

HEART TO HEART

REGINA & AREA

ALCOHOLICS ANONYMOUS® INTERGROUP

CENTRAL OFFICE CLOSED TO PUBLIC

IN ADHERENCE WITH THE CURRENT PUBLIC HEALTH ORDER FROM THE PROVINCE OF SASK & TO ENSURE THE SAFETY OF OUR STAFF, THE REGINA AA CENTRAL OFFICE WILL BE CLOSED TO THE PUBLIC EFFECTIVE IMMEDIATELY. STAFF WILL RESPOND TO EMAIL (A.A@SASKTEL.NET) AND ANSWER PHONES (306-545-9300), DURING OUR REGULAR OFFICE HOURS.

STEP FOUR: MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.

Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are. We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their correction. Without a will and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach.

TWELVE AND TWELVE P.42-43

**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 CONTACT US 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



REWARDS OF STEP FOUR

I faced Step Four with some trepidation, but my sponsor did not allow time for irrational fear to take over. He had me begin “spontaneous writing” immediately after we prayed the Third Step Prayer. I was instructed to ask God to help me write down where I had been selfish, dishonest, resentful, or afraid. This process lasted about a week.

At our next meeting, we used my list to follow (read and do) the clear-cut Step Four directions from the Big Book. This session took only an hour or so—there was no reason for my previous apprehension.

When finished, I was amazed by the many unsuspected “rewards” I had received! I had learned how to face and be rid of resentment and irrational fear. What great rewards! I also learned (admitted) where I had harmed others through my selfishness and how my dishonesty was more prevalent than realized. Also, I had a list of persons I had harmed for upcoming Steps Eight and Nine.

I had asked God to relieve me of the “bondage of self” in Step Three but had little knowledge of what that bondage was. Step Four provided the answer! Not only had I truthful information to share with my sponsor in Step Five, but I then possessed a list of character defects and shortcomings to ask God remove in Steps Six and Seven!

These rewards were not only helpful in my daily living but also paved the path to the many powerful AA promises. The main of which is on page 85: “The problem has been removed. It does not exist for us.” The “problem” was, of course, the mental obsession, not the physical allergy. This release from desire to drink alcohol has been with me for many years, thanks to the rewards of Step Four.

By Bob S.

Rewards of Step Four - Program Theory - Alcoholics Anonymous CLE (aacle.org)

**68th Regina
Roundup with Al-
Anon Participation
(Virtual)**

May 14 @ 5:30 am -
May 15 @ 10:30 pm
CST

[Click here to register.](#)

TRADITION FOUR: “EACH GROUP SHOULD BE AUTONOMOUS EXCEPT IN MATTERS AFFECTING OTHER GROUPS OR A.A. AS A WHOLE.”

TRADITION 4 OF THE 12 TRADITIONS OF ALCOHOLICS ANONYMOUS STATES THAT THE FREEDOM INDIVIDUAL GROUPS HAVE CARRIED WITH IT THE ADMONITION TO PROTECT THE FELLOWSHIP AS A WHOLE. THIS MEANS THAT MEETING FORMATS CAN VARY FROM GROUP TO GROUP, BUT IT ALSO CAUTIONS AGAINST STRAYING TOO FAR FROM THE USUAL PROGRAM.

WHEN THE CHICKENS CAME HOME TO ROOST... AND GOT DRUNK

BY: COURTNEY K, SAN ANTONIO, TEXAS IGNEWS202104.PDF (AKRONAA.ORG)

When I began going to Alcoholics Anonymous meetings, I was mentally, emotionally, spiritually and literally bankrupt. Before my first meeting, I sat in the parking lot awkwardly making deals with the God I believed in when making last ditch requests. I swore that if God showed me that there were people my age who did not drink alcohol, and were happy, then I would not kill myself that night. I said that if he could prove that I was not the only 22-year-old woman incapable of drinking like a classy lady, I would quit that very day.

