. Bob went to college
- 7 Author of "The Keys of the Kingdom"
- 8 Swiss psychiatrist
- 10 State where Dr. Bob was born
- 11 "From Farm to City"
- 14 "A Flower of the South"

RECOVERY

Step Four

“Made a searching and fearless moral inventory of ourselves.”

The Fear of a Moral Inventory

Those Tormenting Ghosts of Yesterday

Over the years, I have watched the differing patterns of A.A. members and the degree of the importance of thoroughness applied to the steps as opposed to simply abstaining from alcohol. With all the empathy and compassion in my heart, I try to be available to everyone with an explanation of what I perceive to be the biggest Stumbling Block that stands in the way of the unfortunate ones that never seem to reach the degree of Happiness and Peace of Mind that the program offers.

When I am approached by someone who is struggling with this issue my first question would be, “Have you completed a thorough fourth and fifth step?” If they are honest about it, we have a chance to revisit that part of the program and Neutralize those Tormenting Ghosts of Yesterday. I was that guy in my first attempt at taking the steps and rather than dealing with it, I just went to meetings and told funny stories until an event in my life caused me to take a second look at the inventory process. I’m so glad that I got it right the second time around, for if I hadn’t, I can see no possible way that I could have followed up with the remaining steps of the program.

Most alcoholics are not proud of their past behaviors and live in a constant state of guilt and shame. They believe that they were responsible for those behaviors and that is where the alcohol became the solution (no pun intended) to their problem until it stopped working. There is a difference between responsibility and accountability. Most alcoholics believe that they are responsible for becoming an alcoholic and that is the Biggest Misconception concerning this subject, unless, at childbirth, you had the capacity to understand alcoholism and the ability to decide that you wanted to become one. From the day we were born, until we took our first drink, we were conditioned to the degree that alcohol affected us differently than it did for the normal person. Our minds were diseased, and we had no choice in the matter. The behaviors that followed were the symptoms of the disease. Once we are aware of this perception and become willing to be accountable for those behaviors and make restitution for wrongs done, who could fault us for that?

As we continue the steps of the program, we start by recognizing the old alcoholic habits and they are not too hard to change. We seem to begin that process as soon as we start attending meetings and hear others share their experience. We deal with the obvious things upfront and if we continue to examine our motives for the things we do, in time the load gets lighter and lighter. Now comes the Stumbling Blocks I referred to earlier; Those Tormenting Ghosts of Yesterday. There is a big difference between a Habit and a Deed. Habits can be changed, in time, as we establish a new track record and we become an entirely different person in character. Deeds are a different matter. We can’t change history. I’m sure that we all have done things that we would hope that they remain a secret for-ever, but when they measure up to the term “Tormenting Ghosts” we need to deal with them if we wish to have some degree of Happiness and Peace of Mind.

We can’t change our history but we can change our perception of those deeds as symptoms of the disease of alcoholism and were part of the conditioning. Often things that happened even before we ever took a drink. If we spend the rest of our lives living by those unselfish principles and habits, over a period of time our actions will far outweigh our guilt and shame. We only live once and nobody’s perfect. It would be a shame to let something that happened years ago kept us in pain as a result of a symptom of a disease. They are not what we perceived them to be and we can bring them to a natural conclusion.

Rick R. The Coin April 2019

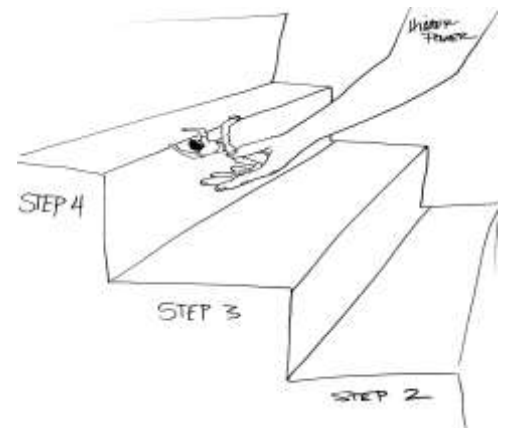
Spiritual Principle
Step Four
COURAGE



Happy Birthday to those
celebrating milestones
of sobriety...

Women’s Serenity

- Gail B.....15yrs.....April 1, 2005
- Cori J.....1yr.....April 2, 2019
One Way Group
- Errol G....5yrs...March 11, 2015
- Bob N....45yrs....April 12, 1975
- Duane S....24yrs....April 29, 1996



U N I T Y

Tradition Four

With respect to its own affairs, each A.A. group should be responsible to no other authority other 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.

