

HEART TO HEART

REGINA & AREA

ALCOHOLICS ANONYMOUS® INTERGROUP

Tradition Six: "An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

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.**

**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**

**EMAIL: A.A@SASKTEL.NET
306-545-9300**



STEP SIX: WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.

Alcoholics Anonymous Step 6 says, "We became willing to ask God to help us remove our defects of character." To understand exactly how this step works and what you need to do to take it, you may need to think about the steps that came before it.

Briefly, before getting to this point, you first have to admit that you have an alcohol problem, explore the concept of higher power and begin developing a relationship with your higher power. You also have to look honestly at yourself and your shortcomings so that you can get ready to ask God to remove them. So, this challenging step, which is the culmination of all the work done beforehand, asks the alcoholic to admit that he is powerless over all of his negative behavior, not just his drinking, and consider turning these behaviors over to his higher power. This can be scary or embarrassing just like when the alcoholic admitted he was powerless over alcohol in the first place. However, the step doesn't ask you to turn over your defects yet – it just asks you to become willing to do so. Here are some ways that recovering alcoholics might take this step:

- Realize that you don't have to do this step just once. Many alcoholics suffer from perfectionist thinking. They believe they have to do everything perfectly in order to recover from alcoholism and stay sober. This type of thinking can be overwhelming; some alcoholics think that they have to turn over everything that they want to change in their lives to their higher power all at once. Instead, consider turning one or two serious problems over to your higher power and leaving the rest alone for right now.
- Check your attitude. This step is about attitude, not behavior. This can be frustrating for alcoholics because they feel they always need to do something to fix a problem. So replace all the behavioral changes you've tried to make without success with an attitude check. Every morning when you get up, ask yourself whether you feel willing to turn your negative qualities over to your higher power. Before speaking, ask yourself if what you want to say is positive and based on a belief that your higher power will work things out or negative and based on self-will.
- Talk with your sponsor or therapist. An outside person can help you see where your attitude needs adjustment. Talk to your sponsor and/or your therapist about your defects of character. Be open to hearing feedback. Whoever you talk to should let you know if you're seeing a true defect of character and whether you are approaching it with a helpful attitude or not.

IT IS HARD TO LET OLD BELIEFS GO. THEY ARE FAMILIAR. WE ARE COMFORTABLE WITH THEM AND HAVE SPENT YEARS BUILDING SYSTEMS AND DEVELOPING HABITS THAT DEPEND ON THEM. LIKE A MAN WHO HAS WORN EYEGLASSES SO LONG THAT HE FORGETS HE HAS THEM ON, WE FORGET THAT THE WORLD LOOKS TO US THE WAY IT DOES BECAUSE WE HAVE BECOME USED TO SEEING IT THAT WAY THROUGH A PARTICULAR SET OF LENSES.

-- KENICHI OHMAE



STEP SIX: THE PRINCIPLE OF WILLINGNESS

BY: KATHY L.

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if you are in a 12 step recovery program and have done a thorough, honest Step 5, leaving no stone unturned, then Step 6 seems like a walk in the park. Step 6 – “were entirely ready to have God remove all these defects of character” – is much more involved than it seems and is one of those steps I call a “process step” because it seems we, or should I say, I am always in the process of being ready. Ready does not mean willingness, which is the principle of this step. The Big Book of Alcoholics Anonymous only gives Step 6 two paragraphs which tell us to reflect on the first five steps and make absolutely sure we have done everything possible to build a strong foundation before moving on. I would be relatively sure that few balk at moving ahead with Step 6, for the simple reason that there is relief after admitting all of our wrongs to another person.

I have to be perfectly honest and say that I do not believe I did a very good Step 6. My mind said, “Okay, God, remove my defects.” Done! Move on to Step 7 so that I can get through Eight and Nine. That is exactly what I thought and what I did. It was not until much later that I grasped the meaning of being ready to have these defects removed. Up until the day I entered recovery, I was as powerless against my defects as I was alcohol. When I could examine my defects and see the pattern they wove through my life, my first inclination was to wonder why I wouldn’t be ready. I was ready to begin recovery, so how hard should it be to get rid of the defects that I hated anyway?

