

heart to heart

regina & area
alcoholics anonymous®intergroup

Tradition Eleven:

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

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

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



Step Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

STEP 11 QUESTIONS

Our step work wouldn't be complete without questions that we can seek to answer as we continue to work the 12 steps of AA. Here are some Step 11 guideline questions that I have found the most useful- both in the beginning of Step 11 work and at various intervals in recovery:

- How has my understanding of a "higher power" changed since starting my step work?
- Do I have a specific spiritual path- and how might it contribute to my recovery?
- What is the difference between a religion and spirituality?
- What have I done to explore my own spirituality?
- How do I pray? How do I meditate?
- How do I feel about praying and meditating?
- Does prayer and meditation help me put things in perspective?
- In what ways have I seen any changes in my life as a result of prayer and meditation?
- When do I notice the presence of a higher power in my life? What does it feel like?
- What am I doing to improve my conscious contact with a God of my understanding?
- What were some situations in my life where I tried to align my will with Gods? What were those results?
- Why should I pray only for the "knowledge of God's will" for me and the "power to carry that out?"
- How am I showing my commitment to working the 11th Step in my recovery?
- Did I pray or meditate today? This week? Do I have faith that I will be given the knowledge and courage to carry out my higher powers will?

No Press Agents – No Promotional Devices – No Big Names: The Hazards are Too Great

An Essay by Bill W.
October 1948

Providence has been looking after the public relations of Alcoholics Anonymous. It can scarcely have been otherwise. Though we are more than a dozen years old, hardly a syllable of criticism or ridicule has ever been spoken of A.A. Somehow we have been spared all the pains of medical or religious controversy and we have good friends both wet and dry, right and left. Like most societies, we are sometimes scandalous – but never yet in public. From all over the world, naught comes but keen sympathy and downright admiration. Our friends of the press and radio have outdone themselves. Anyone can see that we are in a fair way to be spoiled. Our reputation is already so much better than our actual character!

Surely these phenomenal blessings must have a deep purpose. Who doubts that this purpose wishes to let every alcoholic in the world know that AA is truly for him, can he only want his liberation enough. Hence, our messages through public channels have never been seriously discolored, nor has the searing breath of prejudice ever issued from anywhere.

Good public relations are AA lifelines reaching out to the alcoholic who still does not know us. For years to come, our growth is sure to depend upon the strength and number of these lifelines. One serious public relations calamity could always turn thousands away from us to perish – a matter of life and death indeed! The future poses no greater problem or challenge to AA than how best to preserve a friendly and vital relation to all the world about us. Success will rest heavily upon right principles, a wise vigilance, and the deepest personal responsibility on the part of every one of us. Nothing less will do. Else our brother may again turn his face to the wall because we did not care enough.

So the Eleventh Tradition stands sentinel over the lifelines, announcing that there is no need for self-praise, that it is better to let our friends recommend us, and that our whole public relations policy, contrary to usual customs, should be based upon the principle of attraction rather than promotion. Shot-in-the-arm methods are not for us – no press agents, no promotional devices, no big names. The hazards are too great. Immediate results will always be illusive because easy shortcuts to notoriety can generate permanent and smothering liabilities.



continued on next page...

<https://www.aanoc.org/tradition11/>

More and more, therefore, are we emphasizing the principle of personal anonymity as it applies to our public relations. We ask of each other the highest degree of personal responsibility in this respect. As a movement we have been, before now, tempted to exploit the names of our well-known public characters. We have rationalized that other societies, even the best, do the same. As individuals, we have sometimes believed that the public use of our names could demonstrate our personal courage in the face of stigma, so lending power and conviction to news stories and magazine articles.

But these are not the allures they once were. Vividly, we are becoming aware that no member ought to describe himself in full view of the general public as an AA, even for the most worthy purpose, lest a perilous precedent be set which would tempt others to do likewise for purposes not so worthy.

