

HEART TO HEART

REGINA & AREA

ALCOHOLICS ANONYMOUS®INTERGROUP

Tradition Ten:

"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

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 Ten
continued to take personal inventory
and when we were wrong promptly
admitted it.

ANSWER SOME 10TH STEP QUESTIONS EVERY DAY:

1. WAS I RESENTFUL?
2. WAS I DISHONEST?
3. DID I PROMPTLY ADMIT WHEN I WAS WRONG TODAY?
4. DO I OWE AN APOLOGY?
5. DID I DO OR SAY SOMETHING TODAY OUT OF FEAR?
6. HAVE I KEPT SOMETHING TO MYSELF WHICH SHOULD BE DISCUSSED WITH ANOTHER PERSON AT ONCE?
7. DID I THINK TODAY OF WHAT I COULD DO FOR OTHERS?
8. WAS I KIND AND LOVING TOWARDS ALL?
9. DID I REACH OUT TO SOMEONE IN RECOVERY TODAY TO SEE HOW THEY WERE DOING?
10. DID I TAKE THE TIME TO CONNECT WITH MY HIGHER POWER THROUGH PRAYER OR MEDITATION TODAY?

<https://sobrietyfreedom.com/step-10-daily-inventory/>

10TH STEP PROMISES FROM THE BIG BOOK OF ALCOHOLICS ANONYMOUS (PP. 84-85)

“And we have ceased fighting anything or anyone — even alcohol. For by this time, sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality — safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.”

“It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us.”

~Step 10, Twelve and Twelve~

Tenth Step: We Continued

Step Ten is when we practice the Spiritual Principle of Perseverance.

We have to remember, Recovery is something we get to do. Not everyone gets this opportunity to learn about and practice Spiritual Principles while making mistakes along the way. We are freely given a new way to live by our forefathers, it is truly an honor and a privilege to be in Recovery. Working the Tenth Step is a huge part of continuing on our journey and persevering.

Self-discipline greets us straight on in Step Ten. In this step, we are again told exactly what we need to do, "...take personal inventory and when were wrong, ...promptly admitted it." Many Addicts and Alcoholics take their inventory at night and look at their day before going to bed. They look at all the things they did right and of course, where they may need to make improvements. Taking a look at ourselves on a regular basis requires a new level of Self-discipline to go along with our new way of life.

We have learned to apply Honesty in Steps One, Four, Five and Eight. Now, in Step 10, we once again get to practice even more Honesty! By this time our honesty, especially our self-honesty, has grown exponentially. We no longer have to rely upon hindsight to see how we may have done harm. We are blessed with the ability to see it in "real-time." All of a sudden we get that uncomfortable feeling in our gut the minute we misspeak or step on someone's toes, if not immediately, soon thereafter. It is then and there we are afforded the opportunity to make it right, and so we do! Again, this is an awesome place and time for continued growth and healing by practicing these Spiritual Principles.

While working the Tenth Step, we are constantly vigilant of our behavior and how we treat others. The benefits are infinite, amongst them self-esteem and Integrity. We were first introduced to the Spiritual Principle of Integrity in Step Five. We are finally experiencing the fruits of our labor (the practicing of these Principles) and are rewarded with a conscience that allows us to consider other's feelings before we say and or do something that may cause harm. We have a new voice in our head that actually makes some sense. It says, "Don't do that," or "Walk away." Or even better, "I'm going to keep my mouth shut this time!" All of these responses are signs of our new-found attitude, one of Integrity.

Notes from Intergroup

Dear fellow 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.

Please note that since accepting, holding, and paying out 7th Tradition online contributions as a temporary emergency measure for group relief during COVID, groups have now organized their own online banking and/or bank accounts and effective October 1, 2021 any money given to individual groups through the office email will be re-directed to Intergroup. Please encourage members wishing to contribute funds to your group to do so via the group's own email account.

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



Happy Birthdays!

