

heart to heart

regina & area

alcoholics anonymous®intergroup

Tradition Two:

For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Service Meetings

All members of AA are welcome to attend:

- Office Committee Meeting:
Mondays 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.

REGINA AA CENTRAL OFFICE

Central Office is staffed Monday & Wednesday from 10 - 3PM & Friday 10 - 2PM.

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

24 HOUR ANSWERING SERVICE TO SPEAK TO ANOTHER ALCOHOLIC OUTSIDE OF OFFICE HOURS 306.545.9300



WHY LOVING YOURSELF SOBER IS HARD

Life can be a sobering experience, even when a person doesn't have the challenge of drug or alcohol addiction. Our cultural ideologies might be different. Our socio-economics will vary. What is a unifying component to humanness is how we choose to view ourselves. The effective word here is choose. If how we feel about ourselves is a choice, then why do many people choose to see themselves in a negative light? Part of the reason is that we are pre-conditioned to accept a self-image based on prior relationships, how someone else perceived you. Another way we generate self-image is through visual and verbal cues that indicate how we're supposed to look or act. These patterns set up a silent scale of "shoulds" or how we are supposed to be. We choose to adopt such criteria and, when we don't measure up, we fail. It is in this self-acclaimed failure that we self-judge, self-hate and self-destruct. No one practices this behavior better than an addict.

FEELING IS KNOWING, KNOWING IS OWNING

Trying to overcome life's ups and downs to love yourself is hard enough - for someone in the midst of addiction recovery it can feel like a constant uphill battle. But why? The use of methamphetamines, cocaine, opioids, marijuana or alcohol may provide a difference in how a person will feel while on the substance but what they all do is alter how someone would naturally feel without it. I can't tell you what that feeling is as it's as individual as each person and that feeling, the sober feeling, changes moment to moment. What I can share is that there's an emotional reason why you choose to alter how you feel and that's the part that is the toughest to deal with when living clean or sober. Because it can hurt. The process of recovery is learning what it's like to feel again. Every day brings a new life lesson that needs to be identified, worked through and accepted. Moreover, how you feel about an issue one day can differ when you have to revisit it another day, because your healing is ongoing. Just as the mind, body and spirit continues to shift more towards wellness, the way you feel about people, places and circumstances will shift as well. Once you can get accustomed to the fluidity in being, you get more connected to your inner truth: What's important, what drives you and what you want to strive for. This helps you make life choices that, in turn, you need to own. It's challenging as the decisions, past and present, can fuel self-doubt and self-hate. Here's what you can do to rise above it, get comfortable in your own skin again and believe that you are deserving of everything good this life has to offer.

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LIVING OUR VICTORIES EVERYDAY

ACCEPT YOURSELF AND POSITIVITY WILL COME

Start with self-acceptance. It isn't about being the person you think others want to be with or who you think they want you to be. It's about accepting every aspect of yourself, the good and the parts that need work. Your imperfections are worthy of your love because they not only are part of your whole, they bring lessons and value that keep you motivated to do better and live better. In fact, people are more attracted to those who have confidence and wear it on their sleeves, as personal strength shines unequivocally. When you shine, others want to shine with you.

ADDICTION - SUCCESS AND FAILURE REVISITED

Addiction. Some say it's a blessing, others say it's a curse. I suppose it depends on which side of addiction you live on. Like most disease, it doesn't go away so it's a matter of learning to live with it and thrive despite it. Even for those who have decades-long sobriety under their belts, addiction is there as a reminder of what was, and what could be if loving oneself is not a primary lifepath. Addiction recovery and sobriety partner to serve as an ever-present guide to wellness. The practice of self-love is merely the tool to achieve it, while allowing acceptance of personal failures and the emotional vehicle to move past them.

SELF-LOVE MADE EASY

It isn't necessary to shout at the top of your lungs, "I love myself!" though it wouldn't hurt. There are ways to express self-love that boost self-esteem and show addiction that it isn't the boss of your destiny anymore, you are. Take these 12-Steps to self-love wherever you go because you never know who you'll meet that could use the emotional pick-me-up.

