



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 April submitted to the Editor by March 15th for April 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

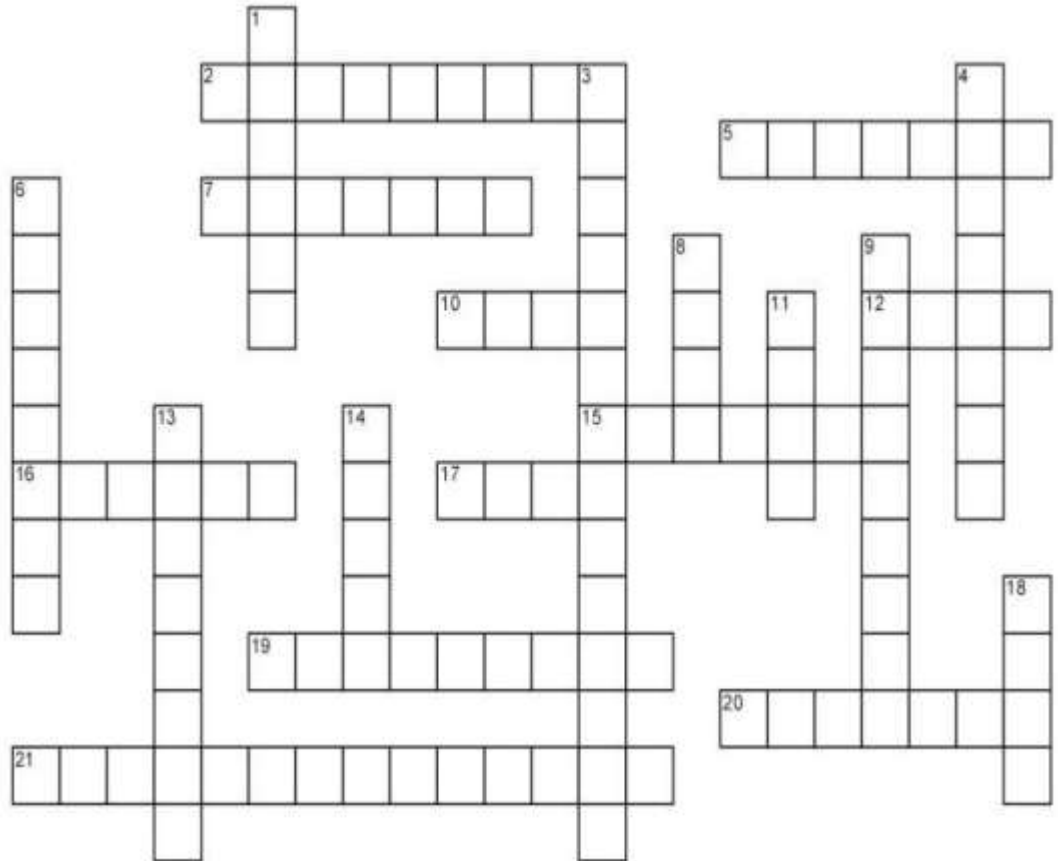
Central Office
Broad St, Business Center
#107-845 Broad St.

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

- 2 Where Dr. Bob went to college
- 5 Physician, Heal _____
- 7 Where AA World Services is located
- 10 Mrs. Dr. Bob
- 12 The 3rd Step prayer doesn't have it but
the 7th Step prayer does
- 15 Physician, Heal _____
- 16 Group prior to AA
- 17 Bill's wife
- 19 Our magazine
- 20 AA's very essence
- 21 Home of Bill and his wife

DOWN

- 1 How often we've seen them fail
- 3 He is quoted in Appendix 2 (2 words)
- 4 Started AA in Cleveland
- 6 Dr. Bob's middle name
- 8 Who brought the message to Bill
Wilson
- 9 Akron hotel when Bill needed to talk to
another drunk
- 11 happy, joyous and _____
- 13 prior to investigation
- 14 Russian potato juice
- 18 Alcoholics are like men who have lost
these

RECOVERY

Step Three

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

If this “God talk” is making you squirm, here’s the really good news...this step lets you off the hook and removes the pressure. I discovered the word God was just an umbrella word covering things like universe, nature, spirit, entity, higher power, the fellowship of AA, or whatever I wanted “it” to be. My sponsor had me write a classified ad “Sober Woman looking for God of her understanding and must have the following:” (then fill in whatever you want).

