



Heart To Heart

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

Keep checking www.aaregina.com
As many groups have begun
meeting in person.

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

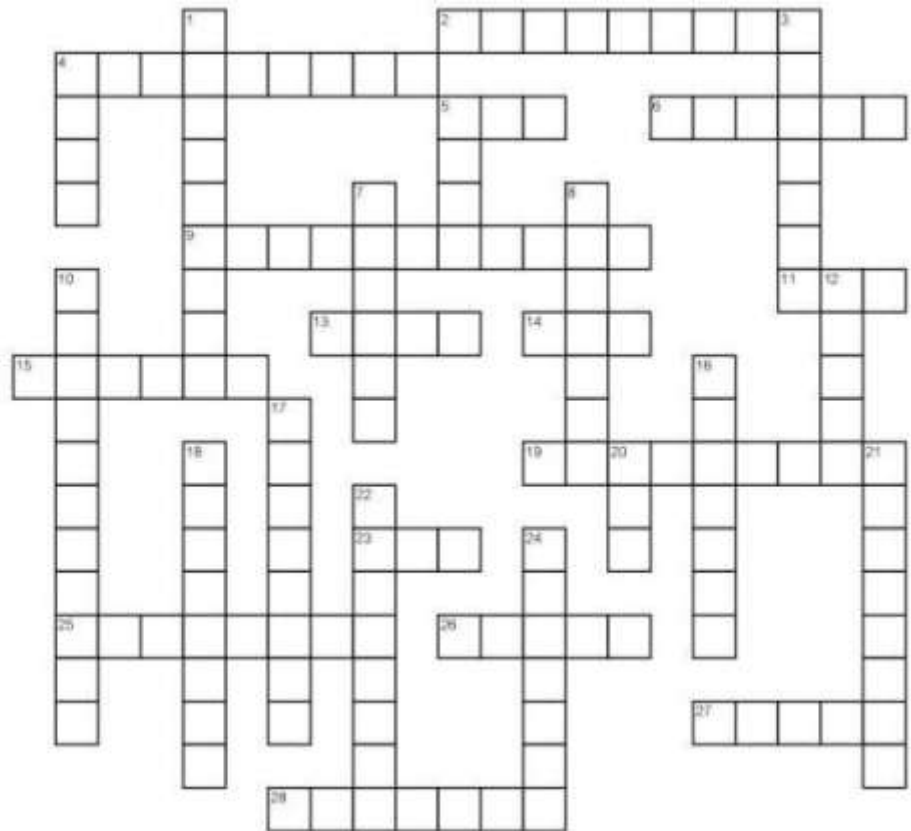
Central Office
Broad St, Business Center
#107-845 Broad St.

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: Adventures in _____
- 22 prior to investigation
- 24 Beginners' Book: Getting and _____ Sober in AA

RECOVERY

Step Nine

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

I believe that each Step has a gift for me. Throughout my sobriety as I “worked” the Steps and learned how to incorporate the principle of each Step into my life I found I received a gift from each one. The gift I received from each step was unique and especially what I needed most at that time. A spiritual awakening, a freedom of some kind, a new awareness, shedding another piece of my armor and letting in a little more light. Maybe you could relate to some of my experiences maybe yours were completely different. This, I think is the miracle of the Steps. Same Steps, yet each of us has our own personal experience with them.

Amends are not just about saying, “I am sorry”. How many times have I said that! I like Webster’s New World Dictionary definition of amends:

“Something given or done to make up for injury, loss etc. that one has caused”.

After I had completed my Fifth Step I thought I had done the hardest thing I would have to do in the program of Alcoholics Anonymous. Then I came to Steps 8 & 9. Yikes! I felt like everything was my fault. How could I ever climb this mountain? I reviewed my list with my sponsor. After some deletions and additions and lots of praying for willingness, I was ready to go into action. The gifts and miracles I had received so far and the friendships and trust I had formed with my sponsor and others in the fellowship gave me the courage to press on.

The “Big Book” of Alcoholics Anonymous spends more time on step nine than on any other step. Several specific directions and scenarios are depicted. I found it helpful to reread that section before each attempt. I am reminded to be humble but not to grovel, to focus on my own errors and not on those I perceive were made by others. The book reminds me that all people may not be receptive, but not to be discouraged. Most of all it is stressed that we must not cause any harm in the process of making our amends.