The key word is “hated.” Since the principle of the step is willingness, I had to not only be ready but willing. Well, I was ready but somewhere along the line decided that maybe I didn’t hate all of my defects. Maybe some of them should stay with me because they served a purpose. I could totally get rid of being dishonest, but it wouldn’t hurt to hold on to control, would it? There are defects that cause problems and there are defects that are pleasurable. We get something out of them. They may even be admired by others.

Everyone has defects, but our defects as addicts go beyond the norm. We are grateful that we have been able to identify them, but being entirely ready to have God remove these defects seems like a fairly large order. Who will we be? Will we change? Will we appear weak to others? Will we appear too righteous? I don’t think that we have to worry too much because we will always have some defects. Having no defects would mean perfection and believe I can say with 100% accuracy that that will not happen! *(continued on next page)*



Your recovery story is valuable to other members.

If you are willing to share your story - in a speaker's meeting or in this newsletter - please contact our office or submit it here.

Our editors will review it for the next issue of Heart to Heart!

Defects don't just disappear because we are ready. We have to be willing to have them removed, and only praying to our Higher Power is going to make that happen. We cannot wish them away. True, some will be easy but the ones most engrained in our person, the ones that protected us from the real world, the ones that encouraged our addictions, are the difficult ones. These are the demons which could lead us right back to the insane existence from which we finally emerged.

So how would I suggest someone do Step 6? I would follow the Big Book first and examine the first five steps. I would then review my defects in private to God and name them. "God, I am ready for you to remove the defect of _____. " I wouldn't throw all of my defects into a pile and try to hand them over. Be aware of the defects you have asked God to remove and when one of them rears its ugly little head (and some definitely will), you can recognize that as something that you need to work on and/or maybe realize you are holding on to it. Today I recognize my defects and am more willing to have them removed even though I know I hold on to a few of them like best friends. I have to continue to pray for willingness. One of the things that work for me is that instead of focusing on a defect, I try to focus on a positive. For example, instead of thinking about how not to be selfish, I try to think about how to be more giving or of more service. This is strong, positive reinforcement for me and it is coming from within with the help of my Higher Power.

Like any of the steps in recovery, this one cannot be done alone. You don't need another person but you do need your Higher Power and remember it is a process. It is a life-long process that requires willingness. The end result will certainly not be perfection, but I have to believe that there will be a reward of inner peace and happiness. And isn't that all we've ever really wanted?

Namaste'. May you walk your journey in peace and harmony.



SIXTH STEP PRAYER

DEAR GOD,

I AM READY FOR YOUR HELP
IN REMOVING FROM ME THE
DEFECTS OF CHARACTER
WHICH I NOW REALIZE ARE
AN OBSTACLE TO MY
RECOVERY.

HELP ME TO CONTINUE
BEING HONEST WITH
MYSELF & GUIDE ME
TOWARD SPIRITUAL &
MENTAL HEALTH.

(76:1)

http://friendsofbillw.net/twelve_step_prayers

HITTING BOTTOM FOR AN ALCOHOLIC

BY BUDDY T - UPDATED ON NOVEMBER 02, 2020
[HTTPS://WWW.VERYWELLMIND.COM/HITTING-BOTTOM-63715](https://www.verywellmind.com/hitting-bottom-63715)

For people with alcohol use disorder, it may seem like things need to get worse before they can get better. Unfortunately, sometimes things get a lot worse. This point is often referred to as "hitting bottom." The bottom is the place that some people with severe alcohol use disorder must reach before they are finally ready to admit that they have a problem and reach out for help.

People who have alcohol use disorder often feel that they do not have a problem. In their minds, they are just having a good time and are still in control of their alcohol consumption.

