



Heart To Heart

The Heart to Heart will continue to be available online @ www.aaregina.com and through subscription only

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

Please have all birthdays, celebrations, announcements, poems, and articles for June submitted to the Editor by May15th for June 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.

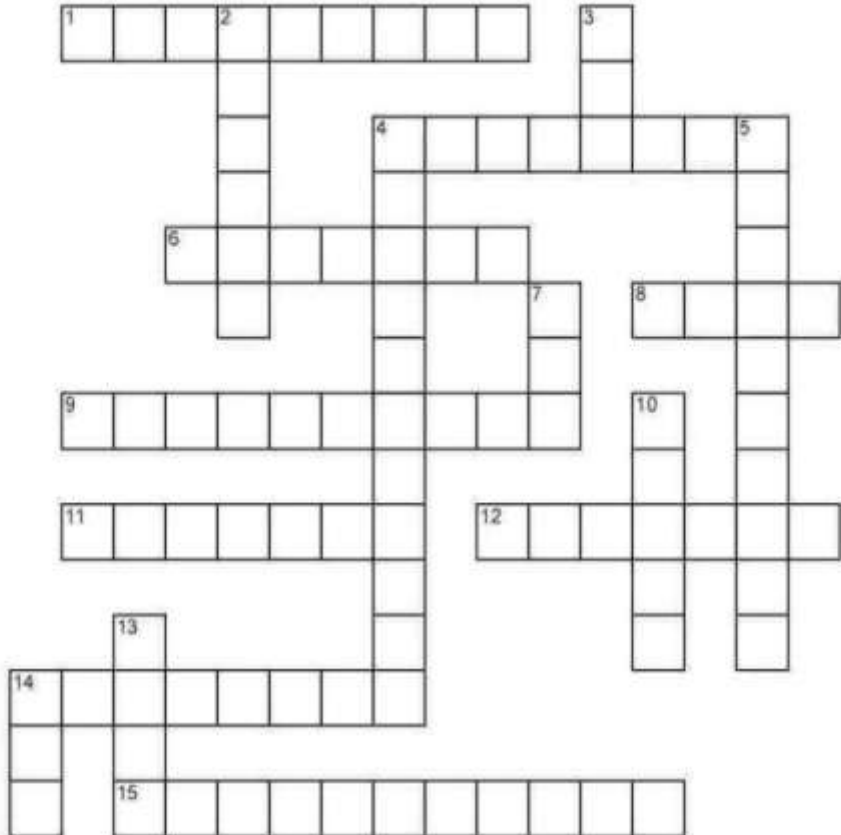
Intergroup
First Wednesday of the month
7:30

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.

May Puzzle



ACROSS

- 1 meeting in print
- 4 A _____ View of Alcoholics Anonymous
- 6 This month's principle
- 8 Akron
- 9 International Convention 2010 location
- 11 In the last AA survey, most alcoholics were this
- 12 Most common occupation amongst AA members
- 14 Circle and _____
- 15 AA received this in 1951 from the American Public Health Association

DOWN

- 2 June conference (2 words)
- 3 What Happened to _____
- 4 August conference (3 words)
- 5 the name of the April Central Office fundraiser (2 words)
- 7 In the last survey, most AAs attended an average of this many meetings per week
- 10 It Happened to _____
- 13 As _____ Sees It
- 14 36% of AA members are sober over _____ years

RECOVERY

Step Five

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Free 1st from Alcohol...2nd from SELF

Well who would want to do THAT? Admit my wrongs to another person?

Having JUST finished an exhaustive listing of my life's resentments, the area of my life that was threatened by others' actions, what part I had in each resentment, my fears, sexual wrongs and what I lovingly refer to as my “Take it to the Grave” actions, I SURELY didn't want to have to ADMIT all of that baggage to another person!! I mean GOD already knew! Wasn't that enough? Why on earth would another person need to be involved? Well...the question is the answer. Why indeed! Obviously the step required ACTION. So obviously the fact that there existed a next step, proved that it wasn't enough to just list these things on paper.

Wrestling with the eminent embarrassment and humiliation that was sure to entail, I called my sponsor with the hopes of postponing the inevitable. I shared my feelings of avoidance and fear with her to which she replied, “Add fear of step 5 to your Fears list, and be here at 3:00!” There was no getting around it. I knew that this had to happen to stay sober. I just didn't really understand why.