“The wording was, of course, quite optional so long as we expressed the idea, voicing it without reservation.”

(Big Book pg 63). It was important at this juncture to just understand I needed to believe that *some power greater than me was in charge.*

My sponsor used to say that I have nothing to lose to work this step because God certainly couldn’t make a bigger mess of things than I already had. She reminded me all I had to do was “Make a decision...” it was that simple. She had me create a “God Box” to put all my resentments, dilemmas, problems, and decisions in. Over time, that shoe box suddenly turned into a God drawer, which turned into a God trunk, which 15 years later is a God Storage Unit. All I had to do was be willing. This step has the words “will, willing, willpower, willingness” in it 24 times (yes, she had me count them one day when I was whining about something). This would be my first attempt at learning about faith and how “well and earnestly I have tried to come to a decision. In the beginning, even the smallest amount of willingness, is all that is needed...to open the door ever so slightly.”

I was one of those they write about in the 12 X 12, Step 3 (pg 39) “that was soon convinced that I had more problems than alcohol...and my life was unmanageable even though I was sober. I was desperately unhappy...victimized by remorse...guilt over yesterday...bitterness...envy or hatred... and panic takes over...and my lone courage and unaided will cannot do it. Surely I must now depend upon Somebody or Something else.” This thinking was killing me, and my sponsor said I would probably be in a lot less pain if I tried to give up the hope of a better past.

I was always waiting for the other shoe to drop, and she reminded me that God doesn’t wear shoes. Self-sufficiency wasn’t paying off, and I discovered I couldn’t fix self will with self will. And every time I’d go to her in yet another meltdown from my will, she’d casually say, “And how’s that working out for you dear?” The pattern I saw was: if I knew the beginning, middle and end of a plan or story it was probably my will. If I just knew just the beginning of the plan or story, it was probably God’s will.

“This was only a beginning, though if honestly and humbly made, an effect, sometimes a very great one, was felt at once (Big Book Pg 63).”

Mari B. Tuesday, Women’s 10 am, Fellowship Hall Stepping Stones The Desert Lifeline March 2017



Happy Birthday to those celebrating milestones of sobriety...



Women’s Serenity

- Alison S.....8yrs.....Mar. 17, 2012
Harmony
- Tom G.....18 yrs.....Mar. 17, 2002
- Linda C.....3yrs.....March 25, 2017
- Peter N.....8yrs.....March 27, 2012
One Way Group
- Errol G.....5 yrs.....March 11, 2015
Free Speech
- Susan G.....25yrs.....Mar 7, 1995
Celebration March 12, 2020 @ 8:00

Spiritual Principle
Step Three
FAITH

U N I T Y

Tradition Three

“Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend on money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.”

Alcoholics Anonymous 4 Edition Pg. 63

**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 Three

IDENTITY

When I came into the rooms of A.A. I would notice some banners hanging on the walls, one stating our twelve steps and usually another banner stating our twelve traditions. In all honesty, I had little desire to learn about our traditions, for at that time in my recovery I needed to get well NOW!!! So I got busy on the steps.

As I stuck around, I began to realize just how important these traditions are. The traditions were formed to keep our A.A. groups from floundering and allowing A.A. to keep healthy 12 step work possible.

I discovered that our twelve traditions were not officially recognized until 1950, sixteen years after our first addition of the Big Book was put to print. The rudiments of our traditions were stated in the forward to that first addition. The forward states that we are not an organization in the conventional sense. There are no dues or fees. We are not allied with any sect, denomination or faith. We just want to be helpful to those who are afflicted. So the only requirement for membership is an honest desire to stop drinking. (The word “honest” eventually was dropped.)

Then I looked at the long form of tradition three and found that there was more, it states, “our membership ought to include all who suffer from alcoholism.” That tells me that no-one can be excluded, that A.A. will accept anybody, if they have the desire to stop drinking. A.A. does not want to deny anyone their chance to recover.

Also stated in our third tradition long form, that A.A. membership ought not to depend on money or conformity. Bill W. wrote a wonderful article for the Grapevine in November of 1948. In the article he makes reference to the troubles a lot of the groups were experiencing. Who do we accept as members? What kind of alcoholics do we want in A.A.? Democrat? Republican? Impoverished?

Professional? No, the membership was splitting itself apart. Though it was agreed that most of our membership were outcasts and rebels and A.A. had to drop any conditions.