Because alcohol use disorder is a progressive disease, there comes a point at which even people with severe AUD decide that there just might be a problem.

Alcohol use disorder does not stay in one place. The disorder doesn't hit a certain stage and then level off. It keeps deepening, affecting the person physically, mentally, morally, and spiritually. No matter where a person is in the progression of the disorder, things continue to decline until the person reaches a point where something must change. So where is the bottom? This can vary depending upon the individual and their situation.

Where Is the Bottom Point?

For some, getting that first DUI might be where the turning point comes. Getting locked up, even for a few hours, and facing the public humiliation of a court date is for some the only signal they need they have a problem. For others, however, not even numerous DUI arrests have an effect. Driving without a license and frequent visits to the local jail don't phase them at all. People with alcohol use disorder have lost driver's licenses, jobs, careers, girlfriends, wives, family, and children and have continued to deny they have a drinking problem.

For many people, there is always a way to excuse or blame their behavior. It was always somebody else's fault. This might involve blaming other people or the situation. Or pinning the behavior on things like stress or people who just don't understand. Some people with severe alcohol use disorder go on for many years denying their downward spiral into social, economic, and moral decline.

Does the Bottom Look Familiar to You?

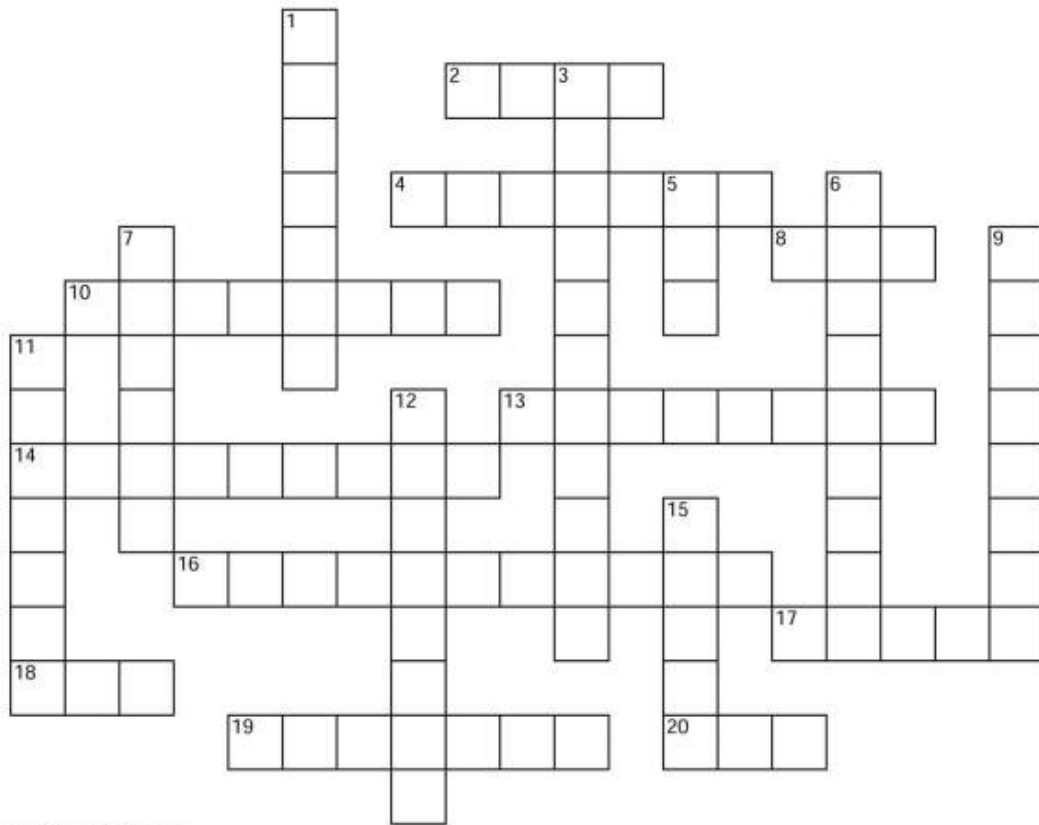
If this sounds familiar, there are a few questions that you might want to ask yourself about your own use of alcohol.

