

HEART TO HEART

regina & area
alcoholics anonymous®intergroup

Step Six:
"Humbly asked Him to
remove our
shortcomings."

**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 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

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.



69th
Regina AA Round Up
with Al-Anon Participation

Fellowship of the Spirit

September 23rd & 24th, 2022

Royal Hotel, 4025 Albert St., Regina, SK S4S 3R6

Catered by Charlotte's, Moose Jaw

Friday, September 23, 2022

"Spirit in Youth"

AA Speaker - Carmella M. (Regina)

Times and Other Activities TBA

Saturday, September 24, 2022

Al-Anon Speaker - Randy B. (Regina)

AA Speaker - Garnet W. (Saskatoon)

Al-Anon Speaker - Jennifer J. (Swift Current)

AA Speaker - Lyle P. (Georgia)

Lunch and Supper Banquet
Catered by Charlotte's, Moose Jaw

Times and Other Activities TBA

Tickets

ALL INCLUSIVE TICKETS

(Available Soon)

In Advance: \$65.00

All Meals, Speakers & Events; both days

FRIDAY ONLY TICKET

(Unless Sold-Out)

At the Door: \$10.00

Includes Everything on Friday ONLY

SATURDAY ONLY TICKET

(Unless Sold-Out)

At the Door: \$30.00

All Speakers and Events on Saturday
(Does not include Lunch or Supper Banquet)

We Accept Cash & E-Transfer Only

For Information/E-Transfer:

roundup@aaregina.com

For Tickets/Information:

Central Office (306) 545-9300

Accommodations:

Royal Hotel by Wyndham - Ph:1(800)853-1181

Booking Code: **"092222REG"** - \$99.00/night

Booking Deadline: Sept. 9, 2022

A STUDY OF TRADITION 7 IN AA

By being self-supporting and declining outside contributions, 12-step groups protect the fellowship structure and basic spiritual foundations. Tradition 7 of Alcoholics Anonymous (AA) says, "Every group ought to be fully self-supporting, declining outside contributions."

Being Self-Supporting

One of the principals of the 12-step support groups is that each member is responsible for his or her own recovery. The first part of Tradition 7 makes it clear that responsibility extends to the members of each local group as it passes the basket for contributions to pay the rent and maintain its literature library.

If the group collects more than is necessary to meet its expenses, the group can contribute to its World Service Office, which also follows this tradition by accepting no outside contributions. Although such contributions have fallen off in recent years, they are important in helping to carry the message worldwide.

Rejecting Outside Contributions

The second part of this tradition addresses the issue of the fellowship not becoming involved with outside issues or conflicts that could arise by accepting "outside contributions." If such contributions were accepted the group and its members might feel obligated to make some kind of concessions to the individual or organization making the donation. Declining these contributions keeps the fellowship independent from outside influences. It also cuts out the need to constantly chase donor funding and government grants.

As the Internet became a part of daily life, members of 12-step groups naturally began gathering together online for mutual support.

Many of 12-step online support groups (but not all) were able to adhere to Tradition 7 and remain self-supporting, keeping outside advertising off of their websites and out of their online meetings.



Taking Responsibility

AA member Althea notes the many benefits of this tradition for the alcoholic, the group, and for AA as a whole. Many come to AA at rock bottom, without a job or place to stay. No payment is required at AA, but as the alcoholic gets sober and begins to make progress in other areas of his life, he is able to place a contribution in the basket at the meeting. It makes him responsible for the first time (for many) to take care of himself and give back to the group.

Those in AA who have been in the program for years might think they have contributed enough and leave the burden of being financially responsible to newcomers. The AA co-founders understood this and Tradition 7 protects the program from getting outside help. The program shows how an alcoholic who was socially irresponsible came to be responsible.

