

HEART TO HEART

REGINA & AREA

ALCOHOLICS ANONYMOUS®INTERGROUP

Tradition Nine:

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

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 TO SPEAK TO ANOTHER ALCOHOLIC OUTSIDE OF OFFICE HOURS 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 Nine
Made direct amends to such people wherever possible, except when to do so would injure them or others.

**STEP 9 PRINCIPLE:
RESPONSIBILITY
BY STEP 9, YOU'VE
FORGIVEN YOURSELF FOR
YOUR PAST. NOW YOU
NEED TO MAKE AMENDS
TO OTHERS SO THAT YOU
CAN START FRESH WITH
THEM AS WELL.
THE PRINCIPLE OF
RESPONSIBILITY IS
REFLECTED DIRECTLY IN
THIS STEP, AND
PRACTICING IN LIFE IS
CLEAR: IF YOU HOPE TO
REMAIN CLOSE WITH
THOSE AROUND YOU,
YOU MUST BE HONEST
AND OPEN ABOUT YOUR
MISTAKES THAT IMPACTED
THEM.**

[HTTPS://FHREHAB.COM/LEARNING/THE-12-PRINCIPLES-OF-AA/](https://fherehab.com/learning/the-12-principles-of-aa/)

STEP NINE QUESTIONS AND GUIDELINES

There are a lot of fearful feelings before, during and after making amends in the ninth step. While working step nine it's really important to understand that the way things feel is not necessarily the way things are. Because we are feeling afraid we assume that this means we truly have something to fear. But this is not fact. To prepare for this step it's a good idea to let go of all our expectations about how our amends will or should turn out.

Here are some questions to help guide you through working Step Nine:

- How is 'making amends' committing to a continuous process of change?
- Do I have fears about making amends? Am I worried that someone will take revenge or reject me?
- How does the Ninth Step require a new level of surrender to the program?
- What about my financial amends? Do I have faith that the God of my understanding will ensure I have what I need even though I am sacrificing to make amends?
- Why doesn't it matter how my amends are received?
- How will other addicts, my sponsor, and my Higher Power be sources of strength in this process?
- Which names on my Eighth Step list are complicated by circumstances? Do I owe any amends that might have serious consequences if I made them? What are they?
- What behaviors do I need to amend?
- What are my immediate plans for making amends to myself? Do I have any long-range goals that might also fit as amends to myself? What are they? What can I do to follow through?
- Have I accepted responsibility for the harm I caused and for repairing that harm?
- What experiences have I had that led me to see the harm I caused more clearly? How has that contributed to an increase in my humility?
- What are the benefits to me of practicing the principle of forgiveness? What are some situations in which I've been able to practice this principle?

<https://www.jasonwahler.com/12-steps-of-aa/step-nine-of-aa-alcoholics-anonymous>

Story from a Recovering Person About Their Amends

by Aristotle Nikolaou

The first amends I made was to a restaurant where I used to work in New Hampshire. In my head I was expecting to get relief from making the amends. I wasn't thinking about what I could do for my former boss. I was only thinking about how I was going to feel coming out of it, because I was expecting a spiritual experience. I was all excited about how it would make me feel.

My sponsor drove me down to the restaurant and I was filling my pants. I was wicked scared, dude. I stole money from this guy. I was his head chef; he had me running the kitchen. He trusted me to the point that he would ask me who to hire and fire. He even asked me if I would someday want to start up another business with him. He liked me a lot.

I stole money from him. I shot dope in his bathroom. I stole booze from him. I called in sick a lot because I was going to buy dope. I told him that I had a prostate infection; once I said that I just ran with it. I'd call him up and say, "I can't come in. I'm in Boston at the doctor's and they want to do some tests." After a while, I'd use that excuse often.

When I applied for work there he said he didn't need anybody but I convinced him to hire me by talking about how I was in recovery. I talked all this stuff to him about the Steps, and I was still getting jammed. When he hired me he said, "I'm only hiring you because you've been so honest with me."

We pulled up to his place. It wasn't open yet, but I saw that his car was there. My sponsor said, "Just keep praying." When I opened the front door he was standing right there in front of me, and he was a pretty big guy, too. I said "Hi, Ed." He shook my hand but didn't say anything. So I said, "As you know, Ed, I'm a drug addict and an alcoholic in recovery. I have to do certain things to get better, and one of those things is to right my past wrongs. I've wronged you. I stole from you. I used drugs on your premises. I drank on your premises. I was a bad employee." I said, "If there's anything I can do to make this better, I'd be more than willing." He just looked at me and said, "Ari, there isn't anything you can do to make this better. I don't care about the money. You came in here and you lied to me from the beginning. You broke my trust. You stole from me. My son looked up to you like a big brother," and he went on and on. He said, "We're not friends anymore. I don't want to talk to you. I don't want to see you, and that's it." Then he asked me how my parents were. He said, "How's your mom and dad?" I said, "Good." He said, "Good. Now get out of here."