12-STEPS TO LOVING YOURSELF THROUGH SOBRIETY

Cut Yourself Some Slack
Give "Me" Time
Respect Your Own Boundaries
Honor the Good
Embrace Shortcomings
Forgive Often
Appreciate Change
Speak Gratitude
Choose Healthy
Track Progress
Limit Stress
Feel More

It's important to carve out time for yourself each day. A 10-minute meditation, a half-hour of cardio, an hour soaking in a bubble bath or a brief reality check with your best friend. Do something that makes you feel good, just for you. And on those days filled with gray, remember how far you've come, be excited about where you're headed and know deep in your heart that you're doing the best you can, and that is always good enough.

**LOVE YOURSELF
OR SOMEONE ELSE
ENOUGH TO GET HELP**

Notes from Intergroup

Both the Intergroup Central Office Meeting and the Intergroup Committee meeting this past week were packed full with ideas and enthusiasm. Thank you to all those who attended. The Treatment Facilities chair will be looking for more people to chair at the Detox Centre soon and when Pine Lodge opens in June more service volunteers will be requested. Please contact the Treatment Facilities Chair through the Intergroup Tab on www.aaregina.com.

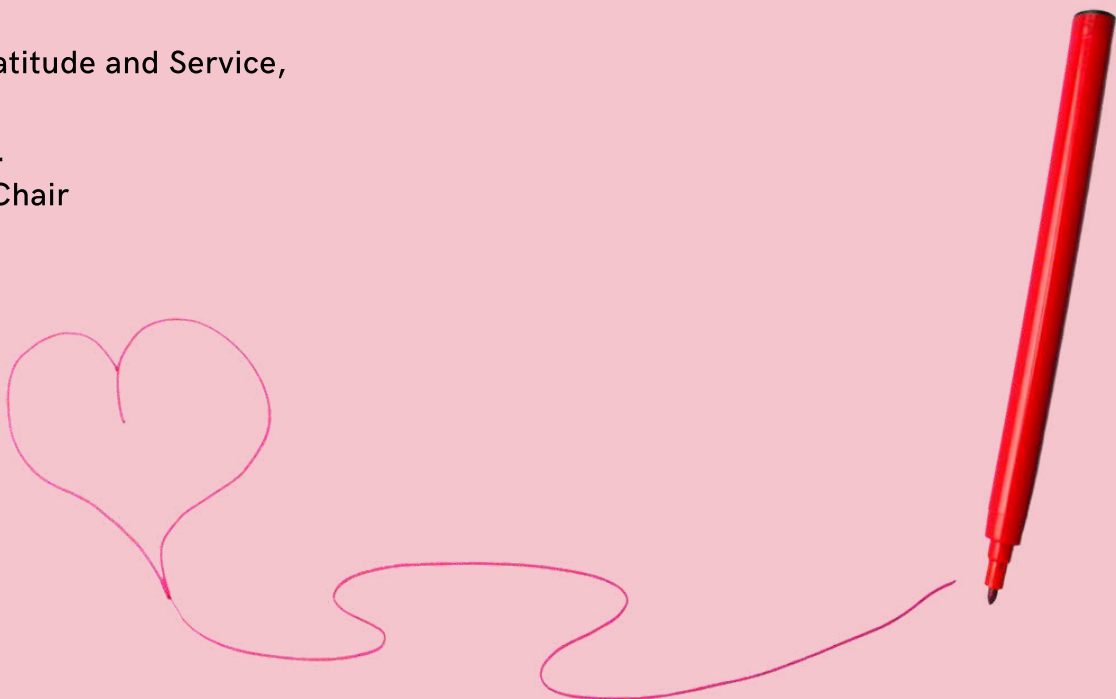
The 2022 Roundup Chair is now actively looking for volunteers. The date and venue, whether online or in person, will be decided once the committee is in place. Please contact the Roundup Chair through the website by clicking on the Intergroup Committee tab on aaregina.com to step up to join the committee.

The Public Information/ CPC committee is enthusiastically looking for opportunities to carry the message and for people interested in being involved.

And finally, as mentioned last month, the 12 Step Committee is looking for people interested in taking calls from people needing help with their drinking problem, which is what we're all about, isn't it? At the moment, we have an answering service that picks up the calls outside the Central Office hours of Monday, Wednesday 10-3, and Friday 10-2. That answering service cost was \$3,992 last year. The number of calls received per month is around 50 and only 10 to 15 are actual 12 step calls - suffering alcoholics in search of another alcoholic to talk to. The new answering service under consideration, Freedom Voice, has an annual cost of only \$120. No plans have been developed yet for volunteers, but the 12 Step Committee needs a strong commitment for volunteer support from our A.A. community before taking steps to develop this idea. Please contact the 12 Step chair through the website with your questions and ideas. And by the way, the secretary, Webservant, Office Trustee, and the Social Committee Chair positions are still up for grabs. Please contact me or anyone on the Intergroup Committee if you're feeling a nudge to try one of them.

