



Heart To Heart

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

Please have all birthdays, celebrations, announcements, poems, and articles for December submitted to the Editor by November 15th for December publication.

www.aaregina.com

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

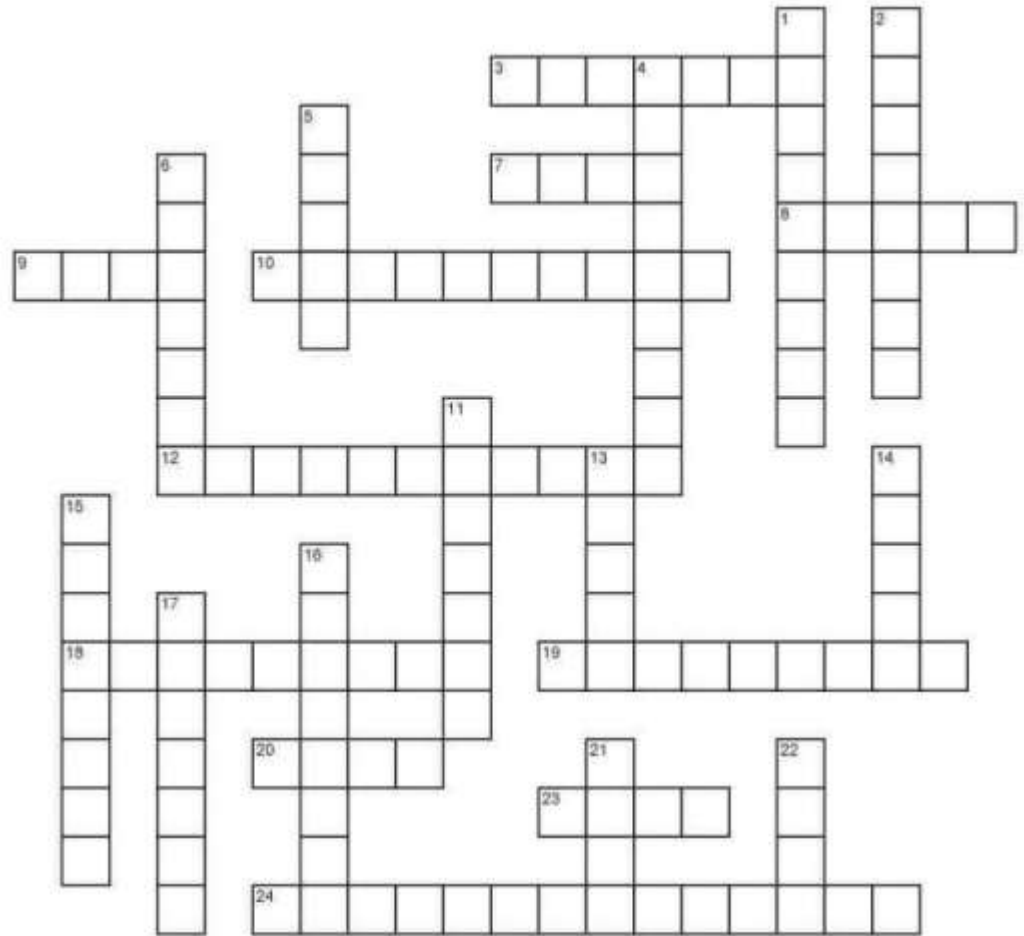
Central Office
Broad St, Business Center
#107–845 Broad St.

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

- 3 Little Angel of A.A.
- 7 Alcoholics are like men who have lost these
- 8 "Women Suffer Too"
- 9 Bill's sponsor
- 10 mode of transportation used by Bill and Lois during his early Wall Street years
- 12 principle behind step 9
- 18 Saturday Evening Post
- 19 Bill's brother-in-law's profession
- 20 Bill's longtime secretary
- 23 The month that AA was "born"
- 24 Home of Bill and his wife

DOWN

- 1 Where Dr. Bob went to college
- 2 Dr. Bob's middle name
- 4 Honesty, Purity, Unselfishness and Love - the 4 _____
- 5 In what city did Bill meet Bob?
- 6 Physician, Heal _____
- 11 Where AA World Services is located
- 13 Dr. Bob surname
- 14 Russian potato juice
- 15 Circle and _____
- 16 This is prior to investigation
- 17 State where Dr. Bob was born
- 21 Swiss psychiatrist
- 22 The 3rd Step prayer doesn't have it but the 7th Step prayer does

RECOVERY

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

The All Encompassing Prayer The Values I Learned as a Child

As I have been navigating my way through the program of Alcoholics Anonymous, with only a limited education, but a desire to learn all I can about life as it unfolds, it occurs to me that most of the things that the program teaches me are things I have been taught before. I learned the Ten Commandments in church. In the Boy Scouts, I learned that a scout is Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Brave, Clean, and, Reverent. In sports I learned of Team Work and of Disappointment. In kindergarten, I learned to play fair in the sand box, I also heard of the Golden Rule. These things have been around long before me and even before A.A; so where did I go wrong? I, like most of us that come into the program, had a myriad of personal problems, and at first, I believed that those life issues including Marital, Legal, Economic, Physical, etc. were the cause of my drinking the way I did. At that time, I wasn't sophisticated enough to understand the ins and outs of these things. I'm not sure that anyone can just drop what they have been conditioned to do just because they quit drinking. There has to be more to it than that. If at first we are fortunate enough to envision the wonderful life we can experience as the result of embracing this program to the fullest extent, we will first want to clear up the wreckage of the past. This we can do by thoroughly going through the steps in the spirit that they were intended, being careful not to hold back anything. As we approach the twelfth step, we are introduced to the Saint Francis prayer in the 12X12. Francis was not a saint when he wrote this prayer but he expresses that these virtues were the answer to all of the misguided thinking of the past. Note that not one of his requests is for help with things that are of a selfish or material nature. I myself am not affiliated with any religious organization, but I am not threatened by religious doctrines and I agree with the statement on pg. 87 BB. "Be quick to see where religious people are right. Make use of what they offer". I am sometimes honored when a newer member of the program asks for some guidance and I will usually suggest that he/she write out this prayer in long hand, paste it on his/her mirror and read it every day for a minimum of 30 days, and I guarantee that it will influence your thinking for the rest of your life. It did for me. I don't know of a more practical thing to set the tone for a person's interactions with others. Thinking back on it, I always knew the right thing to do, but wasn't always strong enough to do it. I dismissed these things, not realizing the pain that would result as I lost my direction in life. The Saint Francis prayer is one of the ways in which the program suggests we revisit our early value system. It gives us some spiritual direction that deals with the change in our inner self, which, if we heal in that area, the material world will take care of itself. When faced with a sticky situation, I have a choice whether to escalate it or to back off and withdraw with love and understanding. After years of trying my best to live in the spirit of this prayer, it occurred to me that, as the result, I qualify in all of those things I learned as a child, in church, in the Boy Scouts, in kindergarten, the golden rule, and in childhood sports. To me, it is an ALL ENCOMPASSING SPIRITUAL roadmap.

By Rick R. , Desert Lifeline November 2018

A Simple Prayer

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not to much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
Amen.

St. Francis
Eleventh Step Morning and Nightly Prayers

MORNING PRAYER

God, direct my thinking today so that it be empty of self pity, dishonesty, self-will, self-seeking and fear. God, inspire my thinking, decisions and intuitions. Help me to relax and take it easy. Free me from doubt and indecision. Guide me through this day and show me my next step. God, show me what I need to do to take care of any problems. I ask all these things that I may be of maximum service to you and my fellow man. In the spirit of the Steps I pray. AMEN

NIGHT PRAYER

God, forgive me where I have been resentful, selfish, dishonest or afraid today. Help me to not keep anything to myself but to discuss it all openly with another person - show me where I owe an apology and help me make it. Help me to be kind and loving to all people. Use me in the mainstream of life, God. Free me of worry, remorse or morbid (sick) reflections that I may be of usefulness to others. AMEN

(Both derived from page 86 in the Big Book)



Spiritual Principle
Step Eleven
SPiritUAL AWARENESS

Harmony

Leslie A....1yr.....Nov.2, 2019
Tom H....2yrs....Nov.9, 2018

Women's Serenity

Kayla S....3yrs....Nov.1, 2017
Mary-Jo S...1yr...Nov.13, 2019
Heather A....8yrs....Nov.21, 2012

12 Steps to Recovery
1yr Celebration for

David D. Nov.30, 2020 @ 8:00



Happy Birthday to those celebrating milestones of sobriety...

U N I T Y

Tradition Eleven

Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves.

We feel it better to let our friends recommend us.

Alcoholics Anonymous 4th Edition pg 565

What comes to mind is that Alcoholics Anonymous has to symbolize an idea. To most people, our organization and its structure is rather vague or undistinguished. Because people have a need to “label” or “categorize”, the temptation for others to watch us for preferred ideas, siding and advocacy is great. People may assume AA is based in medical practice and/or theory, others may assume we are a religious sect. We are neither. We are members of a recovery program based on spiritual principles. We offer membership to any person with a desire to stop drinking, regardless of social and/or economic stature, race, creed or religion. No one identifying as an AA member can be kicked out, asked to leave or refused what AA has to offer.

Alcoholics Anonymous, as a whole, cannot publicly denounce or condone any outside issue in order to preserve the integrity of its primary purpose, to carry the message of recovery to the alcoholic who still suffers. AA must present itself as neutral in all matters not related to our program of recovery. We can only continue to **grow and recover if AA keeps its side of the street clean....**

by staying out of world affairs and keeping our focus on ourselves. We let others praise us and recommend us. We do not advertise or promote ourselves lest we drive those who would need us away. This is how our society grows and flourishes. We, in AA, carry the message of recovery by example and by leading purposeful and contented lives so that those who would seek us can be given hope and a new way of life.

Caroline D Fearless & Thorough Book Study, Palm Desert, Desert Lifeline November 2016

Spiritual Principle
Tradition Eleven
ANONYMITY

Mercy is when we don't get what we deserve.
Grace is when we get what we don't deserve.



Tradition Eleven Checklist:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

www.aagrapevine.org

S E R V I C E

Concept XI

While the Trustees, acting together as the General Service Board hold final responsibility for A.A.'s service administration, they should always have the assistance of the best possible committees, service executives, staffs and consultants. Therefore the composition of committees and service assemblies, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

Summarized from The A.A. Service Manual, and the pamphlet, The Twelve Concepts for World Service, Illustrated.

Concept Eleven is one of the concepts that is devoted to describing the relationship of various service entities and how they work together. The Trustees hold final responsibility for AA's World service administration, but they will always need the assistance of the best possible standing committees, corporate service directors, executive staffs and consultants. The way in which all of these entities are formed and function is handled with great care. In a nutshell, Concept XI boils down to these four guidelines:

- 1) The status of executives: Competent executive direction must always be held by one person with whatever assistance is needed. This one person must have ample freedom and authority to do the job as long as the work is well done. It is inefficient to have too many cooks in the kitchen.
- 2) How to compensate paid workers: Each paid executive, staff member or consultant should be paid in reasonable relation to the value of the similar service or ability in the commercial world. Cheap help is apt to feel insecure and inefficient which may be more costly in the long run. In other words, if you pay peanuts, you may get monkeys.
- 3) Rotation among paid staff workers: The spirit of rotation is exercised by most paid staff members. At AA's General Service Office, most of the staff member's assignments are changed every two years. Each staff member is expected to possess the general ability to do, or to learn how to do, any job in the place except for office management. It can be summed up as "Musical Hats".
- 4) Full "Participation" of paid workers is very important: Paid personnel should enjoy a status that is suitable to their responsibility just as our volunteers do; therefore, they must be able to vote. As Bill Wilson declared, "Members of this group not only support the leadership of the Trustees, they share leadership with them."

Anonymous Desert Lifeline November 2014

October Puzzle Solution



Spiritual Principle
Concept Eleven
HUMILITY

Concept Eleven Checklist:

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

1. Do we understand how the roles of non-trustee directors and non-trustee appointed committee members help serve and strengthen the committee system?
2. How do we encourage our special paid workers to exercise their traditional "Right of Participation?"
3. Do we practice rotation in all our service positions?

www.grapevine.org

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.

When I'm in the middle of another one of those "challenging growth opportunities," it seems like it is going to be this way forever . . . that's when it seems the most difficult time for me to remember that "it came to pass", it did NOT come to stay!



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.