Finally, it was decided that any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, that as a group they have no other affiliation. So through all the trials and tribulations, A.A. has persevered through many hard times. As I progress through my sobriety, I hope to better understand the glue that holds us together. I am aware we have a chapter in our book titled “How it Works” but as I learn from our traditions I see WHY it works.

Jay A. Tue. Men's Big Book Palm Desert The Desert Lifeline March 2014

... and then my sponsor asked me to try to think of what an adult might do in the same situation!"

Tradition Three:

The only requirement for AA membership is a desire to stop drinking. In my mind, do I prejudge some new AA members as losers?

1. Is there some kind of alcoholic whom I privately do not want in my AA group?
2. Do I set myself up as a judge of whether a newcomer is sincere or phony?
3. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
4. Am I over impressed by a celebrity? By a doctor, a clergyman, and ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
5. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

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SERVICE

Concept Three

As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of Decision."

The "Right of Decision" means that we choose Delegates, Group Service Representatives and other Trusted Servants whom we trust to make good decisions in the meetings where they represent us. Of course, whenever possible they will want to inform and consult with us whom they represent before decisions are made. Also, we should expect thorough reporting on actions taken, and make an effort to understand these.

It's a common misunderstanding in A.A. that our representatives are to be directly instructed by our groups or assemblies on how to vote. Instead, we are to choose some one we trust to make a good decision, once they've heard and considered all of the arguments for and against any question.

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 January 2020:

Lumsden Valley, Northside, Pasqua, Noon Eastside, Alcathon



For all levels of service from groups up to World Services, the authority and ability to make decisions in each position is found in Concept Three. We elect GSR's, Committee Members and Delegates whom we feel will make well-informed decisions on behalf of those they serve while upholding the Twelve Traditions which bind Alcoholics Anonymous together and adhering to the Twelve Concepts. It HAS been my experience that this concept relates to Tradition Two. Within Tradition Two, we speak of trusted servants who do not govern. Not every decision must be taken back to the group each and every time an issue is voted on. Therefore, we elect those we think possess a decision-making ability sufficient to serve us effectively. We trust these leaders to decide how to handle group dealings and when to bring a matter back to the groups for discussion and resolution.

When I was in my first year of service, I became the GSR for two groups. Within the District I was of service, an issue of how to handle drug addicts sharing solely about their drug history in meetings was taken back to the group. One group I represented had no problem with it at all and in fact, did not discourage that type of sharing within their meetings. The other group that I represented as GSR held a strong belief in the Traditions and did not allow 'drug-a-log' sharing. I being an alcoholic who experimented very little with drugs and found them rather lacking then stuck merely to alcohol throughout my drinking career had my own view of how the issue should be handled. At the next GSR meeting I, being very new in service, did not realize that one cannot vote for two groups simultaneously and consequently my decision making abilities had been compromised due to the two groups I was representing having conflicted ideas on an issue while having my own view on the matter at hand. It was a lesson learned and a mistake I will not repeat.

Many Districts and groups have by-laws that they have established through a group conscience, though they cannot anticipate everything that will happen within their fellowship. Similarly, life cannot be dictated by an instruction manual. So we trust each other, a God of our understanding as he may express himself in our group conscience and those we elect to represent us, meanwhile remembering that we are merely humans trying to have a spiritual experience while stumbling through this thing called life.

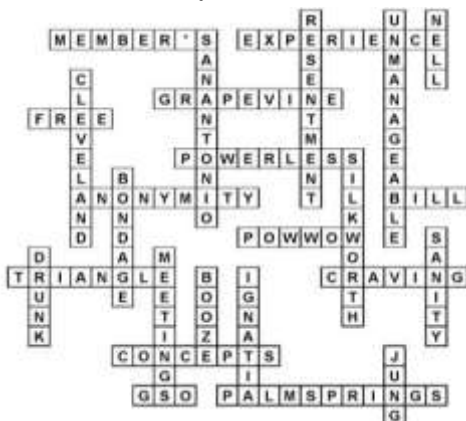
Reese N. Speak Easy Group The Desert Lifeline March 2016

Concept Three: To insure effective leadership, we should endow each element of A.A. — the Conference, the General Service Board and its service corporations, staffs, committees, and executives —with a traditional "Right of Decision."

1. Do we understand what is meant by the "Right of Decision"? Do we grant it at all levels of service or do we "instruct"?
2. Do we trust our trusted servants — G.S.R., D.C.M., area delegate, the Conference itself.

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February Puzzle Solution



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.