

HEART TO HEART

REGINA & AREA
ALCOHOLICS ANONYMOUS®INTERGROUP

Tradition Three:

The only requirement for membership is a desire to stop drinking.

Tradition Four:

Each group should be autonomous except in matters affecting other groups or AA as a whole

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

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



STEP THREE

MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.

IN STEP THREE WE BEGIN TO FIND A SOLUTION TO OUR PROBLEM. NOT BY OUR OWN RESOURCEFULNESS BUT BY DOING SOMETHING MANY OF US VOWED WE WOULD NEVER DO...GIVE UP!! MAKING A DECISION TO TURN OUR LIVES AND OUR WILL OVER TO GOD AS WE UNDERSTAND HIM SEEMS LIKE A PASSIVE ACT.

IN FACT IT IS VERY PROACTIVE. IT MEANS THAT WE BEGIN TO DEFER OUR THOUGHTS AND ACTIONS TO ANOTHER ENTITY. I SAY BEGIN BECAUSE WE CANNOT EXPECT TO DO THIS PERFECTLY. ALL THAT IS REQUIRED IS THAT WE REALIZE THAT OUR WAY OF RUNNING OUR LIVE IS VASTLY INFERIOR TO GOD'S.

MOST NATURALLY THE QUESTION OF WHO GOD IS ARISES. AA IS NOT ARROGANT ENOUGH TO PRESUME TO TELL US WHO TO WORSHIP. IT ONLY SITES EXAMPLES OF WHAT OTHERS WHO CAME BEFORE US FOUND IN THEIR SEARCH. LIKE ONE SPONSOR SAID TO HIS SPONSEE, "ALL YOU NEED TO BELIEVE IS THAT THERE IS A GOD AND YOU AINT IT!"

OSCAR E

JAYWALKERS MEN'S STAG, RANCHO MIRAGE

[HTTPS://AINTHEDESERT.ORG/WP-CONTENT/UPLOADS/2022/03/MARCH_FINAL.PDF](https://aainthedesert.org/wp-content/uploads/2022/03/march_final.pdf)



STEP FOUR

“MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.”

IN STEP FOUR, YOU TAKE RESPONSIBILITY FOR YOUR PAST AND CURRENT BEHAVIOR. YOU ACKNOWLEDGE THINGS THAT ARE EMBARRASSING, PAINFUL, OR DIFFICULT THAT ARE THE ROOT OF YOUR ADDICTION. AA PARTICIPANTS WRITE THEIR FEARLESS MORAL INVENTORY WHILE EXAMINING THEIR FEELINGS OF FEAR, ANGER, RESENTMENT, PRIDE, SHAME, AND PITY.

BREAKING DOWN STEP THREE OF AA

“MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.”

In step three of AA you are making a decision: it's that simple. You make decisions all day everyday, right? Making a decision to turn your will over to God or a "Higher Power" can be just like putting on a new pair of glasses and seeing everything more clearly.

STEP THREE OF AA: TURN IT OVER

When we've taken steps one and two we have learned and accepted that our lives are unmanageable, we are alcoholics and a power greater than ourselves can restore us to sanity.

What if we were to surrender the manageability part? We can surrender a lifetime of self-will run amok by making the decision to turn it all over to a Higher Power and allow someone and something to care for us. We can stop wearing ourselves out trying to make and force everything to happen as if we were in charge of everything in the world.

Recovery is a spiritual process and step three is when the doors of hope, faith and trust are opened allowing us to once again take a deep breath and feel the serenity: a gift of sobriety. The essence of step three is turning over your will, getting out of the way, and being restored to reality, honesty, balance and peace of mind.

