

HEART TO HEART

REGINA & AREA
ALCOHOLICS ANONYMOUS® INTERGROUP

TRADITION TWO:

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

1. Do I criticize or do I trust and support my group officers, AA committees and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibilities?
3. Do I look for credit in my AA jobs, praise for my AA ideas?
4. Do I often feel the need to “save face” in group discussions, or can I yield in good spirit to the group conscience and work along with it?
5. Although I have been sober a few years, am I still willing to serve my turn with AA chores?
6. Do I complain about the decisions that my group makes, even though I do not attend the business meetings where these decisions are made?

Reprinted with permission of A.A. World Services, Inc.

24 HOUR
ANSWERING
SERVICE
306.545.9300

REGINA AA CENTRAL OFFICE

Central Office is staffed Monday & Wednesday from 12 - 5PM & Friday 12 - 4PM.

Closed statutory holidays.

Please feel free to stop by with any questions or concerns.

A.A. approved literature is available for purchase as well as a selection of sobriety anniversary cards and medallions for sale.

Suite 107 - 845 Broad Street
Regina, Sask.
S4R 8G9



STEP TWO: CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.

Reprinted with permission of A.A. World Services, Inc

Of course, the oft-heard statement inferring that we are made “in the image of God,” has nothing to do with human biology. Humorously, someone stated, at an AA meeting, that Bill W. had possibly met with God, or at least knew him very well, because he refers to God as a “Him” in the Big Book. At this, an irritated lady came after him with angry-raised fists; luckily, she was held back, thus preventing a serious violation of AA unity (Tradition One).

The Big Book mentions the “Great Reality deep within” on page 55, which to my thinking, correlates with the following meaning expressed by this prominent spiritual teacher:* “God’s image” is our inherent identity in and union with God, an eternal essence that cannot be destroyed. “Likeness” is our personal embodiment of that inner divine image that we have the freedom to develop—or not—throughout our lives.


This thought convinced me that God, rather than some pseudo-physical judgmental far away being, is actually a loving ingredient of my inner self that can be manifested (made alive) through prayer, meditation, and following the Twelve Step directions—an over-self, if you will. Of course, God may be everywhere else, as well, but that sort of philosophy is beyond the capacity of my alcoholic noodle.

However, this “deep within-ness” is an experience that provides a “knowing” of the heart, rather than an intellectual “understanding.” All I needed is a willingness to believe to get results (p.46). I was willing to follow through with the Twelve Step process, and received a miraculous release from the mental obsession—this was many years ago. It has been said: “We don’t have to believe in God to work the Twelve Steps—belief comes from the working of them.”

*Fr. Richard Rohr

By Bob S.

<https://www.aacle.org/step-two-coming-to-believe/t>



**Happy
Birthday!**

Please let us know
if you or another
member has a
milestone of
sobriety to
celebrate!

To have an event or AA birthday
posted in this newsletter email
webeditor@aaregina.com

Service Meetings

All members of AA are
welcome to attend:

Office Committee Meeting

Monday before Intergroup 6:30

Intergroup

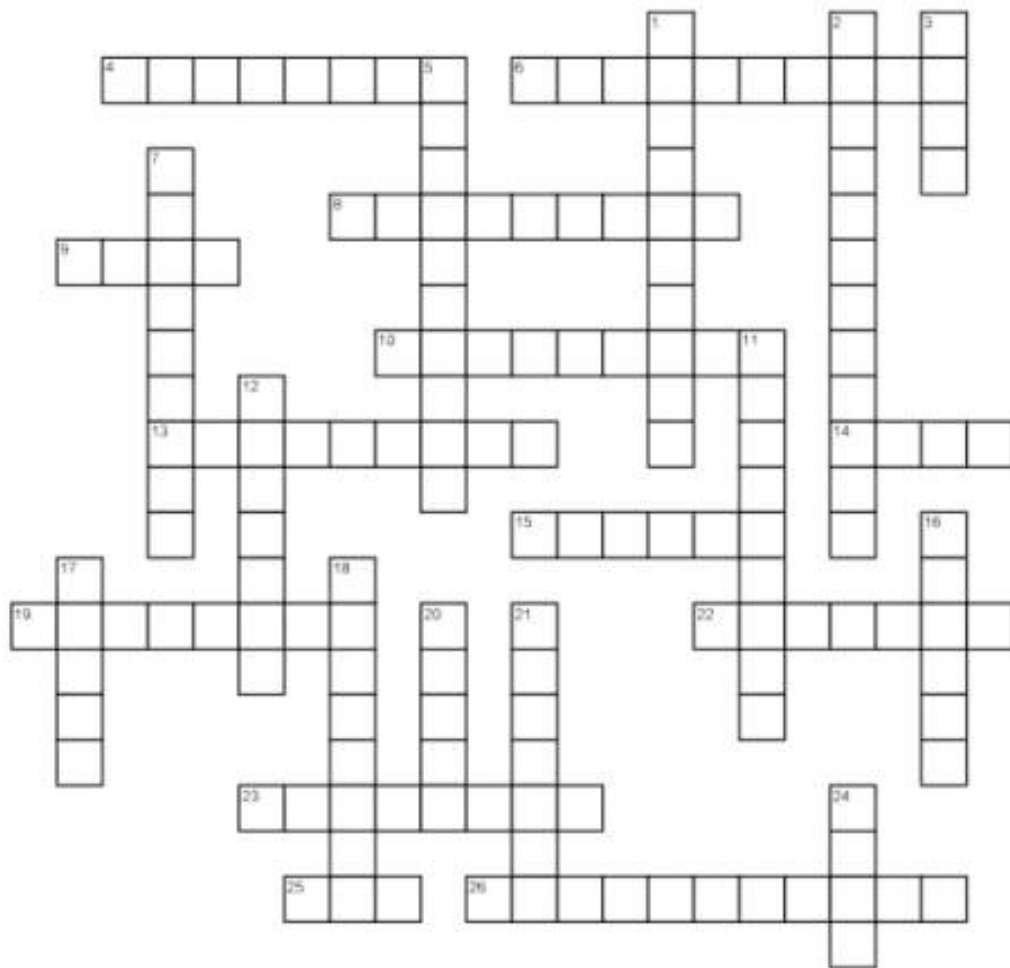
First Wednesday of the month 7:30

Districts 15, 17, 18

Second Wednesday
of the month 7:30

**For the most up-to-date list of
meetings on Zoom or in-
person, please visit
www.aaregina.com.**

FEBRUARY WORD PUZZLE



ACROSS

- 4 A _____ View of Alcoholics Anonymous
- 6 spiritual
- 8 meeting in print
- 9 happy, joyous and _____
- 10 Step one
- 13 press, radio and films
- 14 As He Sees It
- 15 June conference (2 words)
- 19 Circle and _____
- 22 it is a phenomenon
- 23 Twelve
- 25 New York offices
- 26 Valley city with the most AA meetings (2 words)

DOWN

- 1 What we can't afford
- 2 our life when we got to AA
- 3 Bill's secretary
- 5 International Convention 2010 location (2 words)
- 7 1st AA Convention city
- 11 Dr. William D.
- 12 Freedom From
- 16 soundness of mind
- 17 Intoxicated
- 18 Ninety
- 20 Alcohol
- 21 Little Angel of A.A.
- 24 Swiss psychiatrist

LEARNING TO LOVE AGAIN: A GUIDE ON LOVING YOURSELF MORE

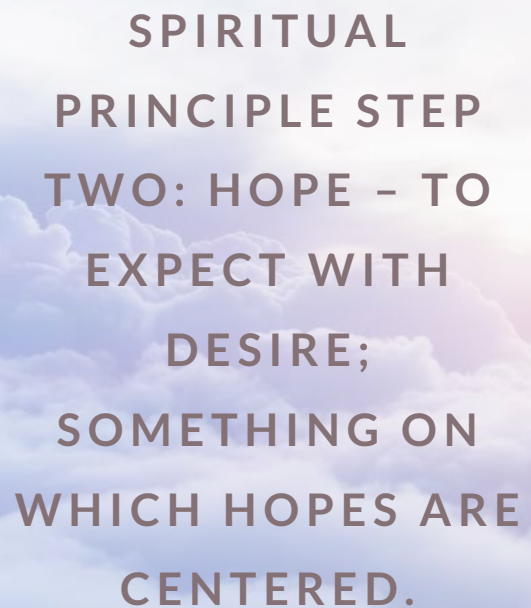
FEBRUARY 15, 2020 BY RENEWAL LODGE IN ADDICTION TREATMENT, RECOVERY

There are a lot of emotions that appear throughout recovery, especially as we discover more about who we are as a person. It can be incredibly nerve-wracking to learn about embarrassing or hurtful things that we said or did while high on substances; for many people, this is a beginning point of shame, anxiety, and fear of abandonment.