Then I walked into my first meeting of Alcoholics Anonymous and experienced my first God moment. It was a room full of people close to my age who all said they had drank the way I drank but had found a solution to their drinking, and they were smiling. I sat in awe. I vowed in that moment to never drink again. I started fellowshiping that night. I started to have friends. I started to have a life. I got a sponsor. I worked the Steps. I became involved. I did service work. I went to meetings. I met with my sponsor. I picked up chips. I started to gain trust from my family again. Each time I celebrated a sobriety birthday I felt a little more confidence. I began to look people in the eyes. I started to see my life as something of value; gone were the days dreaming of suicide. I began to explore building my future. Then I entered a romantic relationship—before I was ready. The lesson that would come with this relationship was that when my sobriety is shaky, it is not hard to crumble. I learned that if I have not done the work to the best of my ability, that Fellowship alone will not keep me sober forever. I learned that my sobriety cannot endure absolutely anything life throws my way if my sobriety is not built on a strong foundation.

I learned that relapse would be part of my story. I firmly believe that my relapse began long before the moment I put alcohol into my body. It began when I started only going to meetings to socialize. It began when I stopped taking my service positions seriously. It began when I skipped prayers. It began when I stopped using my Higher Power as my guide. It began when I started to take back the reins. When I came to Alcoholics Anonymous I had nothing to lose, so it was easy to hand God the reins.

(continued on page 5)

SERVICE MEETINGS

ALL MEMBERS OF AA ARE

WELCOME TO ATTEND:

OFFICE COMMITTEE MEETING

MONDAY BEFORE INTERGROUP 6:30

INTERGROUP

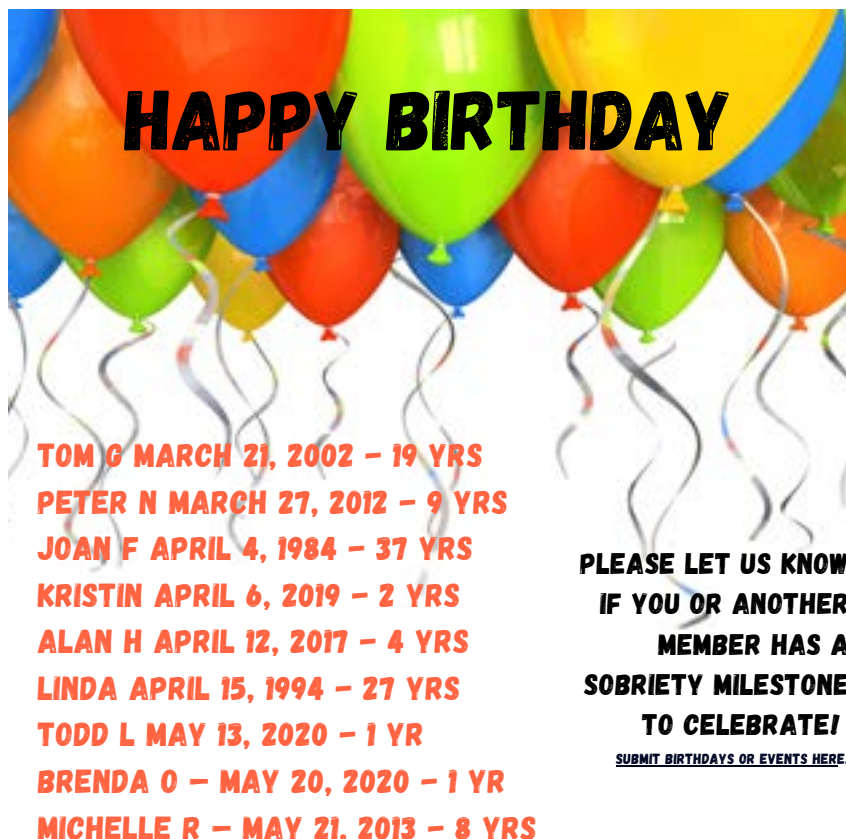
FIRST WEDNESDAY OF THE MONTH 6:30

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.