We see that on breaking anonymity by press, radio, or picture, any one of us could easily transfer the valuable name of Alcoholics Anonymous over onto any enterprise or into the midst of any controversy.

So it is becoming our code that there are things that no AA ever does, lest he divert AA from its sole purpose and injure our public relations. And thereby the chances of those sick ones yet to come.

To the million alcoholics who have not yet heard our AA story, we should ever say, "Greetings and welcome. Be assured that we shall never weaken the lifelines which we float out to you. In our public relations, we shall, God willing, keep the faith."

Wilson, William. The Language of the Heart. New York: AA Grapevine, Inc., 1988. Print. Reprinted.

Step 11 Promises

"What used to be the hunch, or the occasional inspiration gradually becomes a working part of the mind. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it."

Big Book Page 87.

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!

Remote Communities aasask.org

**AREA 91 SASK
CONNECTIONS**

Sunday Nights @ 7 PM
Zoom Meeting
Meeting ID: 498-714-649
Password: 912020
Week 1: Step
Week 2: Tradition
Week 3: Topic

Notes from Intergroup



At our recent meeting on November 3rd, the first Wednesday of every month, we had a very productive and enthusiastic meeting which included elections. First, thanks to Don H. for his service as the Treasurer and Chris S. for agreeing to take over the position. Thank you, Chris.

The November meeting is the annual elections meeting where we nominate people to step up to serve in the positions that are currently vacant or will be available due to rotation. The following people were nominated and voted in: Brenda G. as the new Roundup Chairperson; Rod R. as the new Corrections Chair; and Kira N. as the new Treatment Facilities Chairperson.

There was also a short presentation from Gary K., Tom K., Debbie B., and Cindy W. about their activities with Public Information. They will be forming the new committee for the Information Committees and will be formally nominated at the December 1st Intergroup meeting. On behalf of Intergroup, thank you to all who were willing to step up to fill a position.

So, that still leaves some vacant positions: Intergroup Secretary, Intergroup Webmaster, Intergroup Office Trustee, Office Chair, Social Committee Chair, and the Alcathon Chair. For more information about these positions please check aaregina.com and click on the Intergroup Committee tab. All positions are for a two year term and the suggested sobriety time is 2 years, so all the positions that end on December 2021 are up for grabs. Please also feel free to contact any of the committee chairs using the link with any questions you may have.

At our October meeting we received some very positive feedback from a couple of members who have joined Intergroup recently. They expressed some hesitancy to attend, as Intergroup has had a bad rap in the past, but they have been pleasantly surprised. Thank you, God.

We are encouraging enthusiasm for service, which is equal to our recovery and unity as symbolized within the triangle. My view is that the more people involved, the better which spreads out the responsibilities (more hands make light work :)) and creates the sense of belonging that is so needed and wanted. It is for me anyway.



Come join us.

In Gratitude,

Catherine S. Intergroup chair.

The Daily Eleventh Step

When I first began in recovery, over eight years ago, I read in a daily meditation book about a woman who used the eleventh step as a guide to the other steps. As I was an experienced meditator I latched on to this concept. Meditation was a familiar tool, and I have used it daily to increase my understanding of all 12 of the steps.

When I meditate, I breathe in harmony with the slogan "Let Go, Let God". I breathe out while holding in my mind the thought "Let Go". I breathe in while holding in my mind the thought "Let God".

That's it, that is the whole process. I repeat this process over and over, for as many minutes (or hours) as possible. Inevitably, my mind wanders away from the process. When I have noticed I am no longer meditating, I simply begin again.

Although it helps to be in a quiet, distraction free environment, it is also possible to meditate under just about any conditions. At first you will be lucky to maintain concentration for a dozen cycles of breath. Stay with the process, though, and some amazing results will occur. You will discover that if you learn to let go of your illusion of control, it is possible to align your thoughts and actions with your Higher Power's will.