ERNEST K. OCTOBER 1 - 6 YEARS
JIM J. OCTOBER 1 - 5 YEARS
PATRICIA D. OCTOBER 15 - 3 YEARS
LORRAINE Z. OCTOBER 21 - 31 YEARS

OTHER BIRTHDAYS IN OCTOBER:
BERT K. - 46 YEARS
ISABELLE M. - 30 YEARS
RICHARD A. - 31 YEARS
DENISE W. - 31 YEARS
FOSTER M. - 46 YEARS

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

He felt he was mad

I was a square peg in a round hole. I felt like I came from outer space. I picked up a drink at the age of twelve, after my two sisters had their wedding receptions in our home. I left school at fourteen-and-a-half to work with my father as a bricklayer. The money was good. But I was not cut out for it. I would have liked to be an artist and paint people and landscapes.

After drinking with a lot of English lads on Sydney's North Shore I thought it would be nice to go to England, as Sydney was the problem. London in the late sixties was all the go. And I could drink as I liked, without Mum and Dad seeing me. (They were the problem!)

A lot of people thought I was English as I would put on the accent. I always imitated other people's talk, I just could not be myself. I hated myself, and never fitted in. I had a big mouth when drunk, and became violent, nearly killing a few people. But I could not see it was the drink. I thought I was just mad. (Mad from drink!). The next day I would have the "hair of the dog" to feel all right. And try to forget what had happened. But I could not.

I thought people who told me what I did during blackouts lied. I had to tell people not to live with me in my flat as I did not know what I might do when drunk. I hated the world. I thought if I drank a lot it would kill me. I couldn't do it myself as it is a sin.

Back in Australia, I went to my first AA meeting at St Canice's, Kings Cross, when I was twenty-eight. I saw where Alcoholics Anonymous met there on a Saturday night, I'd been crying inside the Church – after being sacked from the Crest Hotel, where I was a bar cleaner. (But I wanted to be the Bar Manager!) At that first meeting of AA I was so full of fear that someone might ask me to say I was an alcoholic. I could only do that when drunk, to excuse my behaviour.



“I felt I was dying. I wanted to die, and at the same time I wanted to live. I cried out to God not to let me die alone. It was the loneliest time of my life. I was paranoid - I thought I heard my flatmate and his girl whispering about killing me.”

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I could not accept myself. Now I know that acceptance is the answer to all my problems. I was always looking for someone to save me! Pub to pub I would go. Looking, looking, looking. I would tell friends in AA that I would meet them at the meeting the next night. But I did not, I went and had a drink. What was the cause of my madness? I thought I must have cancer so I had some test. They were negative.

Ten years later, much worse. I forgot that I had been to a meeting. Or it did not work? Who knows? In a violent blackout I am supposed to have said to someone that if it got real bad I would go to a meeting of AA. I went to a Chinese doctor in who knew about AA. He asked me if there had been a death in my family or had I lost my girl friend. I just said, "I am an alcoholic".

The doctor sent me to the noon Thursday, Maroubra meeting and I have not had a drink since. It was not easy. It has been the hardest thing I have had to do. But the best. Washing and wiping up after meetings helped me greatly. And the coffee shops got me eating in front of people and talking about myself. I found out that it was all right to be an alcoholic and just be me. "Living in the now". To be able to drive after twenty years of not being able to was fabulous.

I had a mate who helped me so much, talking on the phone for hours and hours, taking me to lots of meetings all over Sydney. Sometimes we'd do nothing else but go to meetings for a whole day. One early in the morning, a midday one and one at night. – we would make a day out of it.

The section in the "Big Book" (the book Alcoholics Anonymous) called Freedom from Bondage got me praying for my dad whom I hated. It turned hate to love and set me free. I had thought only drink could set me free. Instead it held me in bondage for years. I have been able to look after my aged mum for three years. She is eighty-eight, and needs twenty-four hour care. It became too much so I had to put her in a home. I felt a bit guilty about it, but handed it over to a power greater than myself.