Yours in Gratitude and Service,

Catherine S.
Intergroup Chair



BREAKING DOWN STEP TWO OF AA

“Came to believe that a Power greater than ourselves could restore us to sanity.”

I love all of the 12 steps of AA, but step two is the one that gives us hope. With step two we learn that we are not alone, and that something greater than ourselves can help to conquer addiction and despair.

Becoming a sober person, free of your addictions means a restoration to sanity. In AA we learn that by working the 12 steps the restoration is happening in part because addiction and it's accompanying insanity are not controlling our lives anymore.

A POWER GREATER THAN OURSELVES

All of the words of the 12 steps are very specifically chosen, which is another thing I really love about working with them. The second step doesn't say "We came to believe in a power greater than ourselves" it says "We came to believe that a Power greater than ourselves could restore us to sanity." That's the beauty—we are invited to begin to think about what our higher power can be.

The emphasis is not on who or what the power is, but on what the power can do for us. The group of AA itself certainly qualifies as a power greater than ourselves (our fellowship is in the millions and always growing) as do the spiritual principles contained in the 12 steps.

The awareness and understanding that we can't recover alone and that we need some kind of help is really the lesson at this point in recovery. The spiritual principles that are the foundation of this step are open mindedness, willingness, faith, trust and humility. It really doesn't matter whether we have any idea of how this power greater than ourselves is going to help, just that we come to believe it is possible.

STEP TWO OF AA IN OUR LIVES

I have come to believe that by being in the fellowship of AA, with the aid of the 12 steps, that I can walk through the painful times in recovery knowing that an end is near, this too shall pass and there is always light at the end of darkness, as I stay clean and continue to work the steps. But it's important to remember that step two, like all of them, is a process, not an event.

As a southern California native I've come to believe in all kinds of things that are energetically spiritual, where there are parallels in each to sobriety and they complement each other beautifully. Surfing and sobriety as a combination is mind blowing. It just doesn't get much better than standing on top of a wave in the vast and powerful blue water, looking out over the horizon and enjoying the ride...sober.

Life and sobriety are kind of like surfing; sometimes there are is a lull and gentle waves, other times the crashing ferocity of huge swells! Both require patience, humility, and presence, forgiveness and a faith or trust in something uncontrollable, and much bigger than me.



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STEP TWO OF AA: QUESTIONS

As part of a recovery process it's really helpful to ask and answer important questions pertaining to step two; questions about insanity coming to believe, a power greater than ourselves, restoration to sanity and spiritual principles:

- Did you make insane decisions as a result of your addictions?
- Do you have any fears about coming to believe in something greater than yourself?
- What does "we came to believe" mean to you?
- What experiences have you heard other recovering addicts share about their process of coming to believe and have you tried any of them in your recovery/life?
- Do you have a problem accepting that there is a power/powers greater than yourself?
- What evidence do you have a "higher power" is working in your life?
- What are some of the things you consider good examples of sanity?
- What changes in your thinking and behavior are necessary for your restoration to sanity?
- Why is having a closed mind harmful to your personal recovery?
- How are you demonstrating open-mindedness in your life right now?
- What fears do you have that are getting in the way of your trust?
- What do you need to do to help let go of the fears?
- Are you seeking help from your sponsor, going to meetings and reaching out to other recovering addicts? If so what are the results?