The largest amends I felt I owed was to my family. I made direct amends to them when they were willing to listen. I told them of the wrongs I felt I had done to them, asked if there was anything I could do to make it right and became the best sister and daughter I knew how to be. I understood that I had to let them be who they were and not what I expected them to be. I understood that my mother would never be the “Mommy” I had always resented her for not being. The gift I received from that is a feeling of being a member of my family instead of a visitor. I saw my mother in a different light. I came to understand her as a woman who had also survived much and I was able to honor her. When my mother passed away last year I was truly grateful that I had completed Step 9 with her and that we had several years of a respectful peaceful relationship.

Step Nine is about cleaning house and healing. When I have caused “injury or loss” to someone I have also harmed myself. I have created guilt and fear and alienated myself. So as I make the amends, I am also healed. The healing I experienced in those relationships spills over into all my relationships. The gifts from working this step are many. Remember that this Step is on the threshold of the “Promises”. I you are new and may be wondering “what’s in this program for me?” I suggest you grab a Big Book and go to the end of Step nine and read the “Promises”. Many of them have come true for me. I thank God for the program of Alcoholics Anonymous and the many gifts and miracles I have received from working the Steps.

Respectfully submitted, Darla S. Dessert Lifeline September 2014

The Promises of Alcoholism

(opposite from the promises found on pg 83 & 84)

1. If we are casual with this phase of our development, we will be drunk before we are halfway through.
2. We are going to know a new imprisonment and a new misery.
3. We will relive the past and won't be able to shut the door on it.
4. We will comprehend the word CONFLICT and we will know PAIN.
5. No matter how far down the scale we have gone, we'll sink even lower.
6. That feeling of uselessness and self-pity will deepen.
7. We will gain interest in selfish things and lose interest in our fellows.
8. Self esteem will slip away.
9. Our whole attitude and outlook upon life will SUCK.
10. Fear of people, and of economic insecurity will multiply.
11. We will intuitively know how to run from situations, which never used to bother us.
12. We will suddenly realize that God would never have done to us what we are doing to ourselves.

Are these extravagant promises? We think not! They are being fulfilled amongst us every day - sometimes quickly, sometimes slowly. They will ALWAYS materialize if we continue to drink.

Dessert Lifeline September 2014



*Heard in a meeting on Step 9:
“Don't mess up an amends with an excuse.”*



Happy Birthday to those celebrating milestones of sobriety...

12 Steps to Recovery
Aaron Y...25yrs

CELEBRATION September 7 @ 8:00PM
N.E. Community Center #160 Broad St.
Behind Imperial School
Mtg outside so bring a lawn chair
Harmony

Mike K.....6yrs.....Sept. 26, 2014
Women's Serenity

Olive Q.....2yr.....Sept. 2, 2018

Lyndsi D.....3yrs.....Sept. 5, 2017

Lyndsay M.....3yrs.....Sept. 9, 2017

Ashley G.... 4yrs.... Sept. 13, 2016

Carol O.....2yr.....Sept. 13, 2018

Spiritual Principle
Step Nine
LOVE FOR OTHERS

**THE TASK AHEAD
OF YOU IS
NEVER AS GREAT
AS THE POWER
BEHIND YOU.**

U N I T Y

Tradition Nine

Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principle newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

Alcoholics Anonymous 4th Edition pg 565



"Since you've been in AA, I've noticed you open the garage door before you put the car in!"

*Dear God,
Please help me to see other people
as you see them, to love other
people as you love them, and to
forgive other people as you forgive
them. And please help me to see
myself as you see me, love myself
as you love me, and forgive myself
as you forgive me.
Amen.*

Spiritual Principle
Tradition Nine

STRUCTURE

Tradition Nine:

AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

www.aagrapevine.org

All societies and governments give power and authority to some of its members except Alcoholics Anonymous. AA, a society of nearly 2 million alcoholics, is governed only by suggestion and the spirit of service. That is pretty amazing when you think of how defiant and rebellious alcoholics are by nature!

Each AA member is to follow the 12 steps to the best of their ability or face jails, institutions or death.