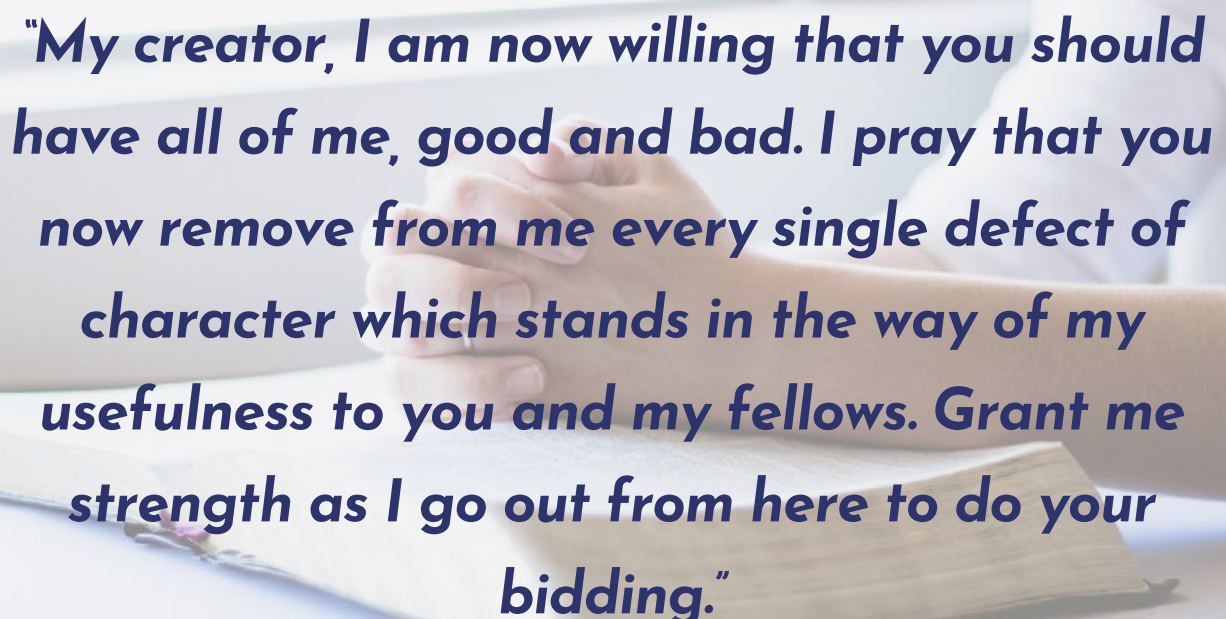
Enhancing Dignity

The dignity of the member is also built by allowing him to take care of the group's needs. AA member Tigger notes, "For a long time some of us were 'that pitiful drunk.' Some people felt we were only looking for a handout in life. Maybe some of us were, but no more. Now with our pennies, we help maintain our own sobriety. We need to only rely on ourselves and each other for the most precious gifts: dignity and sobriety."

AA member Chuck notes, "We didn't and don't take money from outsiders, no matter how kind or well-intentioned. W.H.O. stands for We Help Ourselves."

Buddy T

<https://www.verywellmind.com/a-study-of-tradition-7-69419>

A photograph showing a person's hands clasped in prayer over an open book. The text is overlaid on the image in a dark blue, bold font.

"My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here to do your bidding."

PERSPECTIVES ON STEP 7 - BY DOMINICA A

"When I think about Step 7, I think about humility, as it tends to be the central theme of this step.

Humility to me means viewing myself with an honest and realistic perspective. It's NOT thinking I'm bigger than my addictions or other people. When I thought I was "all that" and had control over my life, I was living in an alternate reality, because my life—and more specifically my emotional life—was a hot mess.

Then, once I entered recovery and lay down my addictions, I still had to contend with some things I wasn't crazy about, such as:
Anxiety, Irritability, Anger, Depression, Shame, Regret, Judgment, Envy, And more.

All of the previous steps led me to the importance of Step 7 and surrendering my will and life over to my Higher Power, asking for help once again.

It's pretty humbling to ask a Higher Power to remove shortcomings. It's saying:

You know, I really can't do this on my own. Like, this guilt that plagues my mind. It's slowly killing me and I can't let go on my own. Will you help me?

Honestly, I was ready to live a life of humility. I'd had enough of trying to do it on my own, because on my own I usually ended up in a mess.

For this step, I did ask my Higher Power to remove my shortcomings. Were they all removed at once? No. What I did notice, though, was that as I consciously invited my Higher Power to remove my shortcomings each day, they were less and less evident.