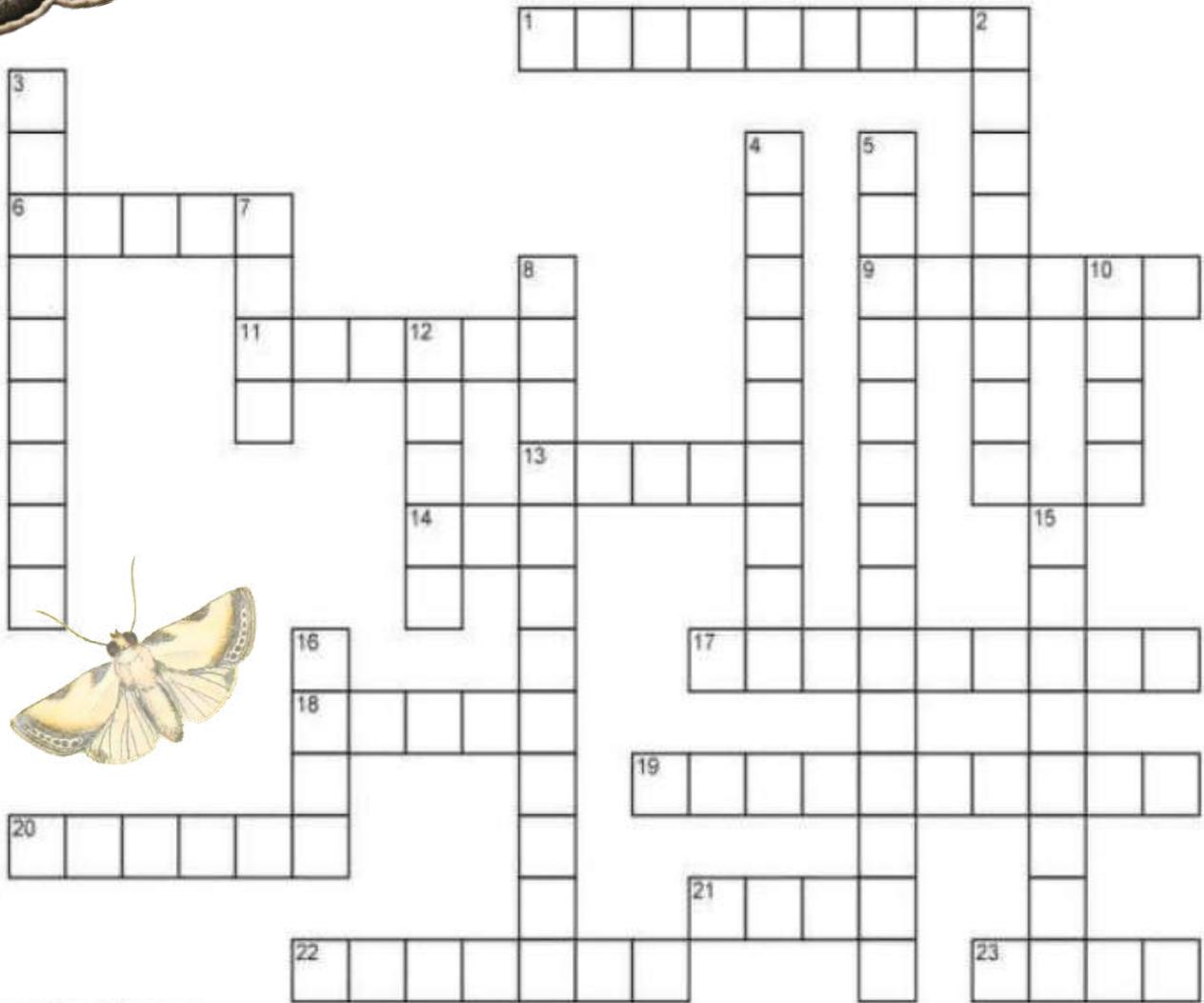
My little dog had to be put down. I was upset but I did not drink. He came to a lot of my early meetings. He was a fine friend, in my early recovery. I have just come back from a holiday in England, going to meetings in all the places where I had drunk, and in Ireland too. After almost 11 years, I can say that "the best is yet to come". So keep coming back, as I still need you all, to give me hope – and a place to go.

