



Heart To Heart

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

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

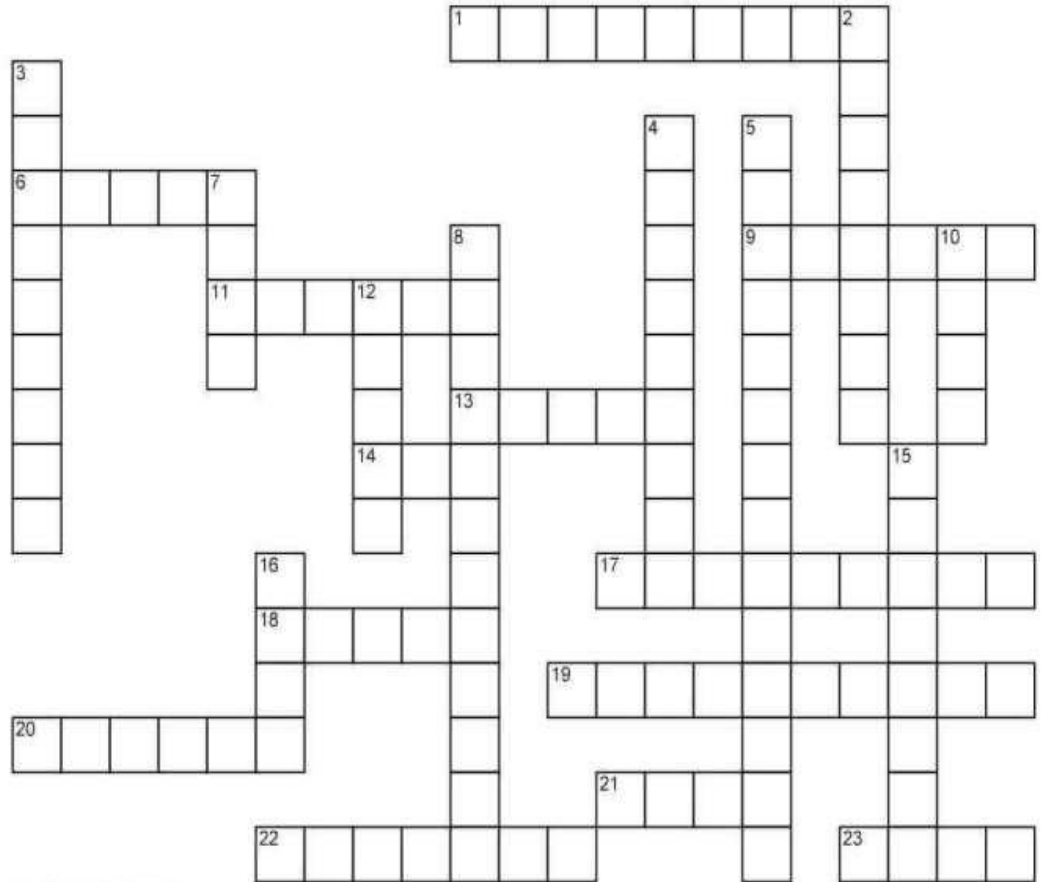
First Wednesday of the month
7:30

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.



www.CrosswordWeaver.com

ACROSS

- 1 Dr. William D.
- 6 Russian potato juice
- 9 How often we've seen them fail
- 11 Bill was offered a job at his lab
- 13 In what city did Bill meet Bob?
- 14 36% of AA members are sober over ___ years
- 17 meeting in print
- 18 Alcohol
- 19 International Convention City (2 words)
- 20 soundness of mind
- 21 Mrs. Dr. Bob
- 22 Physician, Heal _____
- 23 Bill's longtime secretary

DOWN

- 2 Dr. Bob's middle name
- 3 You have to take one
- 4 Author of the March 1, 1941 article in the Saturday Evening Post
- 5 He is quoted in Appendix 2 (2 words)
- 7 The 3rd Step prayer doesn't have it but the 7th Step prayer does
- 8 our life when we got to AA
- 10 Alcoholics are like men who have lost these
- 12 Dr. Bob surname
- 15 Circle and _____
- 16 Who brought the message to Bill Wilson

RECOVERY

Step Ten

“Continued to take personal inventory and when we were wrong promptly admitted it.”

Step ten is the first of the "maintenance steps." It provides a daily check of our mental and spiritual status. Having completed the overhaul work of steps four through nine, step ten is our key to practicing the A.A. way of living in our daily lives.

Character defects, like our disease of alcoholism, can be cunning, baffling and powerful. Though steps four through seven relieve much of our pain and difficulty, old defects can assume new symptoms and seemingly different defects can appear like a new strain of the flu. These defects are deadly for alcoholics: if left untreated, we will drink.

As with all the steps, we need to be rigorously honest, both in our inventory and in promptly admitting and addressing it. We must thoroughly examine our motives and guard against the com-fort of using rationalization to justify questionable conduct.