I walked out of there feeling really bad. I went out to the car where my sponsor was all smiles and said, "How'd it go?" I said, "It sucked, dude. He told me to screw."

We talked and my sponsor told me that I went in there with the wrong attitude. He said, "Well, this process isn't about you anymore. You went in there expecting to feel good, and that's not what this is about. You are supposed to go in and try to make the other person feel good."

I thought I blew it, but my sponsor said that it actually was a powerful experience, because now I knew how to approach the rest of my amends.

Forgiveness and Healing

by Jocelyn Soriano

Forgiveness is not only for the person being forgiven, it is also for the one who is able to forgive.

It is in forgiveness that one begins to let go of the past so that one can finally face the future.

It is in forgiveness that one can stop dwelling upon the pain
in order to begin the process of healing.

For we are not healed by revenge or by holding on to our resentments no matter how justified we think we may be. We are not healed by forever repeating the tragedies we've been through.

We are healed when we seek our wholeness where it can truly be found.

Our healing is not within the power of our offender.

It is in the power of Him who heals all hearts, in Him who heals both body and soul.

By always looking back, we deprive ourselves of the chance to look to Him who can lift us up,
who alone can restore all that we have ever lost.

It is never easy. But we need to make that necessary exchange – to let go of our bitterness to
receive the sweetness of peace; and to offer up all our miseries
to receive the healing we're yearning for.

<http://itakeofftheface.com/words-of-isdome/forgiveness-and-healing/>



Notes from Regina and Area Intergroup

Dear fellow A.A. members,

As was widely announced, the Alcathon was discussed at our September 1, 2021 meeting. There were 5 attendees and 2 email responses plus the chairperson at the Intergroup meeting. The majority preference was in favour of the Alcathon to continue with the same format as in the past, meaning that the event will be organized and chaired by Regina and Area A.A. members.

The Intergroup Committee performs many functions common to all the Groups in Regina and Area. In order for Intergroup to be fully self-supporting, it has to be in good financial standing and also to have a full compliment of filled service positions. There are a number of important service positions currently vacant:

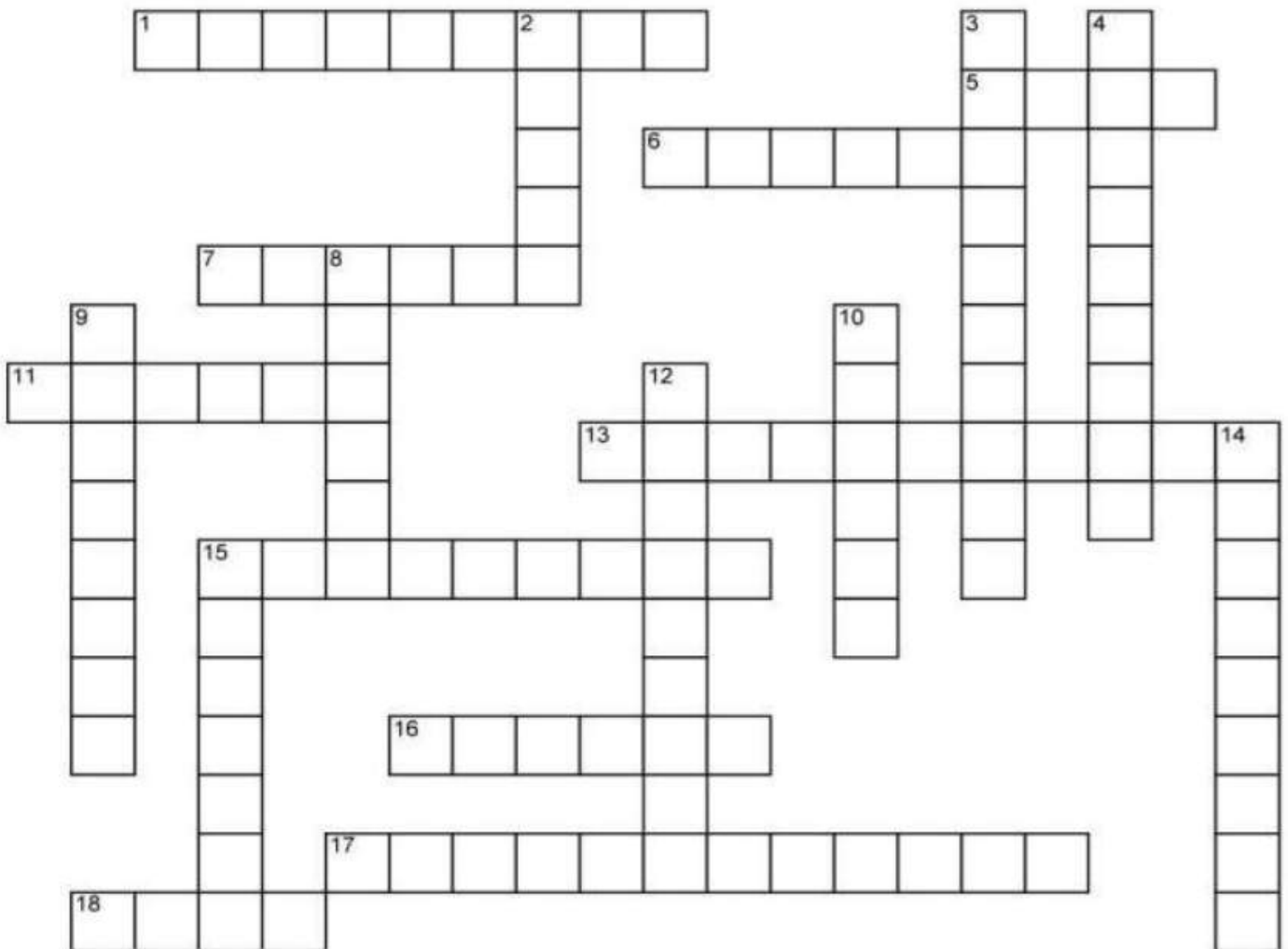
- **Central Office Trustee** oversees the day-to-day operations of the Central Office.
- **Corrections Chair** organizes the regular meetings held in jails.
- **Treatment Facilities Chair** keeps the schedule of chairpersons up-to-date for Pine Lodge, the Detox Centre, and the Liver and Onions group.
- **Information Committees Chair** acts as a contact and information source about A.A. and the services available locally for members and the public at large.