Therefore, we are all disciplined by the spiritual principles of the steps and a higher power of our own understanding. Just as every AA member takes the steps to the best of their ability, each AA group as a whole must follow the traditions. If a group strays from the traditions its message will wither and the group will often deteriorate.

While taking the steps and practicing spiritual principles on a daily basis, inevitably, we find ourselves wanting to give back to this amazing program that brought us back to life. This gratitude for the program creates the spirit of service, an incredibly powerful thing that keeps the program up and running.

The more we give back the more we grow. Something that started from one alcoholic sharing his experience, strength and hope with another, has multiplied itself into a worldwide organization.

I think the 12 and 12 sums it up perfectly. "Great suffering and great love are A.A.'s disciplinarians; we need no other."

(P.174 - The 12 and 12)

Brock W Tues. Night Men's Stag, Palm Desert, Dessert Lifeline September 2014

"Did you know," said the long timer to the new comer, "that you can't solve a problem with the same thinking that caused the problem in the first place? Ask God to help change your thinking, and then run it past a sponsor BEFORE you take an action on what you think God said!"

SERVICE

Concept Nine

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of AA must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

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

Committee elections are just around the corner!

We currently have several open positions and will be looking at filling others for January 2021.

Contact Central Office for Zoom and meeting information.

A list of positions can be found on our website:

www.aaregina.com/intergroup-committee-positions/

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.

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.

OFFICE CHAIRPERSON

We are currently looking to fill this position at our Central Office. Some but not all of the responsibilities include working closely with both the Office Trustee and the Office Secretary to keep the Office in good working order. Chair monthly Office Committee meeting and attend the Intergroup meeting.



Concept Nine Checklist:

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

1. Do we discuss how we can best strengthen the composition and leadership of our future trusted servants?
2. Do we recognize the need for group officers? What is our criteria for election? Do we sometimes give a position to someone "because it would be good for them?"
3. Do I set a positive leadership example? www.grapevine.org

Spiritual Principle
Concept Nine

ABILITY

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.

Intergroup wants to express our appreciation

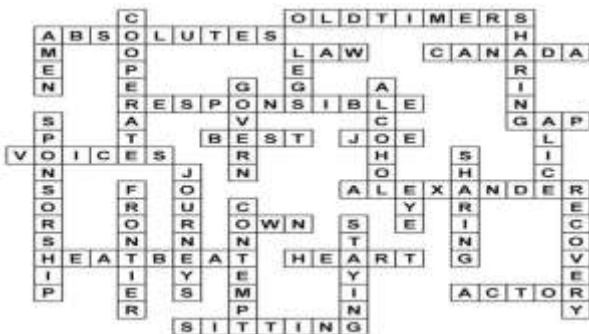
for those groups and individuals who have made generous financial contributions, and give a special thank you to all the members who volunteer their time to help the sick and suffering alcoholic.

The majority of this concept deals with how we should select our leaders. It speaks specifically of examples, both good and bad, that we have all seen in the course of our AA service work. Although we have no real "leaders", it impresses upon us that we still need leadership. Without leadership, there would be no assurances that AA, as we know it, will endure and remain effective for future generations. It tells us that we should always be on the lookout for future leaders, and that we need not look for people who are "saints" and never make any mistakes, rather that we find and encourage members who are flexible and committed to the preservation of the program as we know it. The Third Legacy method for choosing leadership has proved very effective, and is a good example of how "God may not always choose those who have prepared, but he always prepares those who have been chosen". The work of our General Services Board proves that there are many people devoted to serve in a way that ensures that AA remain present, even for the alcoholic who hasn't been born yet.

The Concepts are not usually associated with emotion, more about suggesting how we go about the "business" of preserving the program that has saved so many lives. That being said, I was extremely touched by how personal this particular concept was to our founders. Bill talks about how he and Bob had been talking about this for a long time, and that this was to be the solution for the time when the two of them were no longer able to do World Service. In effect, the Trustees were to do the work Bill and Bob had already been doing for some time. The reality that our co-founders made sure that this program would endure in the spirit that it was created was an act of foresight and great love, the ultimate service to alcoholics everywhere.

Brian C. Sunny Dunes Fifth Tradition Group, Palm Springs Desert Lifeline September 2015

August 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.