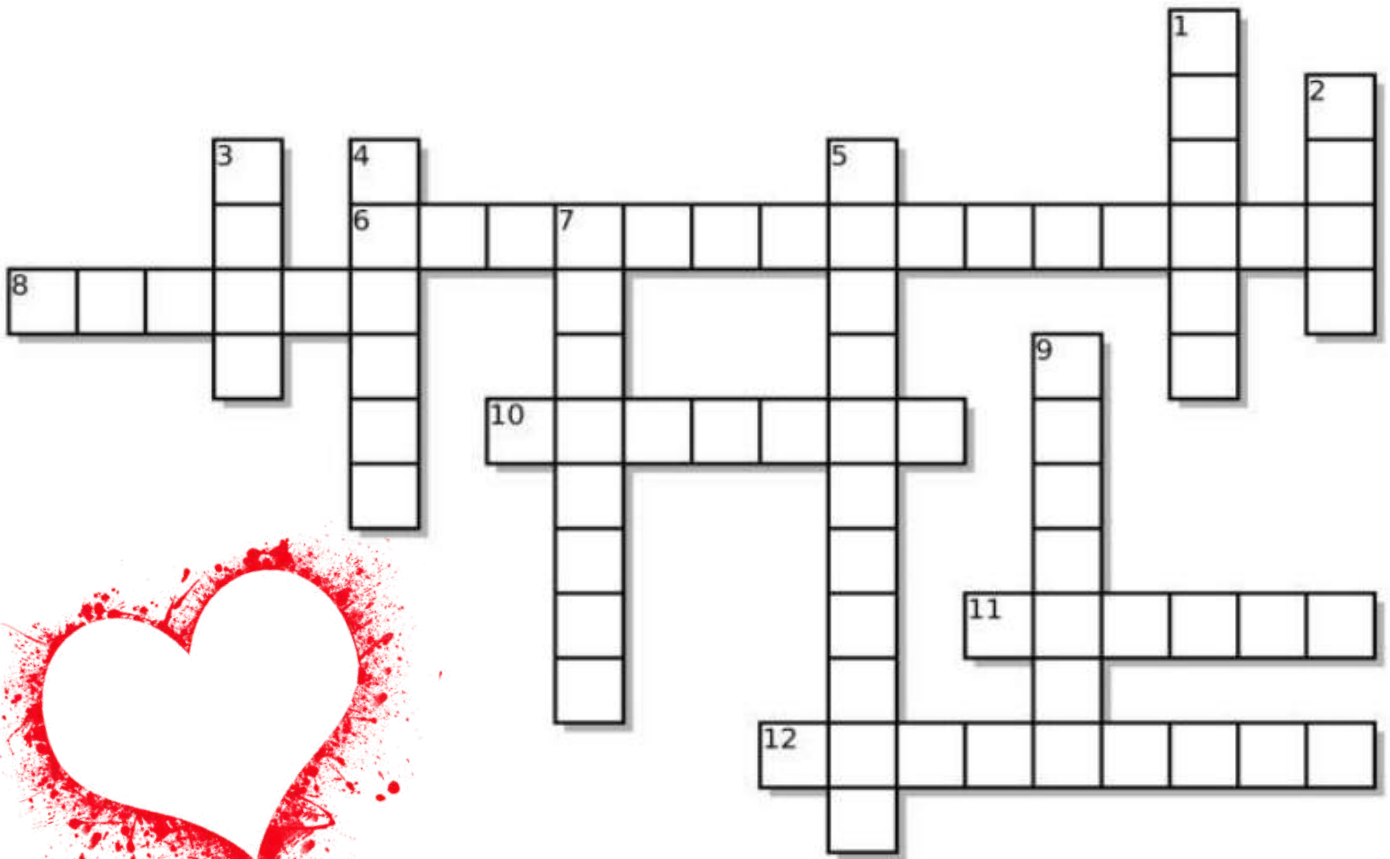
Breaking Down Step Two of AA Alcoholics Anonymous — Jason Wahler :: Living Life With Purpose & Passion :: Celebrity, Wellness, Family & Recovery

A photograph of a birthday cake with lit candles and confetti. The cake is decorated with chocolate shavings and has several lit blue candles with white stars. The background is blurred with bokeh lights. The text "Happy Birthday" is written in a large, black, cursive font over the left side of the image.

*Happy
Birthday*

PLEASE NOTE: THE RECENT DISRUPTION OF NORMAL CHANNELS OF COMMUNICATION IN OUR FELLOWSHIP HAS REDUCED THE NUMBER OF CELEBRANTS WE ARE MADE AWARE OF. IF YOU CAN LET THE OFFICE KNOW WE WILL BE ABLE TO LIST YOU OR THOSE YOU KNOW OF HERE ON A MONTHLY BASIS.

