



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 July submitted to the Editor by June 15th for July 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.

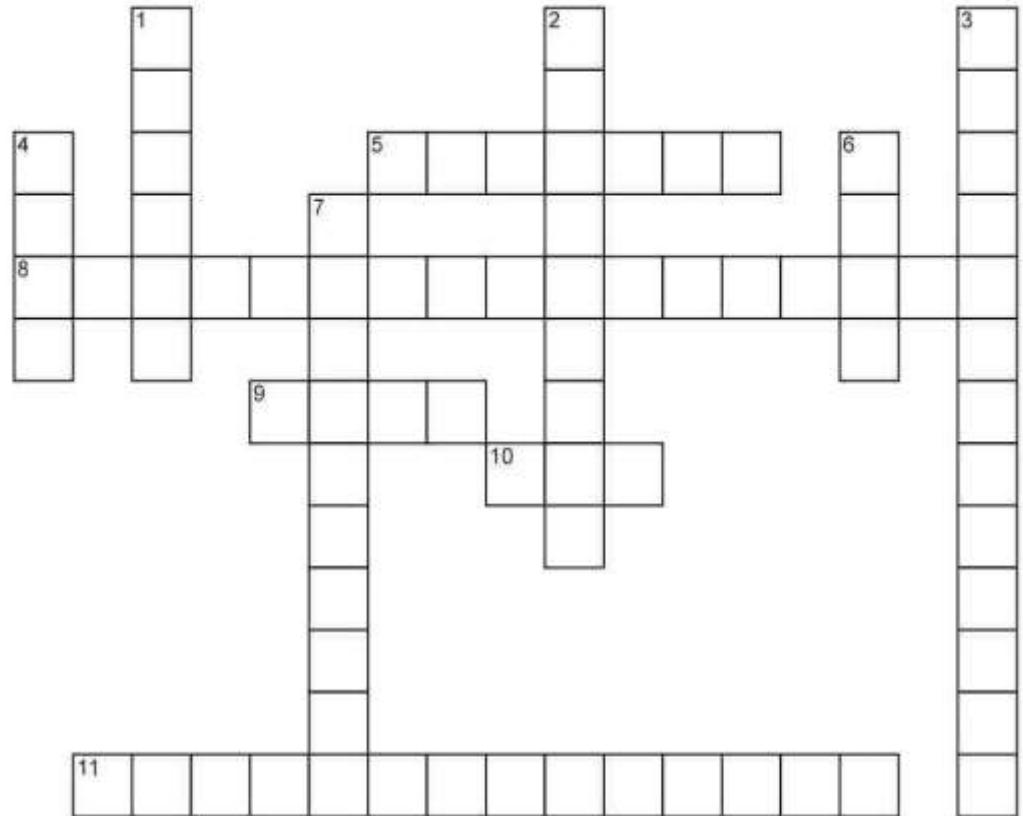
Intergroup
First Wednesday of the month
7:30

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.

June Puzzle



ACROSS

- 5 Where AA World Services is located
- 8 Our more religious may call a spiritual experience this.
- 9 Sport Bill took up in 1929
- 10 Career Bill thought he'd try when he got out of the war
- 11 He is quoted in Appendix 2 (2 words)

DOWN

- 1 Bill and Lois moved here after the stock market crash
- 2 Bill's brother-in-law's profession
- 3 Contempt prior to this
- 4 Alcoholics are like men who have lost these
- 6 The 3rd Step prayer doesn't have it but the 7th Step prayer does
- 7 mode of transportation used by Bill and Lois during his early Wall Street years

RECOVERY

Step Six

“We were entirely ready to have God remove all these defects of character.”

After the tears and laughter of the fifth step came the hugs and more instruction. "Follow the direction on step six in the book, read the 12&12 on step six, and live in six and seven for a while."

With relief I went home to follow the plan. On the way, it seemed like a good idea to do some shopping, or to make a phone call, or stop to see a friend.... My "old ideas" were loudly whispering "Run!"

That time I went straight home and spent time in reflection of the goodness of a Creator filling me again with hope and light and a desire to do what would be His plan for me. It had become exceedingly obvious that my own ways of acting and thinking had not produced the results I thought they would. Once again willing to live emotionally in the utter defeat of my alcoholism followed by a committed surrender to seek and do His will, I began to live again on a new premise.

With God as my director, the quiet voice within would suggest I do something.