<https://aa.org.au/new-to-aa/personal-stories/personal-stories-mad/>

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



OCTOBER CROSSWORD



www.CreationWater.com

ACROSS

- 1 Dr. William D.
- 6 Russian potato juice
- 9 How often we've seen them fail
- 11 Bill was offered a job at his lab
- 13 In what city did Bill meet Bob?
- 14 36% of AA members are sober over ___ years
- 17 meeting in print
- 18 Alcohol
- 19 International Convention City (2 words)
- 20 soundness of mind
- 21 Mrs. Dr. Bob
- 22 Physician, Heal _____
- 23 Bill's longtime secretary

DOWN

- 2 Dr. Bob's middle name
- 3 You have to take one
- 4 Author of the March 1, 1941 article in the Saturday Evening Post
- 5 He is quoted in Appendix 2 (2 words)
- 7 The 3rd Step prayer doesn't have it but the 7th Step prayer does
- 8 our life when we got to AA
- 10 Alcoholics are like men who have lost these
- 12 Dr. Bob surname
- 15 Circle and _____
- 16 Who brought the message to Bill Wilson

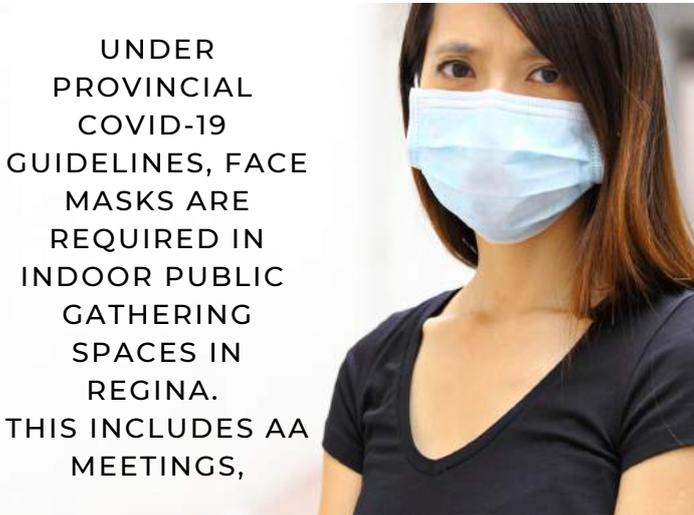


YOUR RECOVERY STORY IS VALUABLE TO OTHER MEMBERS.

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!



UNDER PROVINCIAL COVID-19 GUIDELINES, FACE MASKS ARE REQUIRED IN INDOOR PUBLIC GATHERING SPACES IN REGINA. THIS INCLUDES AA MEETINGS,

Online Contributions for Groups

At the outset of the Covid-19 pandemic, gathering restrictions prevented in-person meetings and therefore, Tradition 7 cash contributions. As a temporary emergency measure for group relief, the AA Regina Office began accepting eTransfer contributions on behalf of groups and redistributing these to each group. Groups have now established their own email addresses and banking arrangements for eTransfers, therefore effective October 1, 2021 eTransfer contributions for groups will NO LONGER be accepted and redistributed to groups. Any money received for individual groups through the office email will be re-directed to Intergroup.

Please encourage members wishing to contribute funds to your group to do so via the group's own email account

TENTH STEP PRAYER

GOD, REMOVE THE SELFISHNESS, DISHONESTY, RESENTMENT AND FEAR THAT HAS CROPPED UP IN MY LIFE RIGHT NOW. HELP ME TO DISCUSS THIS WITH SOMEONE IMMEDIATELY AND MAKE AMENDS QUICKLY IF I HAVE HARMED ANYONE. HELP ME TO CEASE FIGHTING ANYTHING AND ANYONE. SHOW ME WHERE I MAY BE HELPFUL TO SOMEONE ELSE. HELP ME REACT SANELY; NOT COCKY OR AFRAID. HOW CAN I BEST SERVE YOU - YOUR WILL, NOT MINE BE DONE.

AMEN

(PAGE 84-85 BB)

PUZZLE SOLUTION FROM LAST ISSUE:

