

HEART TO HEART

REGINA & AREA

ALCOHOLICS ANONYMOUS®INTERGROUP

Tradition Eight:

“Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.”

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 Eight: Made a list of all persons we had harmed, and became willing to make amends to them all.

How Do You Complete Alcoholics

Anonymous Step 8?

- Realize that you hurt others as well as yourself with your drinking.
- Discover how many people you have hurt and how you've hurt them.
- Make a list of everyone you've harmed. Also, pay attention to what you discover about yourself and your problems along the way.
- Don't be defensive and blame people for how they've treated you. Forgive them, because without forgiving others, you cannot forgive yourself.

What Are Some Tips for Completing This Step?

- Don't minimize your faults and failures by focusing on the faults of others.
- Realize that you hurt others as well as yourself with your drinking.
- Look beyond your obvious defects and do a thorough examination of your flaws.
- Avoid judgments of others. Be objective when evaluating your defects as well as those of others.

What Are Some Myths About Step 8?

- Your drinking hasn't harmed anyone but yourself. People often think that if the damage isn't extreme and noticeable, then there isn't anything beneath the surface. This is a dangerous misconception and something AA calls "purposeful forgetting." You can't get the most out of the 12 steps if you aren't willing to be vulnerable and incredibly honest—even if what you discover about yourself and others is painful to accept.

We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol.

A.A. Big Book, p. 76

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!

What is the history behind AA's Responsibility Statement?

G.S.O. Archives

<https://bigbooksponsorship.org/articles-alcoholism-addiction-12-step-program-recovery/aa-history/history-aas-responsibility-statement/>

The Responsibility Statement reads:

"I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."

It was written for the 1965 A.A. International Convention in Toronto . I have enclosed an article titled, 'How I am Responsible became a part of A.A.', from the GSO newsletter, Box 4-5-9. The article identifies former AA trustee, Al S. as the author of the Responsibility Statement. In the souvenir book for the 1965 Convention, Dr. Jack Norris writes: "..We must remember that AA will continue strong only so long as each of us freely and happily gives it away to another person, only as each of us takes our fair share of responsibility for sponsorship of those who still suffer, for the growth and integrity of our Group, for our Intergroup activities, and for AA as a whole. It is in taking responsibility that real freedom and the enduring satisfactions of life are found. AA has given us the power to choose – to drink or not to drink – and in doing so has given us the freedom to be responsible for ourselves. As we become responsible for ourselves, we are free to be responsible for our share in AA, and unless we happily accept this responsibility we lose AA. Strange, isn't it?"

In a Grapevine article in October 1965, the Responsibility Statement is discussed, and Bill W. expresses his views: Two major thoughts stood out in the remarks of the many speakers, alcoholic and nonalcoholic, at AA's July Toronto Convention. The first was admiration and gratitude for AA's startling success in sobering up hundreds of thousands of lost-cause drunks. The other was concern that the success which has come to AA over the thirty years since its start in Akron, Ohio in 1935 would not lead us to any complacency about the size of the job still to be done. The theme of the Convention was: Responsibility. "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." AA's co-founder, Bill, in his talk to over 10,000 attending the major sessions of the Convention, stressed the need for cooperation with all who work on the problem of alcoholism, the more than 100 agencies in the United States and Canada alone now engaged in research, alcohol education and rehabilitation. "Too often, we have deprecated and even derided these projects of our friends just because we do not always see eye to eye with them," Bill said. "We should very seriously ask ourselves how many alcoholics have gone on drinking simply because we have failed to cooperate in good spirit with these many agencies. No alcoholic should go mad or die merely because he did not come straight to AA in the beginning." "The first concern of AA members should be with problem drinkers the movement is still unable to reach," Bill said. He estimated that there are 20 million alcoholics in the world today, five million in the U.S. alone. "Some cannot be reached because they are not hurt enough, others because they are hurt too much," he declared. "Many sufferers have mental and emotional complications that seem to foreclose their chances. Yet it would be conservative to estimate that at any particular time there are four million alcoholics in the world who are able, ready and willing to get well if only they knew how. When we remember that in the 30 years of AA's existence we have reached less than ten per cent of those who might have been willing to approach us, we begin to get an idea of the immensity of our task and of the responsibilities with which we will always be confronted."

There have been two Advisory Actions from the General Service Conference regarding the Declaration of Responsibility since it was introduced. In 1971, the Conference recommended that: The Literature Committee, following the general feeling of the Conference, reaffirm both the spirit and the wording of the "I am Responsible" Declaration from the International Convention held in Toronto in 1965. And in 1977, the Conference recommended that: The Responsibility Declaration not be changed, as it was made at the 1965 International Convention in Toronto.

A Sober Pandemic

I wanted to get sober but I didn't want to stop drinking alcohol. That was pretty much my life for all the 10 years that I drank. Drunken parties where I came home stumbling in the dark fumbling for keys that may or may not have been there.

How I lived my life pre-pandemic was nothing short of insanity. "Enough is enough," I said to myself on February 27th after a particularly embarrassing and dangerous night out on the town. I went on to an AA meeting that very same day.

Within the first two weeks of being in recovery, I thought to myself, "this is my new life and there are so many things I want to do to enjoy my new life." Most of them involved being outdoors and actually experiencing things sober. I had been living in Paris for three years and had never experienced anything in this city without a bottle of wine by my side, my most trusted friend.

I wanted movie nights with friends, museums in the day time with my AA friends, long walks by the river in the evening, and quiet days at a park by myself writing and colouring. My list was endless. You might see where this is heading!

Come March 17th, everything had closed down in the French capital. No restaurants, no gardens, no public transport. "What new hell is this," I wondered. "How am I to enjoy my new life now?"

To my absolute surprise this "new hell" as I liked to call it in the early days turned out to be the biggest blessing to come my way for my sobriety. AA members were all too quick (bless them) to start up Zoom meetings in place of face-to-face meetings. I attended 95% of my first 90 days on Zoom. Even through a screen, people were still as warm and welcoming as I remembered them on the 27th of February and after.

I slowly learned how to find gratitude every day. I realized I didn't have to walk outside and pass bars and cafes and watch people drink the lovely drink I wanted to pour down my throat all the time. I made my home in a safe space, a kind of cocoon, and practiced being good to myself when I was alone. I wasn't invited anywhere because there was nowhere to go. Therefore, I could avoid all the alcohol my friends would have tried to ply me with had I gone to visit.

I'm now getting a handle on this sobriety thing mid-pandemic. What could have been a disaster turned into a miracle (shout-out to HP). Little by little the days have become bearable and my obsession to drink has been lifted.

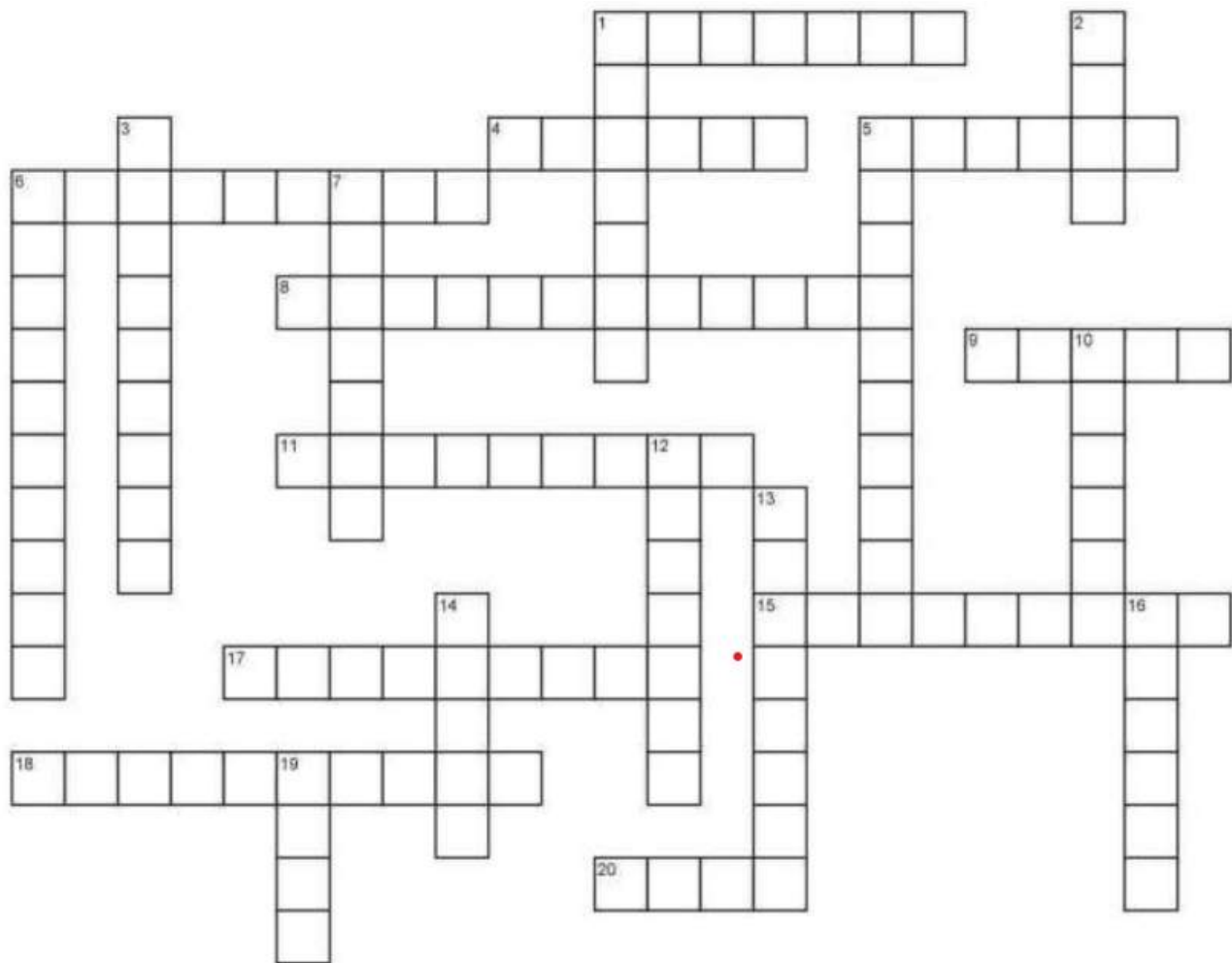
I could go on and on, but long story short, I'm 7 months and 4 days sober today. I have never been more grateful for the life I was given.

It's not easy getting sober and it definitely wasn't. But it is possible, even in a pandemic.

Mini K., Paris

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

AUGUST CROSSWORD



ACROSS

- 1 Freedom From
- 4 Crossing the River of _____
- 5 chapters in the Big Book
- 6 press, radio and films
- 8 our life when we got to AA
- 9 He Sold Himself _____
- 11 Dr. William D.
- 15 Saturday Evening Post
- 17 Our magazine
- 18 He sent a telegram of good wishes A.A.'s
2nd International Convention
- 20 One of the co-founders of AA in Canada
in 1944

DOWN

- 1 Freedom From
- 2 happy, joyous and _____
- 3 Step one
- 5 spiritual
- 6 _____ Was the Answer
- 7 Little Angel of A.A.
- 10 AA predecessor
- 12 Physician, Heal _____
- 13 Started AA in Cleveland
- 14 appendices
- 16 Bill was offered a job at his lab
- 19 The Housewife Who Drank At



Eighth Step Prayer

"God, Please remove my
Fears and show me your
truth. Show me all the harms

I have caused with my
behavior and help me be
willing to make amends to
one and all. Help me to be
willing to go to any lengths
for victory over alcohol."

(76:3)

http://friendsofbillw.net/twelve_step_prayers

PLEASE LET US KNOW IF YOU OR
ANOTHER MEMBER HAS A
SOBRIETY MILESTONE TO
CELEBRATE!



Answers from last issue:



Under provincial
Covid-19
guidelines, face masks
are no longer required in
public
gathering spaces in
Regina.

This includes AA
meetings, however you
are welcome to wear one
if you choose.