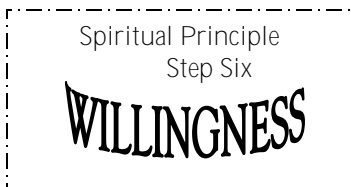
Here was the real measure of my willingness. Did I do it, stuff it, or talk about it? I had often heard "tell on yourself" with reference to doing "behaviors", but now I understood the power of telling on myself about my ideas, thoughts, and plans. In fact as I learned to run these past someone whose judgment I trusted more than my own I acted better and felt better. I began to have some integrity; my actions and my feelings began to match. It was "a brand new venture into open-mindedness." (12&12, p68.)

When something came up I really didn't want to change, I had been instructed to "pray for the willingness to be willing to be willing."

Usually that worked... eventually.

Today, the simple directions work just as they did the first time I used them. And today the step has endless applications in my life. I continue to find that staying close to other recovering alcoholics works as a mirror and reminder that alone I am deluded that my ideas work. With close friends in Alcoholics Anonymous as God's emissaries of living the steps I am able to continue to grow "until they put the tag on my toe" in happy, useful sobriety.

Denice W Ladies Night Out, Rancho Mirage Desert Lifeline, June 2019



Happy Birthday to those celebrating milestones of sobriety...

Harmony

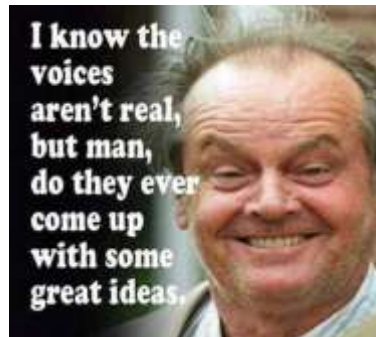
Kelly B..... 6yrs.....June 1, 2014
 Jane F.....26yrs.....June 3, 1994
 Tricia P.....2yr.....June 4, 2018
 Dean P.....12yrs.....June 9, 2008
 Don H.....6yrs.....June 16, 2014

Women's Serenity

Percine R.....16yrs.....June 1, 2004
 Shirley G.....12yrs.....June 15, 2008

South Hillsdale

Harland S.....16yrs..... June 20, 2004



“All my sponsor ever says is do the next right thing; now what?!”

-Mike R., Chicago, Ill.
 Desert Lifeline, June 2019

U N I T Y

Tradition Six

Problems of money, property, and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to A.A. should be separately incorporated and managed, thus dividing the material from the spiritual. An A.A. group, as such, should never go into business. Secondary aids to A.A. such as clubs or hospitals which require much property or administration ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence such facilities ought not to use the A.A. name. Their management should be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside A.A. - and medically supervised. While an A.A. group may cooperate with anyone, such cooperation ought never to go so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one.

Alcoholics Anonymous 4th edition pg 563, 564

We in Alcoholics Anonymous must constantly remind ourselves that we can't be all things to all men. Because we have found an answer to the alcohol problem, doesn't mean that we have the answer to a lot of the other problems of the world. Our focus must remain on our primary purpose - to carry the message to the alcoholic who still suffers. Whenever we align ourselves with any outside entity we run the risk of confusing those who may need help as to what we really stand for, as well as what our motives are. As a program of attraction we let others do the promoting, allowing us to concentrate on helping those who come to A.A. seeking a solution to their drinking problem.

Ben P Just The Black Print Big Book Study, Rancho Mirage Desert Lifeline, June 2019

Our Primary Purpose in Tradition Five is "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*".

Here are some of the ways people thought it could work: Hospitals didn't like alcoholics, so let's build a hospital chain of our own.

People need to be told what alcoholism is, so we'll educate the public, even rewrite school and medical textbooks.

Let's gather up derelicts from skid rows, sort out those who could get well, and make it possible for the rest to earn their livelihood in a kind of quarantined confinement. These places would make large sums of money to carry on our other good works. We could even rewrite the laws of the land!

Well, here are the Tradition Six wise solutions:

A.A. should be separately incorporated and managed, thus dividing the material from the spiritual.

An AA group should never go into business.

Clubs or hospitals which require property ought not to use the A.A. name.

An AA group can bind itself to no one.

For over seventy-five years, Tradition Six has kept us focused on Our Primary Purpose.

Ed J. 3rd 7th & 11th Step Meeting Sunday Desert Lifeline, June 2014

Spiritual Principle
Tradition Six
SOLIDARITY



I have wings, but you're the one in full flight from reality."