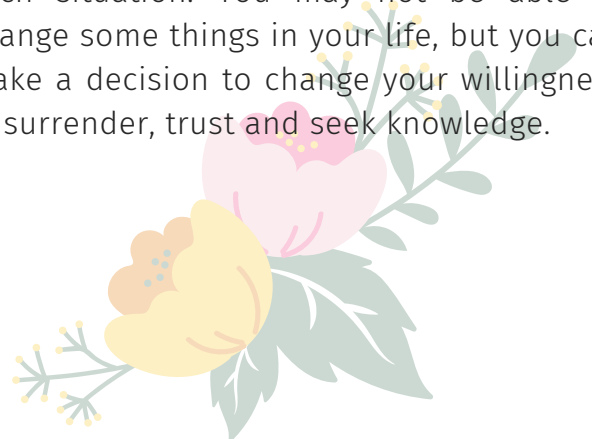
STEP THREE OF AA: SEEKING KNOWLEDGE

When working on step three we take a look at how acting on self-will means behaving with the exclusion of any consideration for others, focusing only on what we want and ignoring the needs and feelings of others. While we were busy pursuing these impulses, we mostly left a path of destruction behind us, and we definitely lost touch with our conscience and a Higher Power.

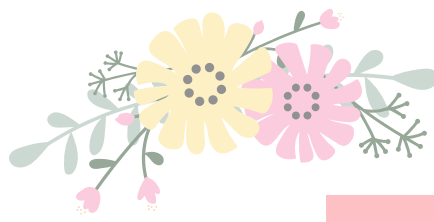
However, while working the third step we begin to focus our attention on seeking knowledge of a Higher Power's will for us. Making a decision to turn our lives and will over can't do anything unless we take the actions necessary to turn it over. Simply making a decision without following it up with action is meaningless. For example, you can make a decision to go to a meeting, but if you don't leave your home for the rest of the day, it won't happen, will it?

In AA there are many helpful recovery tools that have worked many times over at maintaining sobriety and a connection with a Higher Power. There's actually a very effective and simple prayer adapted from a prayer by Reinhold Niebuhr and known as the "Serenity Prayer," which can help you as you are seeking knowledge and make your decision to turn it over on a daily basis: "God, grant me serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

With the "Serenity Prayer" you can learn to accept with serenity the current reality of your condition and that although you cannot control the choices and actions of others, you can decide how you will act in each situation. You may not be able to change some things in your life, but you can make a decision to change your willingness to surrender, trust and seek knowledge.



continued on next page...



THE SCARY THREE-LETTER WORD: GOD

For some people a three-letter word can be even worse than a four-letter word.

Time and time again, the word “God” being used in AA literature and meetings will freak out newcomers. Upon closer inspection however, and much to all of our relief, you don’t have to consider anyone else’s conception of “God” but instead can rely on and create your own idea of who God is for yourself.

In fact, about half the original members of AA considered themselves atheists or agnostics before they began the Twelve Step program of AA. In AA we have the freedom to choose our own concept, lay aside any prejudice and have the willingness to seek a “Power greater than ourselves.” You can call that Higher Power God, Creative Force, a Oneness in the Universe, whatever you want.

There’s even an acronym that some like to use to remind themselves that a room full of other recovering addicts is their Higher Power:

G: Group

O: Of

D: Drunks

When practicing the third step we discover the spaciousness for a variety of positive and useful beliefs about a Higher Power. We make a decision to admit the possible existence of an underlying force behind the totality of things, and that the realm of the spirit is pretty darn big, roomy and all-inclusive.

THE THIRD STEP PRAYER

Taking the positive action of working the steps has clearly changed the course of our lives. Hope springs from the knowledge that our life is full of possibilities, while faith propels us forward into action doing the work that others are telling us is necessary if we are to achieve sobriety. This is a great point in your recovery to say to yourself: “I can’t. God can. So I’ll let God.”

(From the Big Book of Alcoholics Anonymous)

“God, I offer myself to Thee-
To build with me
and to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy Power,
Thy Love, and Thy Way of life.
May I do Thy will always!”

LET IT GO!