HAPPY BIRTHDAY

TOM O MARCH 21, 2002 – 19 YRS
PETER N MARCH 27, 2012 – 9 YRS
JOAN F APRIL 4, 1984 – 37 YRS
KRISTIN APRIL 6, 2019 – 2 YRS
ALAN H APRIL 12, 2017 – 4 YRS
LINDA APRIL 15, 1994 – 27 YRS
TODD L MAY 13, 2020 – 1 YR
BRENDA O – MAY 20, 2020 – 1 YR
MICHELLE R – MAY 21, 2013 – 8 YRS

**PLEASE LET US KNOW
IF YOU OR ANOTHER
MEMBER HAS A
SOBRIETY MILESTONE
TO CELEBRATE!**
[SUBMIT BIRTHDAYS OR EVENTS HERE.](#)

WHO'S GOING TO CLEAN THAT UP?

JEFF A, KEEP THE FOCUS
IGNEWS202104.PDF (AKRONAA.ORG)

That's what Noah said when he looked at the bottom of the ark after the flood. It's also what we alcoholics need to ask ourselves when we look back at our lives before we found AA. The answer is, as usual, it's our job. It's only one of the dichotomies of our Program. In order to be free from our past, we have to remember it and clean it up as best we can but we can't let it drag us back to where we were. After all, it's like everything that you put a great deal of effort in. Sometimes you win and sometimes you learn. You only lose if you give up.

Spring is the perfect time to think about well, er, spring cleaning. I outsourced house cleaning many years ago not that I'm not assigned specific tasks. And my wife outsourced yard work many years ago not that she doesn't help occasionally. It's not a question of who does the work, it's a question of who is ultimately responsible. I'm responsible for insuring that we have enough firewood but I can't tell you the last time I cut down a tree. But with our spring cleaning, we have to actually do the work. We can get help from all sorts of people from sponsors to clergy to other alcoholics but it's up to us to put in the time and energy.

Let's start with our Steps. Whether you took those Steps years ago or last week, I hope you took good notes. If you did, pull them out and do a good dusting off. Add any new thoughts you may have. Correct any errors or omissions. Grade yourself but don't grade on a curve. Think about where you were, where you are now and where you want to be. That should give you a good lift. If you didn't keep notes, now's a good time to start. I'm thinking high school thousand word essay on each step.



FOURTH STEP PRAYER
IT IS I WHO HAS MADE MY LIFE A
MESS. I HAVE DONE IT, BUT I
CANNOT UNDO IT. MY MISTAKES ARE
MINE, AND I WILL BEGIN A
SEARCHING & FEARLESS MORAL
INVENTORY. I WILL WRITE DOWN MY
WRONGS, BUT I WILL ALSO INCLUDE
THAT WHICH IS GOOD. I PRAY FOR
THE STRENGTH TO COMPLETE THE
TASK.

Put some effort into it. Go over it with your sponsor. That way next year you'll have something to review and you can celebrate your progress. There may also be some new amends you need to make. Either amends you never completed the first time around or things you need to make amends for that happened since your last visit to the step. If they are old amends, take another stab at making them, if appropriate, remembering not to hurt other people for your gain. If they are new amends, get on them right away and clean those up before they become a regret. You remain sober only through the elimination of your regrets. And you eliminate regrets by making amends. So let's spend a little time enjoying the nicer weather, getting out of the house and feeling the sun on our faces. But let's also take some time for spring cleaning.

WHEN THE CHICKENS CAME HOME TO ROOST... (CONTINUED FROM PAGE 3)

It was obvious that absolutely anyone or anything could manage my life better than I could. As I started to slowly gain things back it became easy to think that I was holding the reins again. I stopped thanking God and started patting myself on the back. After all, was it not me that had put down the drink? Was it not me that attended the meetings? With two years sober, I got comfortable and cocky. Two years sober at 24 seemed like an eternity. In YPAA (Young People in Alcoholics Anonymous) I felt like an old timer. I was not.

