

# HEART TO HEART

REGINA & AREA  
ALCOHOLICS ANONYMOUS®INTERGROUP

## Tradition Five:

Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers

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](http://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](mailto:A.A@SASKTEL.NET)

306-545-9300



## STEP FIVE

# ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS

### **Overcoming Fear**

Fear is a natural reaction to confession. Although you may want recovery desperately, confronting the nature of your wrongs and admitting long-held secrets to God and to another human being may be terrifying. If you allow these feelings to stop your progress at step five, you stop moving forward in your recovery and the disease of alcohol addiction will take over once more. Alcoholics Anonymous Step Four has prepared you for step five, and by finding the courage to overcome that fear of rejection or the shame of your confession, you experience honesty on a deeper level than in your first step of admission, and you break the pattern of denial that often plagues those suffering with alcoholism.

### **5th Step: Confessing to Yourself**

Step 5 requires not only that we admit to ourselves the exact nature of our wrongs, but that we embark on an honest self-evaluation of our faults. This part of the fifth step helps to remove your egoism and helps to minimize your fear. This enables you to work on your remaining confessions to God and another human being with honesty, openness and courage.

### **Why God?**

In the third step of AA's recovery process, you ask a power greater than yourself for honesty, courage and willingness to work on each step of your recovery. The admission of your exact wrongs in the fifth step is part of the spiritual awakening that is the basis of AA's Twelve Steps. Your willingness to approach God or your Higher Power honestly is critical to your recovery. Because many alcoholics may feel unworthy of a relationship with God, this revelation to Him enables them to draw closer to God and to experience the love and acceptance that He offers. Building a positive relationship with your Higher Power also carries into your relationships with others and this is essential to recovery.

### **Confession to Another Human Being**

An alcoholic is rarely able to break the cycle of addiction without help. Part of recovering from alcohol addiction is building your self-esteem so that you realize what you have to share is worth listening to, and that you are worthy of forgiveness and respect. The person you select to share your fifth step confession with should be someone who understands the process of recovery and someone who wants to help you get through it. For this reason many choose to complete step five with a sponsor, or someone from within your AA group who will understand the process of recover and who will be compassionate and respectful of your desire not to share your confidences with anyone else. A sponsor will also help you maintain perspective as to the exact nature of the wrongs you are confessing and will not allow you to slip into denial by blaming others for what you've shared.

# THE CIRCLE AND THE TRIANGLE

The symbol of the circle and triangle is an ancient spiritual symbol meaning mind, body, and spirit together as one.

In AA, this symbol represents the three parts of our program (recovery, unity, service) which are the solutions to the three-part disease of alcoholism (physical, mental and spiritual). The circle surrounding the triangle represents Alcoholics Anonymous as a whole. The equilateral triangle is the strongest construction structure known to us. Because all three sides are equal, the triangle represents the balance required among all 36 principles in order for us to stay sober.

So the solution to our alcoholism is found in the Three Legacies (Recovery, Unity and Service) passed down to us by our co-founders, Dr. Bob, Bill W. and the first pioneers of AA. Each legacy has twelve guiding spiritual principles. A total of 36 guiding principles. Each of spiritual principles are contained in the Big Book of Alcoholics Anonymous (Recovery, Unity, Service), the Twelve and Twelve (Recovery and Unity), and the General Service Manual (Service).

The following is an explanation of each of the Legacies and it's Spiritual Principles:

## RECOVERY/MIND/THE INDIVIDUAL (MENTAL OBSESSION)

- ✓ The Set of Twelve Spiritual Principles (the 12 Steps), used to recover from alcoholism, are found in the first part of the Big Book, ending on page 164 and in the Twelve Steps and Twelve Traditions.
- ✓ The 12 Steps are known as Recovery and it is the entire foundation of our program. Thus it is the bottom of the triangle, holding up Unity and Service. The physical compulsion and the mental obsession are removed when we have completed the 12 Steps. Then comes the promise, we have recovered from a "seemingly hopeless state of mind and body". Unity and Service cannot be a part of our lives unless we are practicing these principles in all our affairs. We cannot give away what we do not have ourselves.
- ✓ So in order to determine whether we are in fit spiritual condition, we do a nightly inventory as part of Step 11 (BB 86:1):

"When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken."



## UNITY/BODY/THE AA GROUP (PHYSICAL)

- ✓ The 12 spiritual principles used within the fellowship are the 12 Traditions found in the Twelve Steps and Twelve Traditions and the Appendix of the Big Book (Fourth Edition).
- ✓ The second Legacy, Unity (Body) suggests we join a home group and participate in the meetings. In early sobriety, meetings and fellowship with recovered alcoholics can help to keep a newcomer sober until they have completed their steps and found a higher power. The fellowship of AA is the group members and is fondly referred to as "the meeting before the meeting, the AA meeting, and the meeting after the meeting."

More importantly, however, the group and its members are responsible for making sure that the door to the meeting is open and there for the newcomer.

- ✓ Do I have a group that I am committed to and involved with? When I am participating in AA and Group Conscious meetings, do I follow the 12 Traditions?  
"I am responsible. When anyone, anywhere reaches out for help, I want the hand of AA to be there. And for that: I am responsible."

## SERVICE/SPIRITUALITY/THE AA ORGANIZATION (SPIRITUAL MALADY)

- ✓ Service in AA is based in the 12 spiritual principles known as the 12 Concepts, which are found in the General Service Manual and the Appendix of the Big Book (Fourth Edition).
- ✓ "12. Having had a spiritual awakening as the result of these steps, we tried to carry the message to another alcoholic and to practice these principles in all our affairs." (BB 60:1) "PRACTICAL EXPERIENCE shows that nothing so much insures immunity from drinking than intense work with other alcoholics. It works when other activities fail. This is our TWELFTH SUGGESTION: Carry this message to other alcoholics!" (BB 89:1)
- ✓ The current service structure put in place by Bill W. and Dr. Bob allow recovered alcoholics to have resources at their disposal in order to help another alcoholic achieve sobriety.
- ✓ Am I working with other alcoholics taking them through the twelve steps? Am I practicing all of the spiritual principles inside and outside AA? Am I restless, irritable or discontent? If AA is the 12 Steps, the fellowship, and working with others, where am I with my program?

# OPPORTUNITIES FOR SERVICE

## QUALIFICATIONS

**FOR ALL POSITIONS WITHIN INTERGROUP, A COMMITMENT OF YOUR TIME AND A DESIRE TO BE OF SERVICE ARE THE MAIN QUALIFICATIONS.**

**THE INTERGROUP COMMITTEE MEMBERS SHOULD HAVE A GOOD LEVEL OF SOBRIETY; TWO YEARS IS SUGGESTED.**

## ✓ **WEBSERVANT**

The Webservant should have a good knowledge of organizing and maintaining a website.

The Webservant is a member of the office committee. The office committee is one part of Regina and Area Intergroup.

The Webservant and committee:

- Make all efforts to ensure the website is relevant.
- Make amendments to the calendar and list of upcoming events in a timely manner.
- Make amendments to the online meeting lists in a timely manner.
- Make all efforts possible to ensure that anonymity is preserved for all content on this site.
- Make all efforts possible to ensure that any material on this site is in keeping with all of AA's other Traditions.

***Members of the office and/or Regina Intergroup committees are asked to attend one Office and one Intergroup meeting per month or have their co-chair attend.***

## ✓ **OFFICE TRUSTEE**

- Sees that AA information pertinent to groups is copied and mailed to the listed group contact.
- Trustee works closely with the Central Office Manager, the Central Office Chair, and the Intergroup Chair.
- Ensures up to date meeting lists, which provide information regarding times and places of AA meetings, are maintained.
- Ensures a 24-hour telephone help line is maintained.
- Supervise all expenditures of the office.
- Review monthly all literature sales, purchases, and mailings.
- Submits an annual budget to Intergroup.
- Presents major policy, financial, location or staff changes to Intergroup Committee for review.
- Meets monthly with the Central Office Committee to deal with business pertaining to the central office and it's sub-committees.
- Presents a Central Office Report to the monthly Intergroup meeting.

## ✓ **SECRETARY**

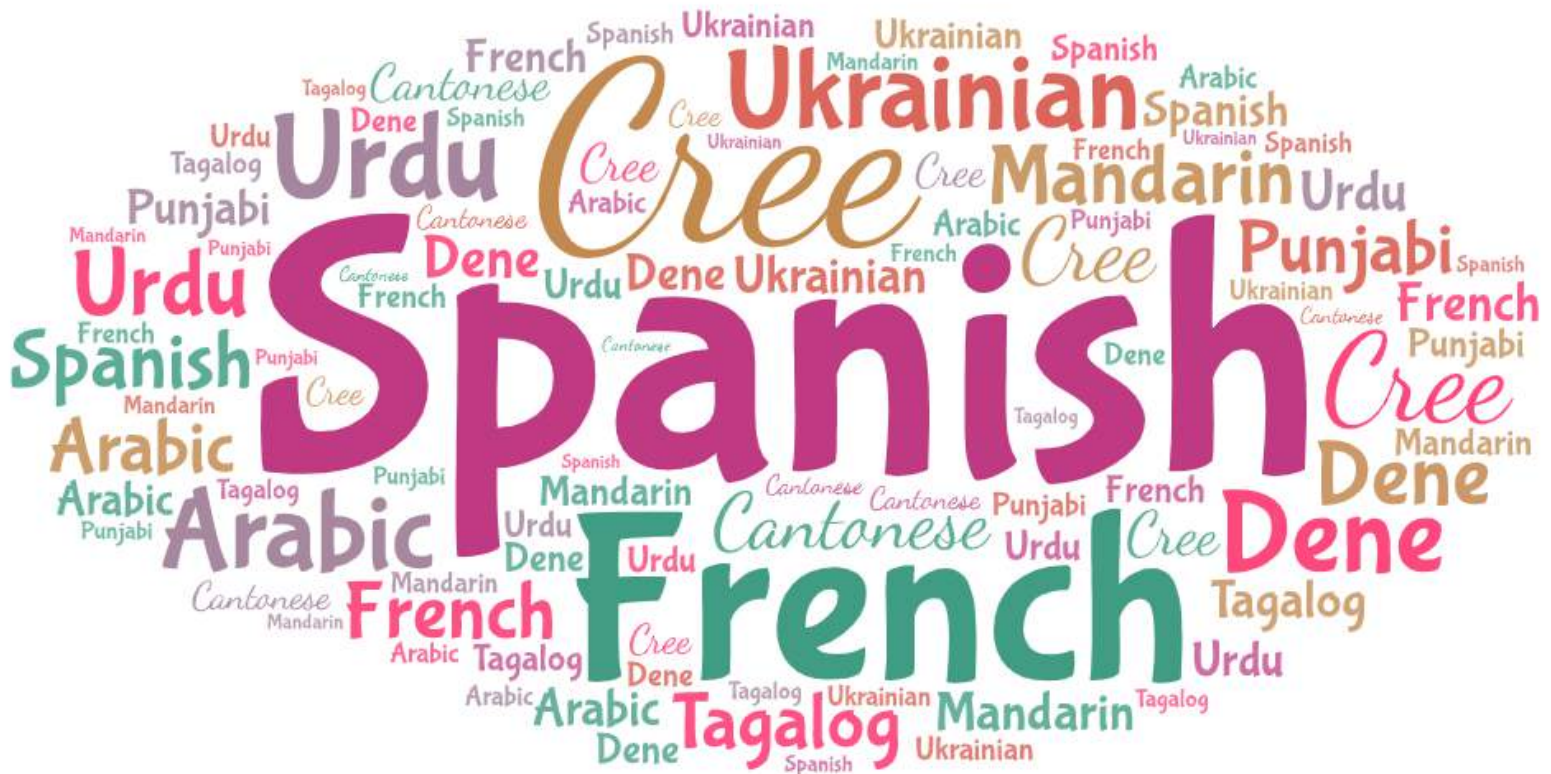
- Along with the chair, has the responsibility of preparing the meeting agenda.
- Takes comprehensive minutes, including details of all motions, seconds, and whether it passed or was defeated.
- Has completed minutes distributed promptly of regular and special meetings. Ensures a copy is archived at Central Office.

# OPPORTUNITIES FOR SERVICE

## "WHAT IF YOU NEEDED TO REACH OUT FOR HELP BUT YOU COULDN'T UNDERSTAND THE LANGUAGE?"

Occasionally, the office is contacted by people who are seeking help or have questions about Alcoholics Anonymous, whose first language is not English. Alcoholism affects everyone and reaching out for help is already difficult in your mother tongue.

Would you be willing to translate a few Q&As for someone struggling to understand what AA is in English? If you speak any other languages, please contact the office so we can maintain a list.



**SAVE  
-THE-  
DATE-**

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

An AA Roundup is a weekend-long gathering of members of Alcoholics Anonymous, Al-Anon, Alateen, families and friends; anyone is welcome to attend.

We come together as a fellowship to share our experience, strength and hope with each other.

[Sign up as a volunteer by contacting Brenda G., the Roundup Chair](#)  
[CLICK HERE.](#)

# 12 STEP CALLS

## WHEN ANYONE, ANYWHERE REACHES OUT FOR HELP

1.

The 12 Step Answering Service currently costs \$300-400/month.

2.

A potential new system being considered would cost \$25/month.

3.

A rotation of 4 volunteers per month would be needed to answer these calls after hours.

4.

There are only an average of 12 calls for help per month.

**Please contact the 12 Step Chair through the Intergroup tab @ [www.aaregina.com](http://www.aaregina.com) for more information or to sign up!**

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

# NOTES FROM INTERGROUP

Hi everyone. Here are the highlights.

- Intergroup Meetings are held the first Wednesday of each month. There will be no meetings in June and July.
- Keep your group in touch with the AA community by becoming an Intergroup Representative.
- The Regina Roundup will be held on September 23/24. The Saturday night speaker is Lyle P. from Georgia.
- Please discuss the “Freedom Voice “ idea in your groups. A cost-saving way to take phone calls from the suffering alcoholic reaching out for help. The information poster is included in this edition of the Heart to Heart.

## Choose an opportunity to step up for service:

- Intergroup Office Trustee; Preferred 2 years sobriety and a working knowledge of the 12 traditions.
- Intergroup Secretary
- Webservant & Website Committee Members needed - update and maintain aaregina.com.
- Chairpersons needed for meetings at Regina Detox Centre. Contact the Treatment Facilities Chair for more information.
- Coming soon- opportunities to chair at Pine Lodge Treatment Centre.
- Join the Public Information/Cooperation with the Professional Community Committee
- Social Committee Chair
- Second language volunteer list

For more information concerning all the above please contact the office at 3065459300 or the committee chair via [www.aaregina.com/contact-ig/](http://www.aaregina.com/contact-ig/)

Hope everyone is enjoying this wonderful weather.

Catherine S  
Intergroup Chair



# VIBANK 31ST ANNUAL ROUNDUP - APRIL 2ND, 2022

BY TOM K.

The 2022 Vibank Roundup committee would like to thank everyone for their continuing support of our annual Roundup, held on April 2nd, 2022. After much discussion and consideration, the committee made the decision to host a live, in person event, after a two year, Covid-related hiatus, where we opted for virtual events instead.

This year's Vibank Roundup was held on Saturday, April 2nd, 2022, and was a gratifying success once more, thanks to all those who came out and supported it with their attendance, participation and generosity in the registration basket at the door. One hundred and ninety-five people were in attendance, coming from communities across the province. There were people from Yorkton, Melville, Esterhazy, Francis, Kipling, White Bear First Nation, Fort Qu'Appelle, Pilot Butte, Balgonie, Estevan, Weyburn, Moose Jaw, Saskatoon and of course Regina! There were many other communities represented as well, too numerous to mention. The theme for this years Roundup was "The Key to Our Future" and registration was, as in the past, Tradition 7, or free will offering.

The earlier arrivals enjoyed a lunch of homemade soups and fresh buns. Coffee, tea and dainties were available throughout the day. Pop and water were also available throughout the day at a nominal cost. At 6:00 p.m. a delicious roast beef supper was served, with all the trimmings. The day closed with an ice cream social.

Throughout the afternoon and evening we listened to a variety of A.A. and Alanon speakers share their inspiring messages of hope and recovery. As well, we had opportunities to participate in a Call-up meeting and closed A.A. and Alanon meetings, where again we were treated to many different participants sharing their individual messages of what it was like, what happened and what it is like now.

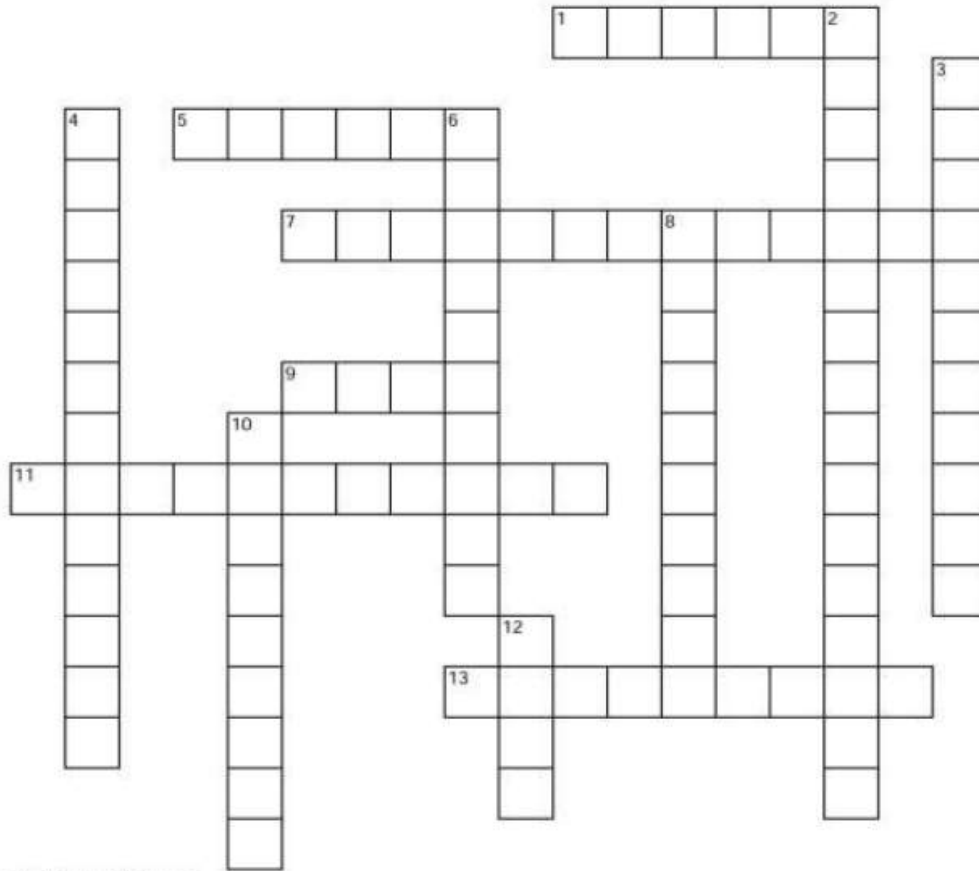
With our Tradition 7 registration, our Roundup is available for all to attend, regardless of their financial means. Through your generosity in the registration basket over the years we have been able to continue to provide an affordable Roundup for all who wish to come and be a part of it all. If there is any surplus realized after expenses have been met, it is contributed to the various local arms of A.A. service: district, area, intergroup and our General Service Office in New York, where it helps to "carry the message" to those who still suffer.

We call this Roundup "the Vibank Roundup" because it occurs in the village of Vibank, but the actual committee is composed of members of many other groups also. Our Roundup occurs with Al-Anon participation, and we have members on the committee from a variety of Al-Anon groups as well. It is a labor of love, and we have much fun in preparing for and hosting this Roundup each year. We welcome new members to the committee with the only requirement for membership being "a desire to have fun, laugh a lot, enjoy potluck suppers after the meetings, meet and work with an array of fine recovering people." If you would like to join our committee or would like more information about it, feel free to call 306-762-2162 or direct inquiries [tovibankroundup@gmail.com](mailto:tovibankroundup@gmail.com) at any time.

We again thank you for the opportunity to host this annual event and look forward to seeing many of you again on Saturday, April 1st, 2023 at the Vibank Community Hall, where we will host the 32nd annual Vibank Roundup, and once again celebrate and share our experience, strength, hope and recovery with each other.



# MAY CROSSWORD



www.CrosswordWeaver.com

## ACROSS

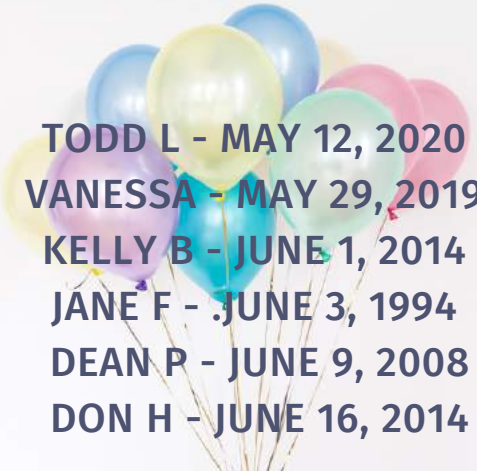
- 1 An annual AA Convention that takes place in the California desert in the summer
- 5 Desert Cities Young People of Alcoholics Anonymous (acronym)
- 7 Concept 4: At all responsible levels, we ought to maintain a traditional "Right of \_\_\_\_\_," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.
- 9 Which state is the birthplace of Alcoholics Anonymous?
- 11 Prior to starting A.A. both co-founders were in contact with what fellowship? (2 words)
- 13 The International Conventions take place once every \_\_\_\_\_.

## DOWN

- 2 Our society's great medical benefactor. (2 words)
- 3 June 10th 1935 (2 words)
- 4 Author of the famous Saturday Evening Post article that was published on March 30, 1941. It truly rocketed AA into the national consciousness. (2 words)
- 6 Each group should be \_\_\_\_\_ except in matters affecting other groups or A.A. as a whole.
- 8 Dr. Bob was a real doctor. What was his area of practice?
- 10 Bill W called this publication a "mirror of the fellowship."
- 12 In the chapter "More about Alcoholism", there is a story about a car salesman named Jim who went out looking for a prospect to sell a car. What did he pour his whisky into?

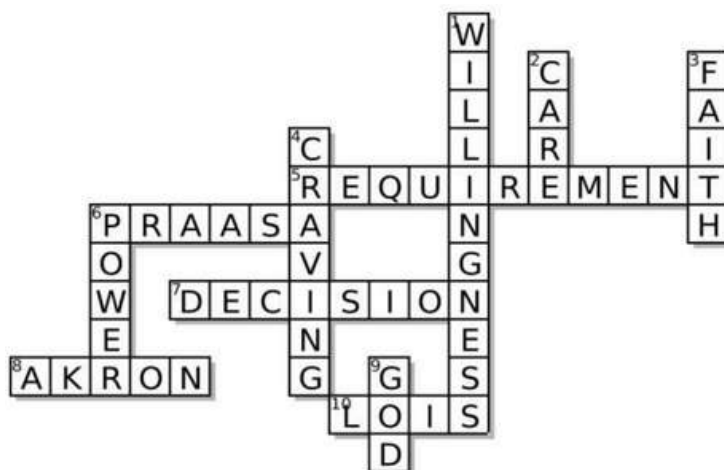
# HAPPY BIRTHDAY

TODD L - MAY 12, 2020  
VANESSA - MAY 29, 2019  
KELLY B - JUNE 1, 2014  
JANE F - JUNE 3, 1994  
DEAN P - JUNE 9, 2008  
DON H - JUNE 16, 2014



## PUZZLE SOLUTION

FROM LAST ISSUE



Please note:

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/>



Heart to Heart is the newsletter voice of Regina area AA. Regina Intergroup as a service to the AA community publishes it. It uses the basic intent of the AA Grapevine policy and mission statement as its editorial policy. Its intent is to enhance an already strong recovery community by providing a vehicle for sharing the combined recovery messages and our experiences, strengths and hopes. You and your group can contribute to its financial survival through your group and tax-deductible donations to Regina AA Intergroup Office. Any of the articles in this publication are the opinion of the writers and do not necessarily reflect official AA position.