STEP THREE OF AA QUESTIONS

As part of your recovery process it’s helpful to take the time to ask and then answer important questions pertaining to step three. Here is a starting point for some review questions:

- How has acting on my own self-will affected my life? How has it affected others?
- How can I take action to turn it over?
- What is the difference between my will and God’s will?
- How is my Higher Power working in my life?
- Is my current concept of a Higher Power working my need to change?
- What does “to the care of” mean to me?
- How might my life be changed if I make the decision to “turn it over?”
- Am I unwilling to do things in my recovery that are being suggested? If so, why?
- How does surrender in the first step relate to or help the third step?

NOTES FROM INTERGROUP

Hello fellow members.

On Wednesday, March 2nd, the Intergroup body met on Zoom. I muddled through, as usual, and am very grateful for the help from those attending who made it an enjoyable and interactive meeting. For those who aren't aware, there is information on Safety and A.A. on the A.A.org website at https://www.aahomegroup.org/downloads/Safety_and_Our_Common_Welfare_smf-209_en.pdf. We have read the Safety Card for A.A. Groups for several months and last Wednesday we passed a motion to include a short paragraph, adapted from the safety piece, on the agenda that reads as follows. This, or any part of the Safety information, may be used by any A.A. group if they so choose.

“Intergroup endeavours to provide a safe meeting for all attendees and encourages each person here to contribute to fostering a secure and welcoming environment. It is this group’s conscience that if any person disrupts the group’s efforts to carry out the business of Intergroup with unacceptable behaviour, such as bullying or aggression, the group may ask that person to leave the meeting.”

The Treasurer’s report included presenting the 2022 budget which was approved. Contributions would be much appreciated now as the bank balance is running low. Please check your group’s Tradition 7 balance for excess funds. It is recommended that your contributions be directed to Intergroup and will be directed as needed (see Concept 7 and the power of the purse) to the Central Office, The Roundup, the Alcathon, the Website, The Heart to Heart, Treatment Facilities Committee, Corrections Committee, 12 Step Call Committee, and the Information Committee.

A couple of things to note are: The Twelve Step Committee project to replace the existing answering service with the Freedom Voice option has stalled right now. If you are interested in volunteering or wanting more information about Freedom Voice please contact the Twelve Step Call Committee Chair through aaregina.com. Also, the Roundup Chair is in need of volunteers. Please consider contributing your time and service and contact the Roundup Committee Chair through aa.regina.com.

And the last thing is still the need for an Intergroup Secretary, Web Servant, Social Committee Chair, and the Central Office Trustee. For a brief description of these positions and for more information please check the website.
That’s it for this month.

With Gratitude,

Catherine S.
Intergroup Chair

TIPS FOR WORKING STEP 4 IN AA

If you are having trouble identifying your problems and the way your behavior has affected yourself and others, don't worry—attending AA meetings and listening and learning from your fellow members will provide you with the clarity necessary to complete Step 4. Most likely, you'll be surprised at what you discover about yourself. You can also take this time to consult with your sponsor, who has been through Step 4 and has successfully completed a moral inventory of themselves. Step 4 can be emotionally exhausting and painful, but there are some helpful tips for working Step 4 in AA, including:

Do Step 4 honestly: If you don't approach the fourth step from a place of vulnerability and honesty, you aren't going to get as much out of it as you'd like. Having a positive attitude, intent on identifying your negative behaviors and how they've affected others can make all the difference.

Search for serenity: Approach Step 4 from a place of wanting to find peace, mentally, physically, and spiritually, and acknowledging that you can only achieve that by becoming aware of your actions.

Set up an appointment for Step 5: Because Step 5 (read moral inventory to another person) occurs immediately after you complete Step 4, make your life easier by setting up an appointment with someone as you begin Step 4.

Remember you are not being graded: Don't stress over grammar, punctuation, or grammar—Step 4 is not an English paper or a final exam. Yes, you will, in Step 5, share with someone, but ultimately, this written inventory is for you and your sobriety. Try not to worry about being judged. Welcome both good and bad feelings: Write out all of your fears, guilts, hates, hang-ups, and resentments, and welcome the feelings that arise when confronted with these hang-ups.

Keep your eye on the immediate goal: Step 4 isn't about changing your defects or behaviors (that comes later). For now, focus on your list and do the best job you can do so that you can pursue positive changes later.

HAPPY BIRTHDAY

TOM G. 20 YEARS MARCH 21, 2002

PETER N. 10 YEARS MARCH 27, 2012

JOAN F. 38 YEARS APRIL 4, 1984

BRENT 1 YEAR APRIL 21

ROCHELLE 25 YEARS APRIL 27

(BIRTHDAY MEETING SATURDAY APRIL 30

@NORWEST GROUP MEETING)

Please note:

The recent disruption of normal channels of communication in our Fellowship has reduced the number of Celebrants we are made aware of.

Please let the office know or submit birthdays through the link below so we are able to list you or those you know of here on a monthly basis.

<https://www.aaregina.com/post-an-aa-birthday-anniversary/>

PRINCIPLE 4: COURAGE

Long before I became a grateful alcoholic (never thought I would describe myself in that way), I heard the gift of courage described as fortitude. I had an intellectual sense of “fox-hole courage” but having never been in the military, I had no literal reality to frame the term. When I began losing my battle with the disease of alcoholism, the consequences led me to A.A. I experienced the miracle which allowed me to achieve a daily reprieve from my disease. In that awakening, with the help of others, I worked the 12 Steps, sought to live the 12 Traditions and even learned of the 12 Concepts.

March came in like one lion and left as a pride of them.

As I strove to practice these principles in all of my affairs, I had to ask myself what on earth did that really mean? Dearest Maggie, a darling octogenarian with over half of that time sober, drove my Home Group to tears of laughter. She said she thought compliance with this suggestion meant she needed to increase her liaisons with different men. But when the laughter subsided, she put the joke aside to burn into your consciousness as only she could: what it had been like when she drank, and how she made it to A.A. She would put flesh on the skeleton of the principles without naming them.

My sponsor conveyed the 12 Principles through the oral tradition of A.A.: Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Brotherly Love, Justice, Perseverance, Spirituality and Service. As I worked the steps each principle was vaguely recognizable. Yet they seemed as elusive as a finger of fog beneath the bridge on a blossoming October morn in The City.

The principle of Step Four is honed with inventories.

Like good friends who arrive when needed, the principles shed light and guide to the next right thing in spite of doubt or fear. These days I Zoom from one virtual meeting to the next. It’s a March that came in like one lion and exited into April as a pride of them. Not a lamb to be seen. The principle of courage is on the near horizon.

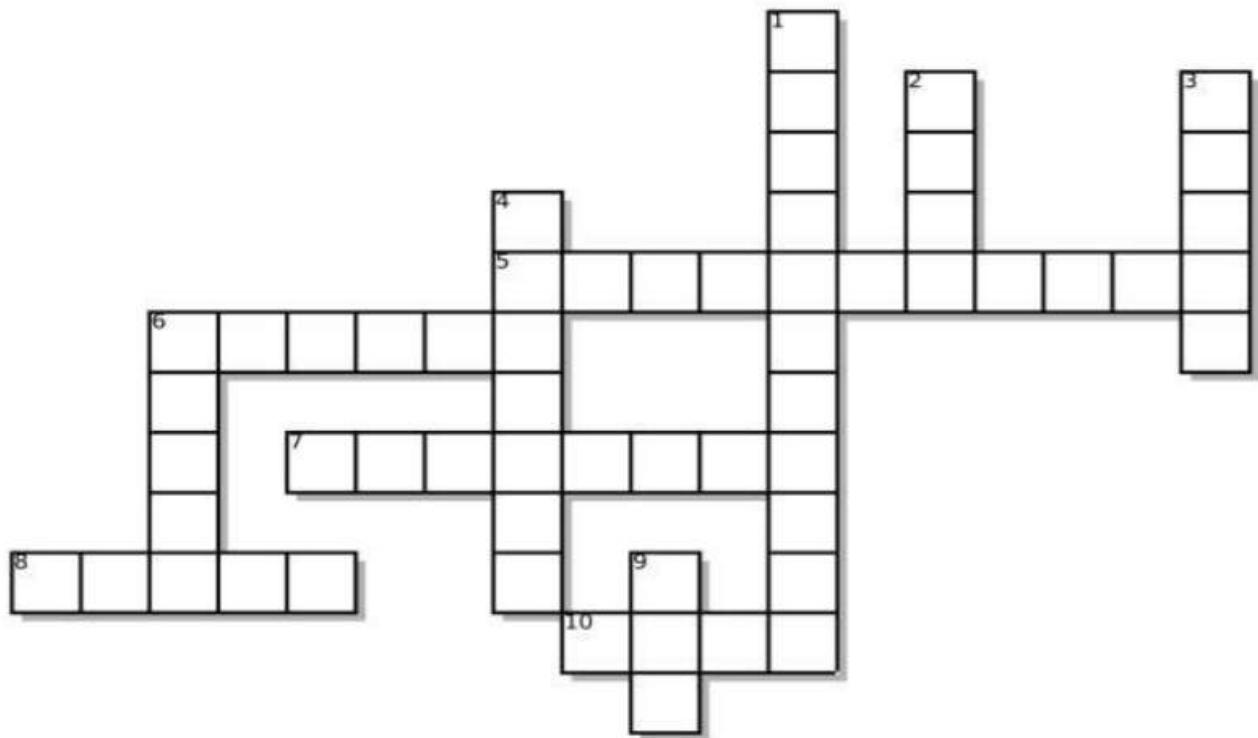
Born from a faith which knows the only thing to fear is fear itself, fortitude carries this alcoholic through troubled times. No difficulty is so great that we can’t confront it with integrity. I heard the principle of courage expressed in those sharing their experience, strength and hope in my Zoom Rooms—and I needed to hear it. I attended a Zoomer from my home town to strike back at the feeling of aloneness the Shelter In Place mandates fostered. I tuned in elsewhere just for a change of pace.

The response in the end was always the same: Have courage, you are not alone in this battle. I saw in my Zoomers how vital and necessary it was to have been searching and fearless when I had taken that inventory. That tool in my spiritual kit, the fourth principle of courage, was now put to use in ways I had never imagined. A few weeks before it would have seemed impossible.

The arch through which we passed to freedom.

Courage, the principle of Step Four, is honed with inventories. Today it meant confronting the fears of the pandemic. This was me in real time practicing the principles in all my affairs to build “the arch through which we passed to freedom” (Big Book, p. 62).

SPRING CROSSWORD

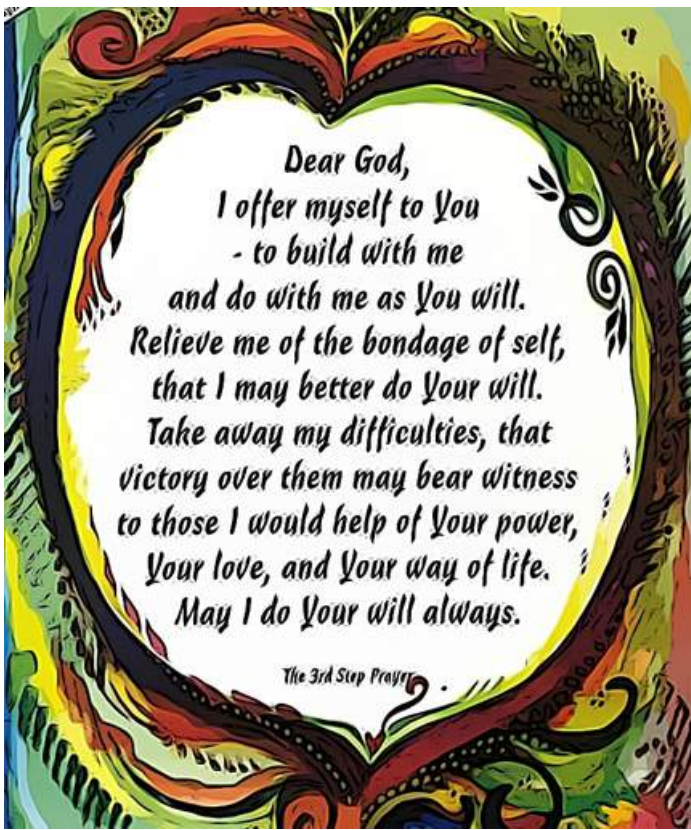


ACROSS

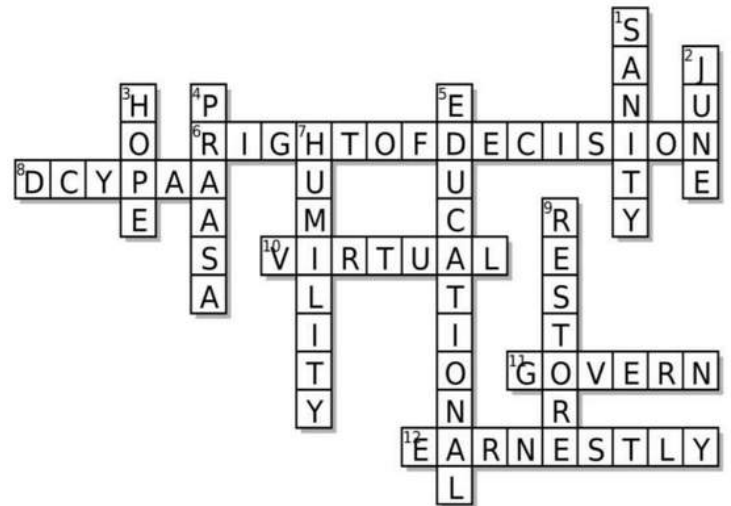
- 5 Tradition 3: The only ____ for A.A. membership is a desire to stop drinking.
- 6 Acronym for the Pacific Region Alcoholics Anonymous Service Assembly. Happening March 4th-6th. Online registration open now!
- 7 Concept 3: To insure effective leadership, we should endow each element of A.A.-the Conference, the General Service Board and its service corporations, staffs, committees, and executives-with a traditional "Right of ____."
- 8 What city is the birth place of Alcoholics Anonymous?
- 10 Bill W's wife; Co-founder of Al-Anon.

DOWN

- 1 "There is only one key, and it is called ____."
- 2 Made a decision to turn our will and our lives over to the ____ of God as we understood Him.
- 3 The spiritual principle behind Step 3.
- 4 According to the physician who wrote the "Doctor's Opinion" in the Big Book, "the phenomenon of ____ is limited to chronic alcoholics, and never occurs in the average temperate drinker."
- 6 "As we felt new ____ flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn."
- 9 "Let Go and Let ____"
- the name of the 36th Annual AA Desert Women's Banquet. Sunday, March 13th. For event details and to register online visit: desertwomensbanquet.org



FEBRUARY PUZZLE SOLUTION



**SAVE THE
DATE!**

**REGINA
ROUND-UP
2022
SEPT.
23 & 24,
2022**

CALL FOR COMMITTEE MEMBERS & VOLUNTEERS

For More Information join us at the meetings each week until further notice:

Thursdays at 7:00PM on Zoom.

Meeting ID: 890 8543 9253

Password: roundup

Sundays at 1:00PM in person.

Location: Seven Oaks All Day Eatery

Sure Stay Plus (Seven Oaks) Hotel 777 Albert Street

Sign up as a volunteer at one of the meetings or get further information by contacting Brenda G., the Roundup Chair here:
<https://www.aaregina.com/contact-ig/?myrecipient=RoundUp%20Committee%20Chair>