FEBRUARY CROSSWORD

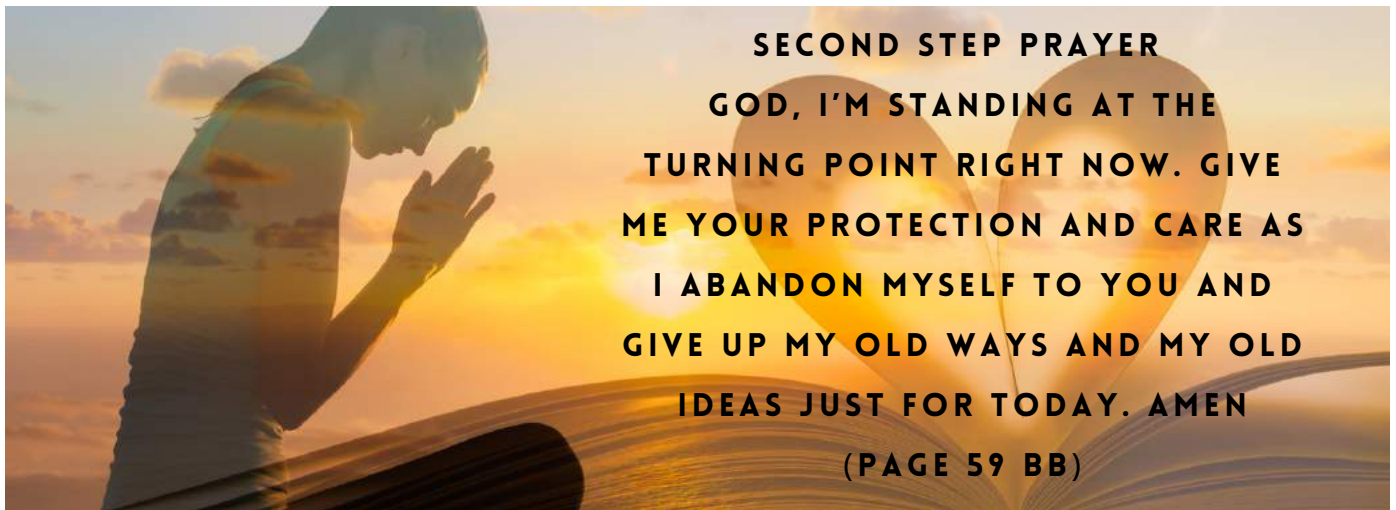


ACROSS

- 6 Concept 2: To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional _____. (3 words)
- 8 Acronym for Desert Cities Young People in Alcoholics Anonymous
- 10 This year's Gratitude Dinner will be _____, not in-person.
- 11 Tradition 2: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not _____.
- 12 "To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who _____ seek."

DOWN

- 1 The ability to think and behave in a normal and rational manner; sound mental health.
- 2 Which month will the 2022 A.A. Desert Pow Wow take place? Registration open now!
- 3 The spiritual principle of Step 2
- 4 Acronym for Pacific Region Alcoholics Anonymous Service Assembly. Online registration open now!
- 5 "Most of our experiences are what the psychologist William James calls the '_____ variety' because they develop slowly over a period of time."
- 7 "True _____ and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him."
- 9 To bring back (a previous right, practice, custom, or situation); reinstate.



SECOND STEP PRAYER
GOD, I'M STANDING AT THE
TURNING POINT RIGHT NOW. GIVE
ME YOUR PROTECTION AND CARE AS
I ABANDON MYSELF TO YOU AND
GIVE UP MY OLD WAYS AND MY OLD
IDEAS JUST FOR TODAY. AMEN
(PAGE 59 BB)

12 Things in a Newcomers Life

- 12 Steps to Work
- 11 Friends still fuming
- 10 New found triggers
- 9 New phone numbers
- 8 Friends to dump
- 7 Meetings to attend
- 6 Places to avoid
- 5 Cups of coffee
- 4 Phone calls
- 3 Pots of coffee to make
- 2 Books to read
- 1 One day at a time

JANUARY PUZZLE SOLUTION



AREA 91 REMOTE CONNECTIONS

Sundays @ 7PM
Zoom Meeting
ID# 498 714 649
Password: 912020

REMOTE COMMUNITIES
aasask.org

REGINA

ROUND-UP 2022

**CALL FOR COMMITTEE MEMBERS &
VOLUNTEERS**

For More Information join us:

Thurs. Feb. 17th at 7p.m.

Zoom 890 8543 9253 password is

roundup

AND/OR

In person at the Ricky's Restaurant at
the Sure Stay Plus Hotel (old 7 Oaks)

Sun. Feb. 20th at 1:00 p.m.