It doesn't have to get any worse before you can find help putting your life back on track. Once you take that step, things will begin to look up.

24 HOUR ANSWERING
SERVICE 306.545.9300

For a list of local daily meetings visit
www.aaregina.com

JUNE CROSSWORD



www.CrosswordWeaver.com

ACROSS

- 2 _____ of Bill
 4 Problems Other Than _____
 8 What Happened To _____
 10 Spiritual Awakenings - _____ of the Spirit
 13 Emotional Sobriety: The Next _____
 14 Jack _____ Article about A.A.
 16 I Am _____: The Hand of AA
 17 Language of the _____
 18 Bridging The _____
 19 Thank You for _____ - 60 Yrs of Letters to the AA Grapevine
 20 A Member's _____ View of A.A.

DOWN

- 1 Sure Beats _____ In A Cell
 3 Questions & Answers on _____
 5 In Our _____ Words: Stories of Young AAs in Recovery
 6 How AA Members _____
 7 _____ of Long-Term Sobriety
 9 Home Group: _____ of AA
 11 Beginners' Book: Getting and _____ Sober in AA
 12 AA Around the World: Aventures in _____
 15 It Happened To _____

Answers from last issue:

Drunks by Jack McC.

.....FOR MY FATHER, AND THE PEOPLE WHO ALMOST SAVED HIS LIFE

We died of pneumonia in furnished rooms
where they found us three days later
when somebody complained about the
smell
we died against bridge abutments
and nobody knew if it was suicide
and we probably didn't know either
except in the sense that it was always
suicide
we died in hospitals
our stomachs huge, distended
and there was nothing they could do
we died in cells
never knowing whether we were guilty or
not.

We went to priests
they gave us pledges
they told us to pray
they told us to go and sin no more, but go
we tried and we died

we died of overdoses
we died in bed (but usually not the Big Bed)
we died in straitjackets
in the DTs seeing God knows what
creeping skittering slithering
shuffling things

And you know what the worst thing was?
The worst thing was that
nobody ever believed how hard we tried

We went to doctors and they gave us
stuff to take
that would make us sick when we drank
on the principle of so crazy, it just might
work, I guess
or maybe they just shook their heads
and sent us places like Dropkick
Murphy's
and when we got out we were hooked
on paraldehyde
or maybe we lied to the doctors
and they told us not to drink so much
just drink like me
and we tried
and we died

we drowned in our own vomit
or choked on it
our broken jaws wired shut
we died playing Russian roulette
and people thought we'd lost
we died under the hoofs of horses
under the wheels of vehicles
under the knives and bootheels of our
brother drunks
we died in shame

And you know what was even worse?
was that we couldn't believe it
ourselves
that we had tried
and we died believing that
we didn't know what it meant to try

When we were desperate or hopeful
or deluded or embattled enough to go
for help
we went to people with letters after
their names
and prayed that they might have read
the right books
that had the right words in them
never suspecting the terrifying truth
that the right words, as simple as they
were
had not been written yet

We died falling off girders on high
buildings
because of course ironworkers drink
of course they do
we died with a shotgun in our mouth
or jumping off a bridge
and everybody knew it was suicide
we died under the Southeast
Expressway
with our hands tied behind us
and a bullet in the back of our head
because this time the people that we
disappointed
were the wrong people
we died in convulsions, or of "insult to
the brain"
incontinent, and in disgrace,
abandoned
if we were women, we died degraded,
because women have so much more to
live up to
we tried and we died and nobody cried

And the very worst thing
was that for every one of us that died
there were another hundred of us, or
another thousand
who wished that we would die
who went to sleep praying we would
not have to wake up
because what we were enduring was
intolerable
and we knew in our hearts
it wasn't ever gonna change

(continued on next page)