YPAA is an important piece of the greater puzzle of Alcoholics Anonymous. I treated it as the puzzle. I began to regard events as meetings. I checked the box for service work with decorating for dances that I was attending. I regarded inviting someone to a committee meeting as 122th Step work. I allowed my sobriety to become shallow. I allowed it to be surface level. I stopped working the Steps, because in my mind I had already completed them. I began to use my time with my sponsor as relationship counseling. I was able to stay away from alcohol on my delicate sobriety for only so long. When I relapsed there was no doubt in my mind that I was still an alcoholic. There was no thought that perhaps this time would be different. There was no rationalizing that I was only going to have one or that I was going to be a normal person. I wanted to change the way that I was feeling. I had let myself get so far gone that my solution was no longer God, but alcohol. I wanted to numb the pain and I did not see how it was going to be done with reaching out to another alcoholic. I only saw that it could be removed by taking a drink.

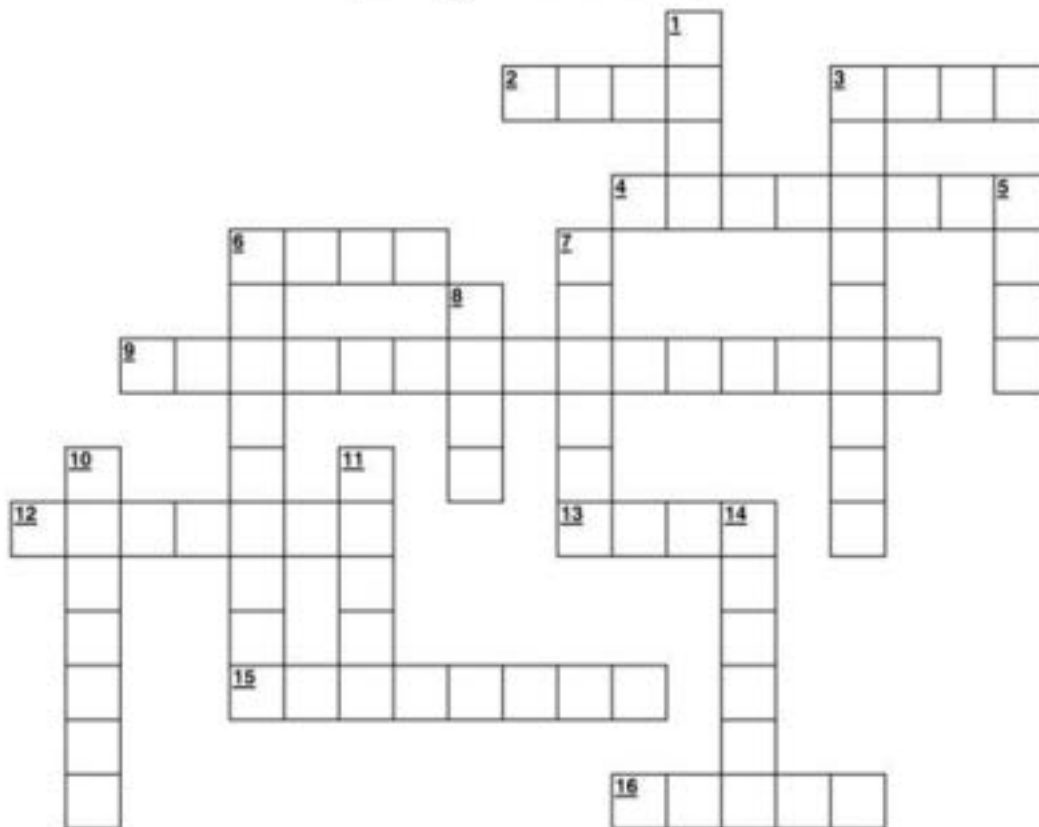
My relapse only lasted one night, but it was an eternity to me. It was proof enough that I once again had reached a bottom that I could not solve alone. My relapse showed me that I am never safe. It proved that no collection of chips, no attendance at dances, and no abundance of sober friends was going to keep me from putting alcohol into my body. Only God could keep me sober. Only a whole-hearted First Step followed by the next eleven Steps of Alcoholics Anonymous was going to save me. I woke up the morning after my relapse with a physical and emotional hangover. I had allowed myself to lose the one thing I was proud of. That day I blamed so many things for my drinking: a breakup, my parents for kicking me out of

their home, and a lack of support from friends for the incredibly toxic relationship I was in. Today I am able to see that the only person I can blame for my relapse is me. I stopped vigilantly guarding my sobriety. I stopped looking to God for solution. I stopped seeking deeper spirituality on a daily basis. I became so dependent on another human being that I forgot a key fact: human beings fail. Even with the best of intentions humans are no substitute for a Higher Power, yet I allowed someone to become mine. Standing in front of my peers admitting that I had relapsed was the most humbling thing I have done thus far, but that relapse was one of the greatest turning points in my life. Learning that my sobriety is not bulletproof was critical. For so long I envied people that were able to start their stories with: "Relapse is not a part of my story." Today I am able to begin mine with: "Through relapse, I was able to build a strong foundation for my sobriety." It was relapse that truly connected me to the program and to God. It was relapse that taught me that my sobriety is only as strong as I make it.

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April Puzzle



ACROSS

- 2 The month that AA was "born"
- 3 "He Thought He Could Drink Like a Gentleman"
- 4 "Home Brewmeister"
- 6 "The Car Smasher"
- 9 Original company that published the Big Book (2 words)
- 12 State where Bill W was born
- 13 Dr. Bob's wife's name
- 15 Dr. Bob's middle name
- 16 "Women Suffer Too"

DOWN

- 1 Bill's longtime secretary
- 3 Author of the March 1, 1941 article in the Saturday Evening Post
- 5 "He Sold Himself Short"
- 6 Where Dr. Bob went to college
- 7 Author of "The Keys of the Kingdom"
- 8 Swiss psychiatrist
- 10 State where Dr. Bob was born
- 11 "From Farm to City"
- 14 "A Flower of the South"

Answers from last issue:



START BY FORGIVING

The moment we ponder a twisted or broken relationship with another person, our emotions go on the defensive. To escape looking at the wrongs we have done another, we resentfully focus on the wrong he has done us. Triumphantly we seize upon his slightest misbehavior as the perfect excuse for minimizing or forgetting our own.

Right here we need to fetch ourselves up sharply. Let's remember that alcoholics are not the only ones bedeviled by sick emotions. In many instances we are really dealing with fellow sufferers, people whose woes we have increased.

If we are about to ask forgiveness for ourselves, why shouldn't we start out by forgiving them, one and all?

**AS BILL SEES IT, P. 151
TWELVE AND TWELVE, P. 78**

DEFECTS OF CHARACTER

RESENTMENT, ANGER

FEAR, COWARDICE

SELF PITY

SELF JUSTIFICATION

SELF IMPORTANCE, EGOTISM

SELF CONDEMNATION, GUILT

LYING, EVASIVENESS, DISHONESTY

IMPATIENCE

HATE

FALSE PRIDE, PHONINESS, DENIAL

JEALOUSY

ENVY

LAZINESS

PROCRASTINATION

INSINCERITY

NEGATIVE THINKING

IMMORAL THINKING


PERFECTIONISM, INTOLERANCE

CRITICIZING, LOOSE TALK, GOSSIP

GREED

*"Hope is
like a
bird that
senses the
dawn and
carefully
starts to
sing while
it is still
dark."*

- Unknown Author -

 love lives on.com

**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.