Why? Why? Why...I pondered. So I reviewed the Big Book which said... The BEST reason is this: “If we skip this vital step, we may not overcome drinking.” Well THAT was a huge realization! But still, my logical mind wanted to know why I would not overcome drinking unless I did this step. I read on... “More than most people, the alcoholic leads a double life. He is very much the actor. To the outer world he presents his stage character. This is the one he likes his fellows to see. He wants to enjoy a certain reputation, but knows in his heart he doesn't deserve it.” When we admit our defects we learn of HUMILITY, FearLESSness and HONESTY. These are all principals/characteristics that are vital to our staying sober. We have lived in fear and lies for too long. It was time to get honest!

So I “manned up” and headed over. My sponsor and I spent hours exhausting the lists that I had created. And guess what? I didn't die! I wasn't made fun of or put out on the porch for being a horrible person. I LEARNED and I GREW from what my sponsor had to share with me of her experience and wisdom. And thru the process, for the first time that I can remember, I felt truly free. I felt that a huge weight was lifted from me. The process of contrary action had, once again, left me a better, freer and happier person than I was before.

My housecleaning had resulted in the garbage being taken to the curb, put in the trash cans and waiting for my Higher Power to come take it to the dump. My squeaky clean home was one of comfort and peace. PEACE! Something I hadn't known before. Not to my core. Not ever! But here it was. It simply came.

So THERE is the WHY of Step 5. We develop peace thru humility, fearlessness and honesty. It is not to be feared. It is to release fear and give us the ability to be free to move forward in our Step work and our Sobriety. It is a cleansing that gives us life...and it is Good!

Jana D. Desert Lifeline May 20, 2016



Spiritual Principle
Step Five
INTEGRITY



“This Step Five may take awhile; I would hate for you to fall asleep in the middle of it.”

– Joe H., Vancouver, British Columbia

“If the Fourth Step is the exploration of an abandoned house, I have come to think of the Fifth Step as raising the blinds and throwing open the windows. The house has air and sunlight now, and it's no longer haunted. When people come to the door, I can welcome them without shame, and I can even invite them in. Some rooms are private of course, but none are secret, and I live in all of them.”

New York, New York, May 1999, “Sunlight and Air,” Spiritual Awakenings

STEP FIVE PROMISES

We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. Once we have taken this step, withholding nothing,

1. We are delighted.
2. We can look the world in the eye.
3. We can be alone at perfect peace and ease.
4. Our fears fall from us.
5. We begin to feel the nearness of our Creator.
6. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience.
7. The feeling that the drink problem has disappeared will often come strongly.
8. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

Alcoholics Anonymous pg 75



Happy Birthday to those celebrating milestones of sobriety...

Harmony
Warren M....5yrs....May 27, 2015
Women's Serenity
October M....5yrs....May 25, 2015



UNITY

Tradition Five

“Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers.”

A.A. came into existence because of Bill W.'s need to carry a message of recovery to Dr. Bob in order that he himself could continue to stay sober. Every alcoholic in recovery (and certainly THIS alcoholic) knows that EVERY attempt to carry the message is successful, in that it keeps the bearer of that message sober by his willingness to transmit it.

So it is with each A.A. group.

Collectively, the combined experience of us A.A.'s is that for the group to continue to survive, its main focus must be on carrying a consistent message of recovery to those looking for a solution to their disease.

Tradition 5 follows logically from the ideas of common welfare (T1), one authority/group conscience (T2), and the sole requirement of our membership (T3).

Conversely, if the group loses the focus of Tradition 5, not only does the newcomer die, but the group dies as well. This sad fact has been borne out time and again in our history as power-driven alcoholics have fought (and died) over personalities, money, and property or over "bright ideas" to expand A.A. into enterprises or institutions. (Anyone hear of an Oxford Group lately?) So follows next our Tradition Six.

Tradition Five helps us each and severally "keep our eye on the ball" of simply "laying the kit of spiritual tools" at the feet of the newcomer or the returning member, so that we our-selves may continue to grow and prosper.

Tommy D. Desert Lifeline May 20, 2017

Tradition Five Checklist:

1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

www.grapevine.org



At the Expense of Others

"I'm an alcoholic-and a drug addict."

"I have to say this-for me."

"I know this is a meeting of Alcoholics Anonymous but. . ."

I used to think I *had* to share about my drug use. After all, AA teaches us to be rigorously honest, doesn't it? And as a younger person in AA, I was different than a lot of the older, "pure" alcoholics, wasn't I? Nobody is going to tell me what to say. Nobody did, either.