Drunks by Jack McC.

continued from previous page

One day in a hospital room in New York City
one of us had what the books call
a transforming spiritual experience
and he said to himself

I've got it
(no you haven't you've only got part of it)

and I have to share it
(now you've ALMOST got it)

and he kept trying to give it away
but we couldn't hear it
the transmission line wasn't open yet
we tried to hear it
we tried and we died

we died of one last cigarette
the comfort of its glowing in the dark
we passed out and the bed caught fire
they said we suffocated before our body
burned
they said we never felt a thing
that was the best way maybe that we died
except sometimes we took our family with us

And the man in New York was so sure he had it
he tried to love us into sobriety
but that didn't work either, love confuses
drunks
and still he tried and still we died
one after another we got his hopes up
and we broke his heart
because that's what we do

And the very worst thing of all was that every
time
we thought we knew what the worst thing
was
something happened that was worse

Until a day came in a hotel lobby
and it wasn't in Rome, or Jerusalem, or Mecca
or even Dublin, or South Boston
it was in Akron, Ohio, for Christ's sake

a day came when the man said
I have to find a drunk
because I need him as much as he needs me
(NOW you've got it)

and the transmission line
after all those years
was open
the transmission line was open

WHAT DOES "DROP THE ROCK" MEAN?

YOU MAY BE FAMILIAR WITH SOME VERSION OF THE DROP THE ROCK PARABLE. IT'S ABOUT THE TWELVE STEP GROUP MEMBERS WHO SET SAIL ON THE SHIP RECOVERY ACROSS THE SEA OF LIFE FOR THE ISLAND OF SERENITY. AS THE PARABLE IS USUALLY TOLD, SOON AFTER THE BOAT PULLS AWAY FROM THE DOCK, THE PASSENGERS REALIZE SOME OF THEIR FRIENDS ARE NOT YET ON BOARD.

SURE ENOUGH, THEIR FRIEND MARY COMES RUNNING DOWN THE STREET AND ONTO THE DOCK. THE PEOPLE ON THE BOAT CHEER HER ON. "DIVE IN AND SWIM, MARY!" THEY SHOUT. "YOU CAN DO IT!" MARY DIVES INTO THE WATER AND SWIMS FOR THE BOAT AS FAST AND HARD AS SHE CAN. BUT AS SHE GETS CLOSE TO THE BOAT, SHE SLOWS AND STRUGGLES TO STAY AFLOAT. EVERYONE ON BOARD CAN SEE WHY: A HEAVY ROCK IS HANGING FROM A SNARL OF STRINGS AROUND MARY'S NECK. "DROP THE ROCK!" THEY ALL SHOUT. "LET GO! DROP THE ROCK!"

TREADING WATER, MARY LOOKS DOWN AT THE ROCK. SHE REALIZES IT CONTAINS HER FEAR, RESENTMENTS, SELF-PITY, ANGER, INTOLERANCE AND OTHER CHARACTER DEFECTS. SHE ALSO REALIZES THAT IF SHE DOESN'T LET GO OF THEM, SHE WILL DROWN.

SHE TEARS OFF THE STRINGS, HOLDS THE ROCK AWAY FROM HER BODY, AND LETS IT GO. FREED OF THE HEAVY AND USELESS WEIGHT, MARY EASILY SWIMS THE REST OF THE WAY TO THE BOAT. SHE CLIMBS ABOARD, DRIPPING AND DEEPLY RELIEVED.

A BIG PART OF TWELVE STEP RECOVERY IS LEARNING TO RECOGNIZE AND LET GO OF THE CHARACTER DEFECTS, SHORTCOMINGS AND ATTITUDES THAT WOULD OTHERWISE SINK US. AND WITH EVERY "ROCK" WE DROP, WE NOT ONLY FREE OURSELVES TO BECOME THE PEOPLE WE WANT TO BE, BUT OUR ACTS OF HUMILITY, WILLINGNESS AND COURAGE HAVE A POSITIVE AND HEALING "RIPPLE EFFECT" ON ONE ANOTHER, AS WELL.