Praying only for knowledge of God's will for me, and the power to carry that out has led me to the conviction that it is possible to find and follow the flow of the Living Process of the Universe (my definition of God). It is like the difference between trying to swim with the current of a river or tide, or swimming against it.

When I teach meditation to newcomers, I use the analogy of two-way radio communication to explain the difference between prayer and meditation. When transmitting (praying), I hold the mike button down and say what I need to communicate. When receiving (meditating), I let go of the mike button (stop thinking), and simply keep the radio on (receptive) and pay attention (alert).

Similarly, when I pray, I simply think: God, please grant me knowledge of your will for me, and the power to carry that out. Then I stop trying to direct my higher power, and keep my communication channel open so I will hear and understand when communicated to.

Several times a day I use the "Let Go, Let God" technique, and some other contemplation techniques, and I pay attention to where my thoughts are guided. Even a few minutes of prayer and meditation can recharge me. When I experience feelings of hopelessness, fear, desperation, anger, self-doubt and other negative feelings, I pray and meditate. The result is often like a quick clean shower for my mind, and afterward I often know what I need to do. That's what meditation is all about.

Daniel O. (2000)

<https://coda.org/weekly-readings-archives/the-daily-eleventh-step-2/>





SUGGESTIONS ABOUT PRAYER AND MEDITATION FROM THE Big Book:

- 1) Make no requests in prayer for yourself only.
- 2) Never pray for your own selfish ends.
- 3) Select and memorize a few set prayers that emphasize the principles of the steps.
- 4) Ask a priest, minister, or Rabbi about helpful books and prayers that emphasize the principles of the Steps.
- 5) Be quick to see where religious people are right.
- 6) Make use of what religious people have to offer.

(Page 87 BB)



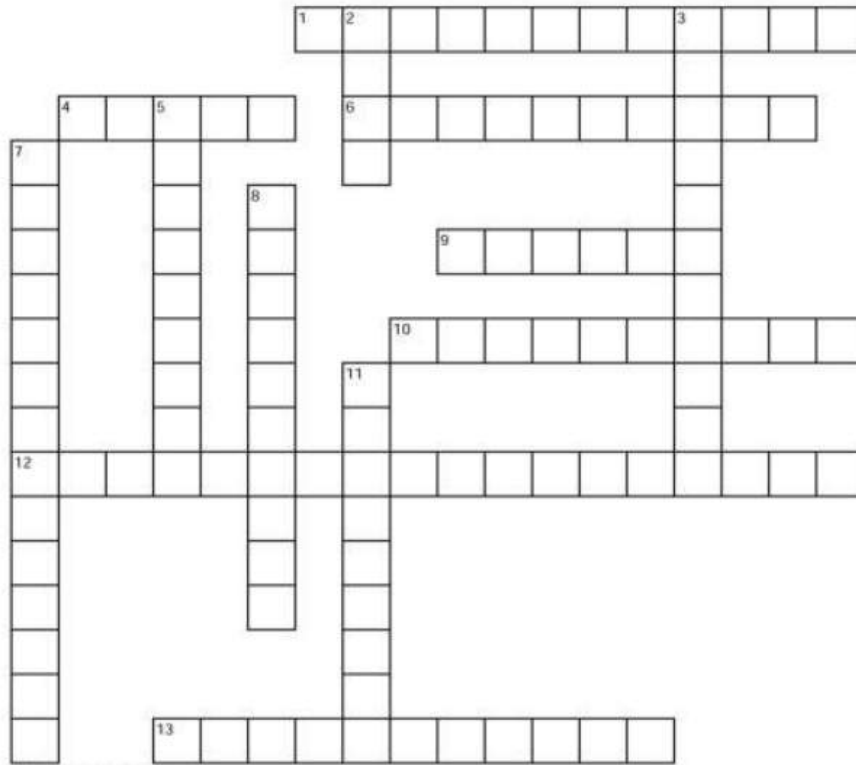
Happy Birthday!