For example, one of my shortcomings was anger when things didn't go my way. I would react with anger or pout like a little girl when I didn't get my way. This was not attractive, to say the least.



So, when I began working Step 7, I asked for my Higher Power to remove this anger and help me stay calm, cool, and collected when the universe didn't cater to my every desire.

The result?

I eventually learned how to observe things through a different lens. A lens that was not filtering my life through the perspective of a lonely, disheartened, scared little girl, but rather from a mature, healed, lovable adult.

It's not some magic trick that our Higher Power does to remove our shortcomings (though some are removed miraculously quickly). We gradually learn how to let go, overcome, manage, control, and so on when it comes to shortcomings. It's a journey of self-love and insights on life!

Partner with your Higher Power in Step 7, with the intent to give your "stuff" to whatever that power is. You do the legwork and trust your Higher Power for the rest.

I think you'll see that over time, you'll notice less of your shortcomings (harsh reactions, fear, pride, shame, jealousy, anger, envy, greed, etc.) popping up and more positive things popping up instead, such as love, acceptance, humility, patience, kindness, gentleness, self-control, etc."

HOW TO HAVE FUN THIS SUMMER WITHOUT BOOZE

Summer is a time of long days, laying on the beach, parties, entertaining and usually - alcohol. From celebrating graduations, summer cookouts or weekends camping - we've come to associate fun with booze. For the non-drinker it can be hard to shift into a carefree attitude without alcohol. Here's some great ideas on how to have fun this summer without booze.

Be a kid again.

Look at all the fun the neighborhood kids are having without any alcohol involved. How can you recreate it? Organize a bike ride with friends. Take sidewalk chalk to a new level and organize a painting or chalk art party. Play beach ball soccer ball or volleyball. Grab some water guns and have a neighborhood battle.

Host a mixology party.

Invite friends over and have fun creating non-alcoholic drinks, desserts and popsicles. Throw some burgers on the grill while the popsicles are freezing and break out a game that is sure to entertain. Charades, Cards against Humanity or lawn Jenga are always fun! Once the drinks are ready have everyone vote on favorites and award prizes to the winners.

Go to a Movie in the Park

Most towns host movies in the park at least once a month which are family friendly and usually alcohol free. Grab a blanket, bring some popcorn and enjoy a movie under the stars!

Host an Ice Cream Social

Nothing says summer quite like ice cream! Arrange a different kind of pot luck by hosting an ice cream social. Have guests bring ice cream, cones and a variety of toppings. Lay it all out and let everyone create their own sundaes!

Launch a Summer Book Club

Start a summer book club. Pick books with a beach/summer theme. Host weekly get togethers complete with ice tea, lemonade, chips and salsa and other summer treats. Bond over a love of reading, juicy scenes or dreamy characters!

Get Out!

Organize a trip with friends to an amusement park, an arcade, go karts, zip lining, skydiving or whatever excites you! Activities like these release the same endorphins that alcohol does - just in a much healthier way. Neither you nor your friends will miss having a drink in hand when you're too busy having fun!



Volunteer

Volunteering can definitely be fun and build the camaraderie you're looking for. Check with youth organizations, Habitat for Humanity, Humane Societies or other Neighborhood organizations to see how you can help out. The Ronald McDonald House is always looking for groups to come in and cook for the families staying in the home while they have children receiving medical treatment. Grab a group of friends and give back!

Learn Something New

Use this summer to meet new people and pick up new skills. Take up sailing, join a beach volleyball league or learn how to skateboard. Booze isn't what makes life fun - it's usually used as a boredom buster or to fill our need for human bonding. Tackle both of those needs by getting out, making friends and learning something new!

Go Anyway!

If there's a concert, party or other event you want to go to where alcohol will be on the menu - go anyway! Bring a water bottle, bring a non-drinking friend or offer to be the designated driver. Being alcohol free doesn't mean that you have to stop participating in your life or must miss out on the activities that you use to love. You might find you enjoy them even more now that you are alcohol free!