<https://www.hazeldenbettyford.org/articles/fred-h/drop-the-rock-meaning>

And now we don't go to priests
and we don't go to doctors
and people with letters after their names
we come to people who have been there
we come to each other
and we try
and we don't have to die

This poem is written by and copyrighted by Jack McC. "Feel free to read the poem to any audience any time. But if you should give out a printed copy or an email, please make sure my name is on it. If the poem survives, I'm not humble enough yet to want it to be as "by Anonymous." Jack

http://friendsofbillw.net/drunks_a_poem_by_jack_mcc

Regina Intergroup Update

There are lots of opportunities for recovery through service at Intergroup. Check out the website aaregina.com. If you click on the Intergroup tab, you will find information describing each committee as well as a link to contact the individual committee chairs. Thank you to the web servant Jim J.

Intergroup is supported by the Regina and Area A.A. groups financially. By sending a member to our monthly meetings relevant information will be passed on to the groups.

A few highlights to mention are:

A new editor and assistant, Rochelle K. and Angela L. took over the Heart to Heart newsletter at the beginning of the year and they are doing a fabulous job. If you'd like to subscribe, just go to the Regina website under the Heart to Heart tab and submit your email to receive a copy each month. When we return to in-person meetings, Intergroup Representatives will have paper copies available at your meeting rooms as well as the Central Office.

When visiting the Central office, you will meet our new Office Manager, Sara, who will gladly help you with literature, medallions, cards, and any questions you may have. Keep your eye on the website for Covid-related office opening changes.

The 12 Step Chair Jason P. is responsible for handling the 12-step list of volunteers willing to receive calls from struggling alcoholics needing help and is currently working on a guide for volunteers handling those calls.

The Corrections Chair Rod R. has completed his term and is looking for a replacement. The Information Chair is also in need of a chairperson with a minimum two years of sobriety and knowledge of the 12 Traditions.

The Social Committee Chair Nadine S. is currently planning an event with the District. More information to come.

A must-to-mention are two events, the Alcathon and the Roundup. A special thank you to Margie F. and Kim C. for your hard work in service and all the volunteers who made them a success.

And a special thank you to all the Intergroup Committee members who give freely of their time to carry the message of recovery through service to the Regina and Area A.A. community.

In gratitude, Catherine S. Intergroup Chair

Upcoming Events

June 2021

Founders' Day – Virtual

June 12 @ 7:00 am – June 13 @ 11:00 am CST

Founders' Day 2021 is a virtual event. Although registration is required, there is no fee to register. Donations are greatly appreciated! The Founders' Day Committee encourages you to view the schedule of events to view an exciting lineup of speakers, history, and happenings.

Find out more at www.foundersday.org

A History of AA in the Western Canada Region

June 19 @ 1:30 pm – 3:30 pm CST

The four Western Canadian Areas have gotten together to put on a Archives look at "The History of the Western Canada Region". We believe this may be the first ever four areas presentation! The zoom presentation will be open to all aa members.

Zoom ID: 362 879 7825 Password: ocanada

July 2021

6th Annual Unity and Service Conference – Virtual

July 9 @ 6:45 pm – July 11 @ 4:00 pm CST

Please go to unityandserviceconference.org to register! Check out the amazing line up of speakers and topics! We're looking forward to seeing you there!

Find out more at www.unityandserviceconference.org

E-Transfer for Contributions
contributions@aaregina.com

While our groups and committees are now limited in their ability to meet or do our regular business in person, expenses are still incurred. Costs such as rent, telephones, and our newest expense – Zoom online meeting software – continue to be paid by groups and Intergroup.

We would ask our members to keep the continuing need and our 7th tradition in mind. Remember your contributions should always be voluntary.

We can now accept e-Transfers from AA members and Groups. You may also make contributions in person at our Central Office which is now open for business.

**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.**