Please consider filling one of these positions to help our Intergroup continue to be fully self-supporting. There is more information about service positions on the website under the Intergroup tab or you may contact me directly through the contact link.

Yours in gratitude and service,
Catherine S., Intergroup Chair

FOR A LIST OF LOCAL DAILY MEETINGS VISIT WWW.AAREGINA.COM

SEPTEMBER CROSSWORD



ACROSS

- 1 First woman member (2 words)
- 5 He brought the message to Bill Wilson
- 6 what we make in step 9
- 7 AA got this award in 1951
- 11 what trusted servants do NOT do
- 13 principle behind step 9
- 15 Akron hotel
- 16 what happens half way through
- 17 It will slip away
- 18 happy, joyous and _____

DOWN

- 2 Our _____ is self-centered, ego-centric
- 3 What we can't afford
- 4 Honesty, unselfishness, purity and love
- 8 soundness of mind
- 9 Twelve
- 10 Bill was offered a job at his lab
- 12 Step one
- 14 It will disappear---
- 15 Carry it



THE NINTH STEP PROMISES

If we are painstaking about this phase of our development,
we will be amazed before we are half way through.

We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity and we will know
peace.

No matter how far down the scale we have gone, we will see
how our experience can benefit others.

That feeling of uselessness and self pity will disappear.

We will lose interest in selfish things and gain interest in our
fellows.

Self-seeking will slip away.

Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations which
used to baffle us.

We will suddenly realize that God is doing for us what we
could not do for ourselves.

Are these extravagant promises? We think not. They are being
fulfilled among us—sometimes quickly, sometimes slowly.

They will always materialize if we work for them.

– Big Book pages 83 & 84



NINTH STEP PRAYER

GOD, GIVE ME THE STRENGTH AND DIRECTION TO DO THE RIGHT THING NO MATTER WHAT THE CONSEQUENCES MAY BE. HELP ME TO CONSIDER OTHERS AND NOT HARM THEM IN ANY WAY. HELP ME TO CONSULT WITH OTHERS BEFORE I TAKE ANY ACTIONS THAT WOULD CAUSE ME TO BE SORRY. HELP ME TO NOT REPEAT SUCH BEHAVIORS. SHOW ME THE WAY OF PATIENCE, TOLERANCE, KINDLINES, AND LOVE AND HELP ME LIVE THE SPIRITUAL LIFE.

AMEN

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!

Puzzle solution 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.



Happy Birthday!

Dale D. Sept. 23 - 23 years

Karen S. Sept. 20 - 4 years

Mike K. Sept. 26 - 7 years

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

