



# Heart To Heart

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

[www.aaregina.com](http://www.aaregina.com)

Please have all birthdays, celebrations, announcements, poems, and articles for September submitted to the Editor by August 15th for September 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

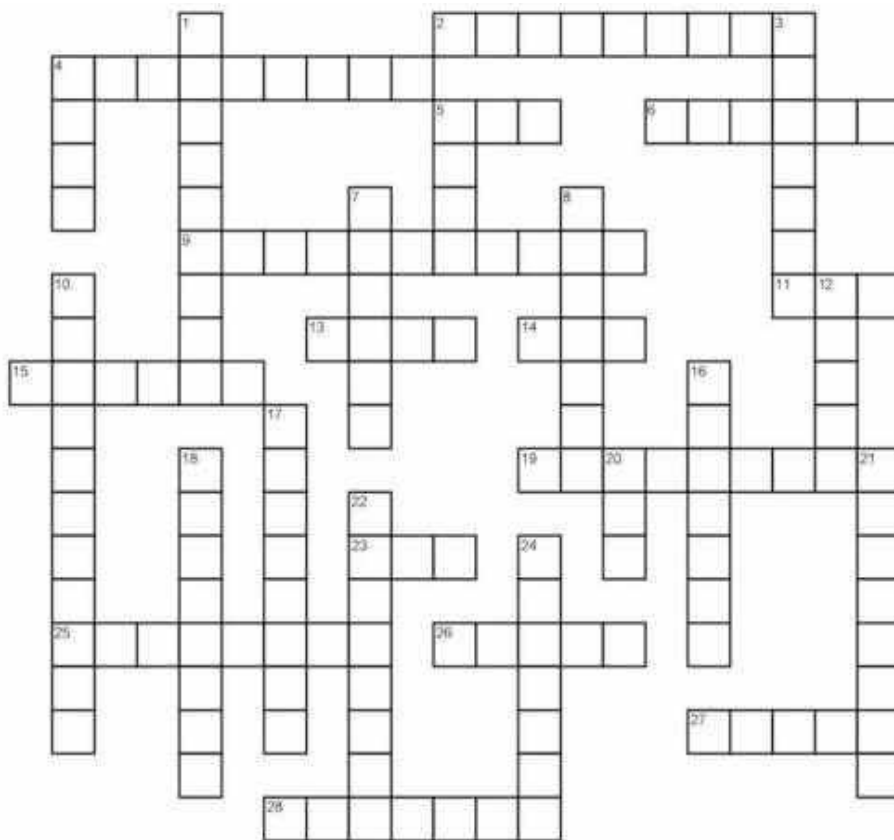
First Wednesday of the month  
7:30

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 Dr. Bob and the Good
- 4 Honesty, unselfishness, purity and love
- 5 Career Bill thought he'd try when he got out of the war
- 6 Bill and Lois moved here after the stock market crash
- 9 I Am \_\_\_\_\_. The Hand of AA
- 11 Bridging The \_\_\_\_
- 13 \_\_\_\_\_ of Bill
- 14 What Happened To \_\_\_\_\_
- 15 \_\_\_\_\_ of Long-Term Sobriety
- 19 Jack \_\_\_\_\_ Article about A.A.
- 23 In Our \_\_\_\_\_ Words: Stories of Young AAs in Recovery
- 25 Home Group: \_\_\_\_\_ of AA
- 26 Language of the \_\_\_\_\_
- 27 Our \_\_\_\_\_ is self-centered, ego-centric
- 28 Sure Beats \_\_\_\_\_ In A Cell

## DOWN

- 1 How AA Members \_\_\_\_\_
- 3 Thank You for \_\_\_\_\_ - 60 Yrs of Letters to the AA Grapevine
- 4 The 3rd Step prayer doesn't have it but the 7th Step prayer does
- 5 Alcoholics are like men who have lost these
- 7 what trusted servants don't do
- 8 Problems Other Than \_\_\_\_\_
- 10 Questions & Answers on \_\_\_\_\_
- 12 It Happened To \_\_\_\_\_
- 16 AA's very essence
- 17 Spiritual Awakenings - \_\_\_\_\_ of the Spirit
- 18 Emotional Sobriety: The Next \_\_\_\_\_
- 20 A Member's \_\_\_\_\_ View of A.A.
- 21 AA Around the World: Aventures in \_\_\_\_\_
- 22 prior to investigation
- 24 Beginners' Book: Getting and \_\_\_\_\_ Sober in AA