One definition of autonomy is “self governance”. Control over one’s direction or goal. All of the traditions seem to give us and our groups good orderly direction. But then tradition four seems to throw a wrench in the works, and tell us that we can direct ourselves. It seems contrary, or paradoxical. If we are to stick to other principles and traditions, how is it that we can, as a group, be truly autonomous? How can we be self directed and, at the same time conform to the first three and the next eight traditions?

That’s why it pays to read the entire sentence above, especially if we tend to break it down into parts. We live in an A.A. community that consists of other groups, the regions and the world. Every A.A. group and committee right up to World Service is dedicated to carry the message of Alcoholics Anonymous to the person who has the desire to stop drinking and to do that, we need unity. Part of what makes us attractive to those who need us is that group individuality.

How often have you heard someone say “I don’t like that group” or “You’re going to love this meeting”? Groups have personalities, like the A.A.’s that make up the groups. We can, as individuals, be ego-driven and sometimes those egos can direct a group a bit too much. But we never get too far afield, because it is just a matter of time until someone notices this tradition on the wall and points out if a group’s actions, practices or policy is beginning to affect other groups or A.A. as a whole.

Historically, this tradition is hammered out of the experiences of the early groups. I suppose as our fellowship grew, no one knew which branch would be the leader and direct the entire fellowship’s direction. Bright ideas are a dime a dozen, and if you put a bunch of imaginative alcoholics in a room, there well be no shortage of suggestions as to how to make a group’s practices more attractive to the newcomer. Mistakes were made along the way, but we eventually arrived at the conclusion that we had the right to be wrong. We could make mistakes; take a few wrong turns, as long as we were not harmful to the fellowship as a whole or other groups. And we changed as we continue to do.

Autonomy promises variance, variety, individuality and uniqueness of our groups. How boring would A.A. be if every single group were exactly the same? How attractive would that be? Not at all, if you ask me. Even though it seems paradoxical at first, groups can be very, very different and still experience unity. We didn’t come in here to be boring. God forbid.

Rob L. The Desert Lifeline April 2015

Tradition Four:

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

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of loners in Alaska? Of internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members’ behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths— his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

www.aagrapevine.org



NEEDED IMMEDIATELY

The position of Corrections Chair needs to be filled on our Intergroup body. Attend the next Intergroup meeting and let your name stand!

Spiritual Principle
Tradition Four

AUTONOMY

SERVICE

Concept Four

At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

The principle of “Right of Participation” is built into the General Service Conference through the Conference Charter. Voting members include not only delegates, but also the trustees, and the directors and staff members of AA World Services (i.e., G.S.O.) and the AA Grapevine. In the same way the boards of these two operating entities include not only trustees, but also non-trustee directors and paid administrators and staff members.

The chairperson of the General Service Board appoints non-trustee members to the standing committees in order to have the advantage of their expertise, and staff members serve as committee secretaries. “There are no ‘superiors,’ no ‘inferiors,’ and no ‘advisers.” New trustees on the General Service Board and new directors of the A.A.W.S. and Grapevine boards are sometimes surprised to see paid executives, staff members, and outside accountants attending the board meetings. They are invited because of A.A.’s “Right of Participation.” Thus the trustees and directors “are put into direct communication with these workers who...feel wanted and needed. Although they do not vote, these workers may freely participate.”

There is a spiritual reason for the “Right of Participation.” All of us desire to belong. In A.A., no members are “second class.” The “Right of Participation” therefore reinforces Tradition Two, that no member is placed in “ultimate authority” over another. We perform our service tasks better “when we are sure we belong—when our ‘participation’ assures us we are truly the ‘trusted servants’ described in Tradition Two.”

Gay H. The Desert Lifeline April 2014

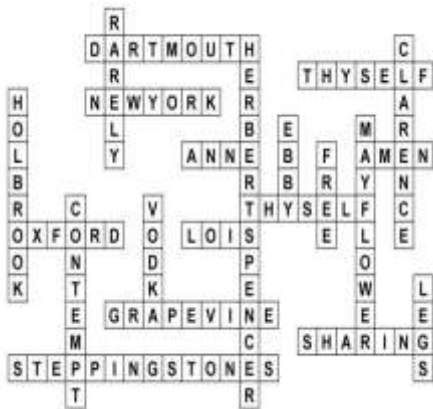
Concept Four Checklist

1. Do we understand the spiritual principles underlying the “Right of Participation”?
2. What does “in reasonable proportion” mean? Do we understand when it is appropriate for A.A. paid staff to have a vote at the General Service Conference or in our local service structure?
3. Do we expect that, because we are A.A. members, we should be allowed to vote at any group, even if we are not active members of that group?

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Spiritual Principle
Concept Four
EQUALITY

March 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.

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

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.