I love this passage from the Twelve and Twelve: "Our first objective will be the development of self-restraint. This carries a top priority rating. When we speak or act hastily or rashly, the ability to be fair-minded and tolerant evaporates on the spot. ... Nothing pays off like restraint of tongue and pen." The better we get at self-restraint, the sweeter are our evening inventories!

"An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek."

Rebecca K 6AM Sunrise Celebrators, Fellowship Hall, Palm Desert, Desert Lifeline October 2015



Although selfishness, self-seeking, and self-centeredness resemble each other, there are shades of difference. Selfishness is: It's all for me.

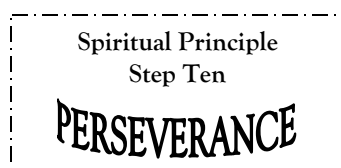
Self-centeredness is: It's all about me.

Self-seeking is: What's in it for me?

~ paraphrased from Alkiespeak



Happy Birthday to those celebrating milestones of sobriety...



Women's Serenity

Debbie B.....23yrs.....Oct. 20, 1997
Coralie L.....4yrs.....Oct. 31, 2016

THE TENTH STEP PROMISES

The Big Book offers an array of promises associated with each of the Twelve Steps, but for me, the re-wards starting on the bottom of page 84 and continuing throughout that paragraph are, by far, the most vibrant and exciting – these are my favorites:

“And we have ceased fighting anything or anyone – even alcohol.”

When I am living in the spirit of the Step Ten directions and resolutely turning my thoughts to some-one I can help, I become much less reactionary with those who disagree with me. Being right, takes a back seat to developing a continuing friendly relationship. The first shot is not fired because the battle never begins.

“For by this time sanity will have returned.”

I feel as though the word ‘sanity’ overflows from the first promise; if I am unable to differentiate the true from the false in the matter of drink, I am indeed suffering from *alcoholic insanity*. However, if I can see and act on the obvious truth in the matter of that next drink, I am living in a *sane* manner. The Big Book often uses the expression of *insanity* interchangeably with the phrase, ‘*mental obsession*.’ Jim’s Story (p. 37) is case in point.

“If tempted, we recoil as from a hot flame”

During the first sober year or so, drinking thoughts would spawn deep-seated horror. If I would – as is often suggested – *Think the drink through*, the dismal memory of those horrible hallucinations coming on, the music exuding from the walls, and the jail door slamming shut filled me with terror. The dread of being fired, once again, would come on strongly. But as time passed, I learned to stymie these unpleasant thoughts before they become solidified. Actually, I believe I have developed a reverse Pavlov in the matter of drink.

“It just comes! That is the miracle of it.”

This miracle happened for me! Thoughts of drinking no longer exist in my emotional vocabulary. This marvelous “release” took place in my second year of sobriety and I have not been plagued by the mental obsession since—thank you God!

“Instead, the problem has been removed. It does not exist for us.”

These two phrases probably represent the most important single promise in the Big Book: a release from the insanity of taking that first alcoholic drink! Of course, this exciting promise is obviously concerning the mental obsession before the first drink. I will never be an ex-alcoholic—just one shot and I am shot! We are not told that the problem (obsession) has been eradicated, destroyed or beamed to outer space. It simply promises that it has been *removed*. That Obsession/Allergy will forever lurk, just waiting for me to fall below a fit spiritual condition.

“That is how we react so long as we remain in a fit spiritual condition.”

I have found that living in the spirit of Maintenance Steps Ten, Eleven and Twelve, to the best of my ability, I have remained close enough to a fit spiritual condition that I haven’t had to drink since my very first meeting in 1975.

Bob S. Desert Lifeline October



My sponsor says the good thing about procrastination is that you always have something planned for tomorrow.

U N I T Y

Tradition Ten

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one.

Concerning such matters they can express no views whatever.

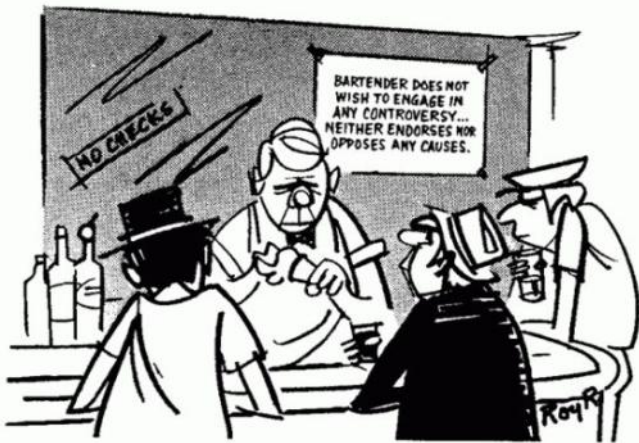
Alcoholics Anonymous 4th Edition pg 565

Tradition Ten, like all our traditions, is an important tradition and concentrates on the purity of A.A. As long as we respect these traditions, Alcoholics Anonymous can remain intact and pure to its primary purpose and continue to have a message carried to alcoholics who suffer in and out of the fellowship.