Kevin M - 38 years
Leslie A. 2 years Nov. 2nd
Tim H. 3 years Nov. 9th

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

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

NOVEMBER CROSSWORD



www.CrosswordWeaver.com

ACROSS

- 1 Concept 11: While the trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the _____ standing committees, corporate service directors, executives, staffs and consultants... (2 words)
- 4 How many Areas are in California?
- 6 Who wrote the "To Wives" chapter in the Big Book? (2 words)
- 9 A solemn request for help or expression of thanks addressed to God or an object of worship; an earnest hope or wish.
- 10 Our public relations policy is based on _____ rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
- 12 Spiritual principle of Step 11. (2 words)
- 13 What was the award given to Alcoholics Anonymous in 1951? (2 words)

DOWN

- 2 What is the name of the guy that came into Bill's kitchen and talked with him about a solution he had found?
- 3 "In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for _____, an intuitive thought or decision."
- 5 Which city will the 2025 AA International Convention take place?
- 7 Who is quoted in the Spiritual Experience in the back of the Big Book? (2 words)
- 8 the action or practice of thinking deeply or focusing one's mind for a period of time, in silence or with the aid of chanting, for religious or spiritual purposes or as a method of relaxation.
- 11 The quality of being thankful; readiness to show appreciation for and to return kindness.

Online Contributions for Groups

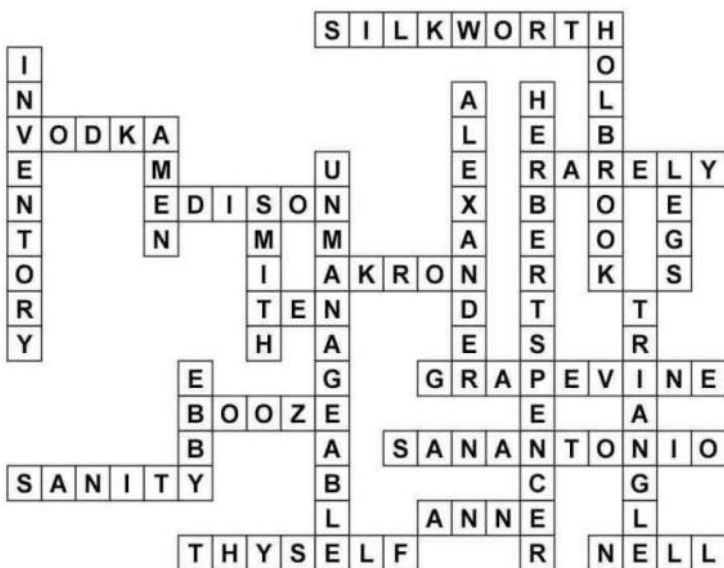
At the outset of the Covid-19 pandemic, gathering restrictions prevented in-person meetings and therefore, Tradition 7 cash contributions. As a temporary emergency measure for group relief, the AA Regina Office began accepting eTransfer contributions on behalf of groups and redistributing these to each 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.

Under provincial Covid-19 guidelines, face masks are required in indoor public gathering spaces in Regina. This includes AA meetings,



Puzzle solution from last issue:



ELEVENTH STEP PRAYERS

GOD, I'm agitated and doubtful right now.
 Help me to stop and remember that I've made a decision to let You be my God. Give me the right thoughts and actions. God, save me from fear, anger, worry, self-pity or foolish decisions and that Your will, not my will, be done.

AMEN

(Page 87-88 BB)

"Lord, make me a channel of thy peace-- that where there is hatred, I may bring love--that where there is wrong, I may bring the spirit of forgiveness--that where there is discord, I may bring harmony--that where there is error, I may bring truth--that where there is doubt, I may bring faith-- that where there is despair, I may bring hope--that where there are shadows, I may bring light--that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted--to understand, than to be understood--to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life. Amen"