# RECOVERY

## Step Eight

**"Made a list of ALL persons we had harmed, and became willing to make amends to them ALL."**

I've mentioned I'm now in Step 8 ["Made a list of **all** persons we had harmed, and became willing to make amends to them **all**"] of the 12 Steps, getting ready for Step 9. Reliving my past errors is harrowing at times—I've noticed that when I recall the disasters I've created in my life I feel the shame flare up and burn through me like a flash fire—but knowing I'm making amends for them soothes me like a balm and I feel purified when all is said and well-done.

Another beneficial aspect of Steps 8 & 9 is that these are the first steps of the 12 that involve other people. Steps 1-7 are all about working on myself from the inside, while now I need to take this work and focus it outward, on my relation with others.

Let me tell you, this step could not come soon enough.

Like many alcoholics, I imagine, I'm pathologically shy. Alcohol was a way for me to overcome this fear of talking to people and it even worked for a certain time (usually the first bottle of wine). Now, by razing my past, by "Cleaning my Slate", I'm removing any need I have to feel inferior, to feel "less than", in my social interactions. Hopefully, this will help me to me more secure and "right-sized" when I continue my interactions with others.

I'm sure I've told this story here on these pages somewhere but as this came up in my 8th Step work (Made a list of **all** persons we had harmed, and became willing to make amends to them **all**) and I also can't be bothered to search through my posts to link to it, I'll just retell it as briefly as I can.

One Friday night here in Yeaman, after the weekly cocktail party where I work, I followed some of my colleagues to a Scottish pub for the pre-after party. I was not drunk, I was totally s\*\*\*faced. I spoke very rudely on the underground, embarrassing my friends because I didn't think anyone spoke English in the subway car, until a young woman standing nearby informed us in no uncertain terms that she did.

At the bar, I went to order a beer and noticed the barmaid was attractive (I was single at this time), so I decided to say something out of the ordinary, something edgy, to catch her attention and stand out from the crowd. I don't remember what I said. The next thing I **do** remember is the barmaid was in tears, my coworkers were leading me outside, and the furious barman/owner was telling me I was barred for life.

Jumping ahead to tonight... At the meeting, a young lady in her mid-late 20's was celebrating 5 years of sobriety and was talking about how she had lost everything (her job, her apartment, her family) to her disease before realizing she needed help.

When it came my turn to share I said:

"When I was drinking, I felt like a broken toy. Like those toys under the bed in the evil kid's house in *Toy Story* where the heads are on the wrong bodies. And like them, I knew I was beyond repair. That was my destiny. I had to accept the fact that I was alone and living in the dark and there was nothing I could do to get fixed."

The most amazing thing for me when I entered the program was realizing I was not broken by nature. That I could be repaired. All I had to do was to follow the steps. And as I took those steps and followed the advice, I slowly came out from under the bed and into the light.

As I spoke, I glanced up at her and saw she was crying. She was not crying because I had humiliated or hurt her, but because my words resonated with her.

If anybody tells you that using is better than recovery, they're full of Schlitz.

Clean S18 Posted by Al K Hall Blog Archives [www.http://alkhallanonymous.com](http://alkhallanonymous.com) The Desert Lifeline August 2014



Happy Birthday to those  
celebrating milestones  
of sobriety...

### Women's Serenity

Carolyn P.....2yrs.....Aug. 17, 2017  
Lana P.....1yr.....Aug.5, 2019

### Harmony

Rod A.....33yrs.....Aug.2, 1986  
Warren S.....1yr.....Aug.6, 2019



It's time to put a call out for the  
2020,2021

### ALCATHON CHAIRPERSON

We don't know at this time if we will be able to have an in person or Zoom event this year but need a Chair and Committee to host.

Please contact Central Office for the Zoom info for the next Intergroup meeting to let your name stand.

Spiritual Principle  
Step Eight

SELF-DISCIPLINE

# U N I T Y

## Tradition Eight

Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. "12th Step" work is never to be paid for.