We should be proud that we (A.A. as a whole) have never allowed ourselves to be divided by any major issue that the world has presented. In doing some research for this project, I learned more about a group called the Washingtonians. Their first vision was to be an organization of alcoholics who helped one another stay sober. And they were just that for a while. Their membership grew to over one hundred thousand members in the early 1900's. But, they allowed influential people, who weren't all alcoholic, to use their society for their own reasons. Because of this, they basically got sidetracked and their attention was diverted from staying in the solution to the disease of alcoholism.

Fortunately for us, people in early A.A. history, learned from the Washingtonians. They decided, and have taken the appropriate action, to stay out of public controversy by creating our tenth tradition. Because A.A. continues to be the number one most effective influence on my life and keeping me sober, I take personal responsibility to make sure I leave my opinion on outside issues away from sponsorship and the rooms of Alcoholics Anonymous and pray that all others do too. This has to do with tradition one and our common welfare. Our recovery depends on us sticking together with the same vision in keeping A.A. pure.

Garrett D. Serenity Group, Cinemas Palme D'Or, Theater 4, Palm Desert, Sunday, Desert Lifeline October 2016



Spiritual Principle
Tradition Two

NEUTRALITY

Tradition Ten

Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

1. Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

www.grapevine.org

For those of us who are gate-crashers when it comes to politics, religion or any issue of MAJOR disagreement, I am so grateful Tradition Ten came into my life, along with all the other wonders of AA. It has served as a wonderful and much-needed element of control for my voice, my writings, my feelings about these matters altogether.

As a result of Tradition Ten, I have become a much calmer, more subdued member of the human race. It has saved me no end of problems. I recall my (drinking) days of much angst, fear, fury and dreadful mistakes with anguish. I see myself and the rest of my life as if the seas of life have finally calmed, and as a result, I am free to enjoy my life, my many loves (I've got a LOT of grandkids!), even issues about which I used to express loud disagreement. We come to an attitude of peace and acceptance.

When AA began (thank you, Dr. Bob and Bill W.), early members "resolved to keep our Society out of public controversy. Thus was laid the cornerstone for Tradition Ten: "Alcoholics Anonymous has no opinions on outside issues; hence the AA name ought never be drawn into public controversy."

This is a salvaging factor for so many of us. I am grateful.

Connie Z. Attitude Adjustment, Thursday, Eisenhower Hospital The Desert Lifeline October 2017



SERVICE

Concept Ten

Every service responsibility should be matched by an equal service authority, with the scope of such authority to be always well defined, whether by tradition, by resolution, by specific job description, by appropriate charters or by legal instruments.

Summarized from The A.A. Service Manual, Twelve Concepts for World Service

Every service responsibility should be matched by an equal service authority - The scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

As we have seen (Concept I) “final responsibility and ultimate authority” reside with the A.A. groups, and they *delegate* this authority to the Conference (Concept II). The Conference, in turn, *delegates* to the General Service Board the authority to manage A.A.’s affairs (Concept III) in its behalf. The board is in authority over its subsidiary operating conditions - A.A. World Services, Inc. and the A.A. Grapevine, Inc. - but it *delegates* to the directors of those corporations the authority necessary to run these service entities.

As Bill said, “It is perfectly clear that when *delegated authority is operating well, it should not be constantly interfered with.*” Otherwise, he warned, “those charged with operating responsibly will be demoralized.” For example, the General Service Board owns the two operating corporations and its authority over them is absolute. “Nevertheless so long as things go well, it is highly important that the trustees do not unnecessarily interfere with or usurp the operating authority of these entities.”

“To sum up: Let us always be sure that there is an abundance of final or ultimate authority to correct or to reorganize; but let us be equally sure that all of our trusted servants have a clearly defined and adequate authority to do their daily work and to discharge their clear responsibilities.”

Gay H GSR liaison to Intergroup, Desert Lifeline October 2017

Concept Ten Checklist:

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

1. Do we understand “authority” and “responsibility” as they relate to group conscience decisions by G.S.R.s, D.C.M.s and our area delegates?
2. Why is delegation of “authority” so important to the overall effectiveness of A.A.? Do we use this concept to define the scope of “authority?”

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.



CORRECTIONS CHAIRPERSON

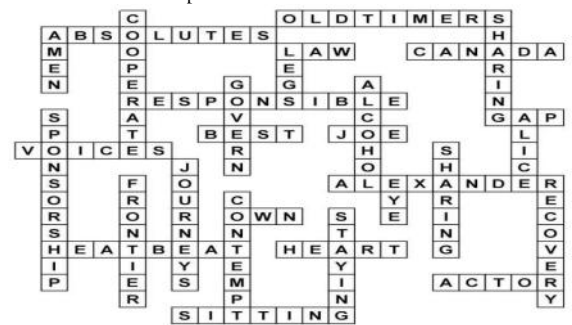
Rod’s term was over December 2019
We need someone to step into this position as soon as possible. Rod would get you up to speed on what the job is. Please contact Central Office for the Zoom info for the next Office meeting to let your name stand.

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.

September Puzzle Solution



Spiritual Principle

Concept Ten

CLARITY

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.