Defining Self-Love

Numerous researchers, philosophers, yogis, and mindfulness instructors have researched the very basis of self-love and what that means:

1. Choosing ourselves, even when it means upsetting others
2. Saying what's true for us and remaining authentic
3. Taking the best care of our mental, physical and spiritual health
4. Wearing clothes that make us feel good about ourselves
5. Constructing a life that we can be proud of
6. Learning to accept all aspects of ourselves, just as we are
7. Making time to do things that bring us joy
8. Choosing not to dwell on past mistakes
9. Trusting one's path in life
10. Learning to set boundaries



SPIRITUAL
PRINCIPLE STEP
TWO: HOPE - TO
EXPECT WITH
DESIRE;
SOMETHING ON
WHICH HOPES ARE
CENTERED.

REPRINTED WITH PERMISSION OF A.A. WORLD SERVICES,
INC

Nobody enjoys hearing that they've hurt people around them, and this can break someone's self-confidence in recovery if they don't practice some self-compassion. Self-love in recovery is crucial as we learn to accept the mistakes we've made in the past, while also holding onto hope for the future - because improvements are possible. The human condition is often tempered with this ability to wish and look at all of the things that we can't have - in an effort to survive, we get pulled into this mindset of negativity, stress, and longing for me.



When it all boils down to it, however, where does that take us? How much healing do we truly get from partaking in these painful, wallowing ventures?

Life coaches in the past have even claimed that when they've felt at their lowest point in life, that's when they've found that their body is the sickest – and their mind, too. They've experienced self-deprecating thoughts, and in these moments, self-love is the only way through it.

Why We Neglect Ourselves

Unfortunately, the path towards self-love is not often pursued as it becomes easier to react to negative emotions such as jealousy, hatred, angst, sadness, and confusion. We may find that even when we're surrounded by people who believe in our recovery, we feel alone; we shred ourselves to pieces, telling ourselves that we're not worth much and that there's no hope for our future.

Studies in the past have shown that this type of thinking is part of our biological instincts – to focus more on the negative than the good, as a way of survival. The problem with this is that in modern life, we've started to focus on more negative things than we actually need to. When we give more weight to our flaws and shortcomings, we're holding ourselves back from experiencing the very real, very wonderful qualities that deserve some recognition – and this holds us back from growing and getting better over time. The reality is that addiction can destroy many aspects of life – but when we take away self-love, too, we're simply not going to thrive.

Second Step Prayer

***Heavenly Father,
I know in my heart that only you
can restore me to sanity.***

***I humbly ask that you remove all
twisted thought &
Addictive behavior
from me this day.***

Heal my spirit & restore in me

a clear mind. Reprinted with permission of A.A. World Services, Inc



Self-criticism, up close, can take a major toll on our mind, body, and spirit. When we find ourselves ruminating in thoughts of negativity, it's easy to find that harmful areas of our lives become inflamed – and in addition to weakening the immune system and making us more susceptible to chronic illness, it also accelerates aging.

When we neglect self-love in recovery, we tend to:

1. Focus on thoughts that promote relapse rather than recovery
2. Pull away from people in social situations
3. Avoid participating in and attending much-needed recovery-related activities
4. Experience more self-doubt with our potential success in recovery
5. Give in to temptations easier, which can promote relapse experiences
6. Act aggressively and angrily more often
7. And more...

Neglect can tear us apart from our own sense of wellbeing, and this can further damage our progress in recovery along with hinder us in our ability to develop a strong support system meant to motivate and inspire us on the way.

Applying Self-Love to Addiction Recovery

If you're ready to apply more self-love to your recovery, you must know that you need to practice self-love even on the days you don't feel like it – and while that may be the hardest part, it's worth it. Begin telling yourself positive affirmations, such as:

I have faith in my recovery journey and I will continue working hard.

There are so many wonderful people I've met who believe in me.

I'm a strong person and I can get through whatever obstacles come my way.

Work with your healthcare team, your therapist and/or your sponsor to help remind you to replace those negative thoughts with more positive, productive ones.

STEP TWO:

**Came to believe that a Power greater than ourselves
could restore us to sanity.**

"Faith may often be given through inspired teaching or a convincing personal example of its fruits. It may sometimes be had through reason. For instance, many clergymen believe that St. Thomas Aquinas actually proven God's existence by sheer logic. But what can one do when all these channels fail?

This was my own grievous dilemma.

"It was only when I came to fully believe I was powerless over alcohol, only when I appealed to a God who just might exist, that I experienced a spiritual awakening. This freedom-giving experience came first, and then faith followed afterward
- a gift indeed!"

"As Bill Sees It" p. 152, Letter, 1966
Reprinted with permission of A.A. World Services, Inc



Under Provincial Covid-19 guidelines, Face Masks are required in all public gathering spaces in Regina, this includes AA meetings.

**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.**

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.