Alcoholics Anonymous 4<sup>th</sup> edition pg 564



"Water! Water! With Bourbon and not much ice!"

## Tradition Eight Checklist:

**Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.**

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get *some* reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition—How It Developed*?

www.grapevine.org

**This** tradition cuts to the very core of A.A. To me it simply says that Alcoholics Anonymous is just one drunk talking to another to stay sober. This to me is the very essence of A.A. I have held many positions in my almost sixty years on this planet but above all I am first and foremost an Alcoholic.

Professionals in A.A. would probably destroy this program as we know it. As an Alcoholic, I need a level playing field. I need to be able to walk into a meeting (no matter where I am) and feel at home.

I went to Laughlin last weekend and attended the morning meetings at the "Bullhead City Alano Club". I only go there a couple times a year with the bowling league, but the friends that I have made there remember me and I am at home there.

No professionals, just people like you and me, and of course "Whiskers", the neighborhood dog, who shows up on time and stays quietly through the whole meeting. I personally would be a lost soul without this program and the friends that I have in it. It is a gift from God and I will always try to respect that.

Alcoholics Anonymous will always be a safe haven to us as long as we respect and operate within the traditions and concepts of this program.

Anonymous The Desert Lifeline August 2014

### CORRECTIONS CHAIRPERSON

Rod's term was over December 2019  
We need someone to step into this position as soon as possible. Rod would get you up to speed on what the job is. Please contact Central Office for the Zoom info for the next Office meeting to let your name stand.

Spiritual Principle  
Tradition Eight

FELLOWSHIP

### NEWSLETTER EDITOR

My term is coming to an end and a new Editor is needed as soon as possible. I would share all my files and assist whomever is interested in the role.  
Please contact Central Office for the Zoom info for the next Office meeting to let your name stand.

# SERVICE

## Concept 8

The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

A.A. Service Manual, Twelve Concepts for World Service

**Intergroup would like to thank all Groups and individuals for responding to the call for contributions!!!**

**We also want to express our appreciation for those groups and individuals who volunteer their time to help the sick and suffering alcoholic.**

Spiritual Principle  
Concept Eight  
**DELEGATION**

**Concept 8** deals with the manner in which the Trustees of the General Service Board discharge their obligations and delegate their executive function to its two subsidiary corporations: A.A. World Services, Inc., and the A.A. Grapevine, Inc. The Trustees are the guarantors of good management of A.A. World Services, Inc. and the A.A. Grapevine, Inc. The Trustees of the General Service Board meet this daunting responsibility by electing the Directors of these service arms, a part of whom must always be trustees. The executive direction of these functions is embedded in the service corporations themselves, rather than the General Service Board. Each corporate service entity should possess its own bylaws, its own working capital, its own executives, its own employees, its own offices and equipment. Thus the Trustees are not burdened or distracted by the little details and endless questions which arise daily in the routine operation of the General Service Office or the publishing operations, including the *Grapevine*.

When this concept was written, Bill emphasized that an early mistake of the General Service Board was trying to run the service functions directly. The result was “too much *concentration* of money and authority.” The board must devote itself almost exclusively to the larger questions of policy, finance, group relations and leadership. The board’s attitude must be that of custodial oversight.

Concept 8 has served us well since 1962. But much has changed in the financial picture the last 60 years. The separate service corporations of A.A. World Services, Inc. and the A.A. Grapevine, Inc. are facing huge challenges in this area. This separation has, to date, allowed us to avoid the *concentration* of money and authority. We have placed our reserve funds with the Trustees, and divided our total working capital between A.A. World Services, Inc. and The A.A. Grapevine, Inc., each entity having its separate executive. Maintaining this separation may not be enough to meet the challenges we now face. Concept 8 may be in need of a change. A plan to change our separately incorporated structure (introduced by Ward Ewing, Class A Trustee) will be submitted to the 63rd General Service Conference.

As we write this article, 93 Delegates, 21 Trustees, our A.A.W.S and Grapevine Directors along with the General Service Office and Grapevine staff members are all working hard at finding a “needful change”. We pray that their efforts are fruitful.

Shirley and Mike O. Past District Delegates, 2012 Area 69 Salt Lake City, Utah Panel 51 and Panel 55 respectively The Desert Lifeline August 2014

## July Puzzle Solution