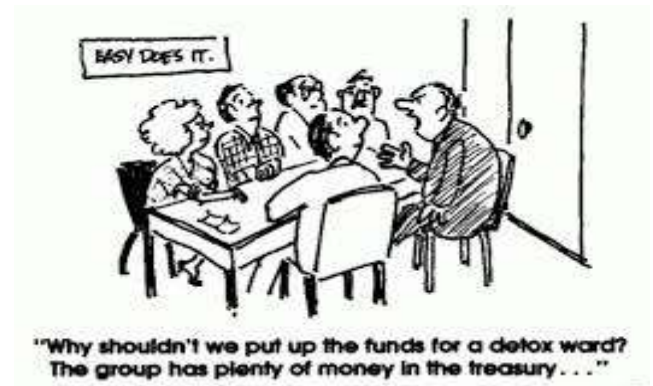
Anonymous Desert Lifeline, June 2019

Tradition Six Checklist

An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

1. Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club for AAs familiar with "Guidelines on Clubs" (which is available free from GSO)?
4. Should the secretary of our group serve on the mayor's advisory committee on alcoholism?
5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities.

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

S E R V I C E

On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognized that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

The Trustees of Alcoholics Anonymous are comprised of 21 men and women. Of those, 14 are members of Alcoholics Anonymous and seven are non-alcoholic. They are elected for their experiences in business and other professional needs in order to ensure that the mission of Alcoholics Anonymous is carried out throughout our service corporations noted below. Since the inception of the General Service Board (of which the Trustees act as individual members not as a group) the only changes have been how the Trustees are comprised, yet their duties have remained the same. The Trustee members of the conference are held mainly responsible for all service activities including but not limited to The A.A. Grapevine, Inc and A. A. World Services Inc. They, of course, operate under the scrutiny and occasional direction of the Conference. However, our charters have been designed to give them a great deal of authority and responsibility in the absence of the Conference. Much like the Steering Committee of an Alano Club is responsible for the upkeep of the building and paying of the bills, the Trustees have certain authority over various forms of service from Public Information to Literature to Finance & Budgeting. As per the Conference Charter, they are given much freedom within all service activities. This is due to the rather large number of transactions involved in our world service operation. With the operation of the service corporations being such a large undertaking, it stands to reason that we would grant the Trustees a large amount of authority, as none but the Trustees could make such decisions to ensure that the message and growth of A.A. is not only sustained but increased. As stated in the A.A. Service Manual, "From top to bottom, our whole service structure indeed resembles that of a large corporation. The A.A. groups are the stockholders; the Delegates are their representatives or proxies at the 'annual meeting'; our General Service Board Trustees are actually the directors of a 'holding company.' And this holding company, the General Service Board, actually owns and controls the 'subsidiaries' which carry on our active world services. This very real analogy makes it even more clear that, just like any other board of directors, our Trustees must be given large powers if they are to effectively manage the principal world affairs of Alcoholics Anonymous."

Reese N. Speak Easy Group Desert Lifeline, June 2017



Faith

When you have come to the edge
Of all the light you know, And
are about to step off into The
darkness of the unknown, Faith
is knowing One of the following
two things will happen:
There will be something solid to
stand on
Or you will be taught how to fly.

Desert Lifeline, June 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.

"We need to be aware not only of our limitations, defects and shortcomings, but also of our strengths, talents and successes."

West Henrietta, New York,
October 2007, "Step Ten: Up Close and Personal", AA
Grapevine

Concept Six Checklist

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

1. Who are our General Service Board (G.S.B) trustees? How are they chosen? What are their responsibilities?
2. Do I know the difference between Class A and Class B trustees? Between regional trustees, trustees-at-large, and general service trustees?
3. What do "chief initiative" and "active responsibility" mean?
4. Does too much "legal" and "political" talk get in the way of our real Twelfth Step work?
5. Explain the notion of A.A. groups as stockholders? Delegates as proxy-holders?

www.aagrapevine.org

The other day, I saw the AA triangle symbol in a new light. That is the wonder of this program. It took me two years to figure out the meaning of this mainstay of Alcoholics Anonymous. Of course, my interpretation may not work for you. Feel free to interpret it any way you like. On my journey through sobriety, I embrace the idea that Unity helped me stop the drinking, Recovery gave me back my life, and Service assists in continuously improving the life that AA has brought me.
Unity → Physical Sobriety
Recovery → Mental Sobriety

MAY PUZZLE SOLUTION



"Okay! I just finished my ninety meetings in ninety days!
When will you people tell me how this thing works?"

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.