(A couple of old-timers took me aside after the meetings to talk about this, but I dismissed them.)

One night, I was talking in the parking lot after a meeting of my home group. As the people cleared out, I realized there were just two of us left-myself and a newcomer. He was in his sixties. We got to talking and he actually seemed to be listening to me! I really felt amazed that a man old enough to be my grandfather would listen to me about anything, and especially about AA.

The meeting that night had been on Step One and many people, including me, recalled their use of drugs (some in great detail). This man and I began to talk about the meeting and then he dropped a bombshell on me. He didn't think he qualified to be an alcoholic because he hadn't used any drugs! Here was a man who drank for more years than I have been alive (most of them, by his account, alcoholically), yet he didn't feel like he belonged in AA. And we were supposedly talking about alcoholism!

Well, I sputtered and stammered for a while and I finally convinced him that the only requirement for membership was a desire to stop drinking and that there were no requirements for drug use involved. Thank God he is still sober.

Later that night, I really began to question myself and the message I was carrying. Sure, it was important that I qualified and identified myself, but were the details worth it at the possible expense of others? I realized I should stick to alcohol and alcoholism in order to keep the door wide open, not make it more narrow. If even one person gets the wrong idea and feels they don't belong, that is one too many. Besides, I had been sober for a while and I knew what I was.

I guess I started to think just a little more about other people than I did about myself. So that's why some groups are so concerned about AA's singleness of purpose-some groups in my area even read a statement of singleness of purpose before their meetings. It isn't just to be tedious and nitpicky and to "bust chops," especially the chops of young people. It is so all alcoholics can feel that they belong once they get to AA.

S E R V I C E

Concept Five

“Throughout our world service structure, a traditional “right of appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.”

Alcoholics Anonymous Fourth Edition pg 574

What this means in simple terms is that any ONE person can ask to be heard at the General Service Conference (GSC) and present an objection or petition to be heard on any issue. In Tradition Two, it states “our leaders are but trusted servants”, so this Concept insures that all will be heard; our Trustees and the 100 or so General Service employees must uphold this Concept.

This would also prevail at the meeting level when our groups have the periodic ‘business meeting’; that the minority opinion is always heard and considered, fully discussed, tabled and/or voted on several times, if necessary. In the GSC Charter’s Third Legacy, it states that “unless the majority candidate can poll a two-thirds vote of his State or Provincial Assembly, he must place his name in a hat with one or more of the choices of the Assembly minority. By thus drawing lots, the minority candidates have an equal chance with the majority’s choice”. I am learning that the Concepts can gear down to guide what we do in our respective meetings, that all can be heard whether our “long timers” or majorities agree or not, the Group Conscience can serve to insure a “Right of Appeal/Petition” for our members.

Kathy G 3rd & 11th Step Meeting, Palm Desert - Desert Lifeline May 20, 2014

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.



Minority View

Newcomers to A.A.’s General Service Conference are often surprised at the pains taken by the presiding office to make sure the minority has a second opportunity to present its views. Even after extensive debate on an issue, followed by a vote in which a “substantial unanimity” is reached, those opposed are polled individually to see if they wish to speak further to their minority view. In fact, numerous instances can be cited in which this minority view is so compelling the Conference has then reversed itself.

This is A.A.’s “Right of Appeal” in action, and Bill says the same principle should apply to meetings of our area committees, trustee committees and boards. On an issue of grave importance, the minority has the actual duty of presenting its views.

This “Right of Appeal” recognizes that minorities frequently can be right; that even when they are in error they still perform a most valuable service when they compel a thorough-going debate on important issues. The well-heard minority, therefore, is our chief protection against an uninformed, misinformed, hasty or angry majority.

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Spiritual Principle
Concept Five
CONSIDERATION

Concept Five Checklist:

Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

1. Should minority opinion always be heard at the Conference? Area assemblies? District committee meetings? Home group?
2. If the majority of my group feels one way about something, but I feel another way, should I just keep quiet and accept it?
3. What is “substantial unanimity”?
4. What is meant by the “Right of Appeal”? Is it applicable at all levels of service?
5. What is meant by the “tyranny of the majority”? What is A.A.’s chief protection against an uninformed, misinformed, hasty, angry majority?

www.aagrapevine.org

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

April Puzzle Solution



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.