Navigating social gatherings without booze can be awkward at first. Our society makes it difficult to realize that you can have fun without booze. Start a revolution and show everyone how great life can be without a drink in hand!

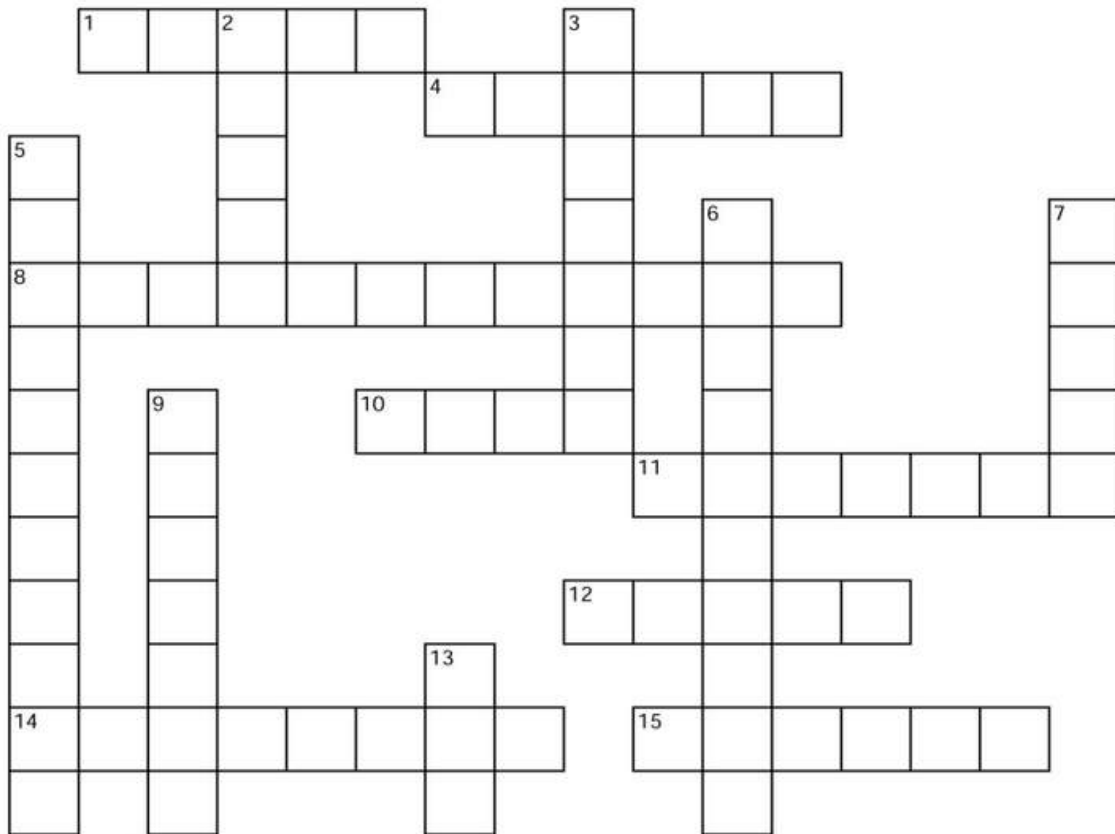
<https://thisnakedmind.com/fun-summer-without-booze/#:~:text=Organize%20a%20trip%20with%20friends,re%20too%20busy%20having%20fun!>

Here are some questions to help guide you through Step Seven:

- How has my understanding of my higher power grown?
- How have the previous six steps prepared me for step seven?
- How does being aware of my own humility help when working the seventh step?
- How do I plan to ask a God of my understanding or higher power to remove my shortcomings?
- How does the spiritual principle of "surrender" work for me in step seven?
- Am I comfortable with prayer and meditation- even if it means making up my own?
- Has my sense of perspective or "reality" been out of proportion lately?
- Have there been times when I have been able to stop from acting on a character defect and practice a spiritual principle instead?
- Are there any shortcomings that have been removed from my life or at least diminished in their power over me?

<https://www.jasonwahler.com/12-steps-of-aa/step-seven-of-aa-alcoholics-anonymous>

July CROSSWORD



www.CrosswordWeaver.com

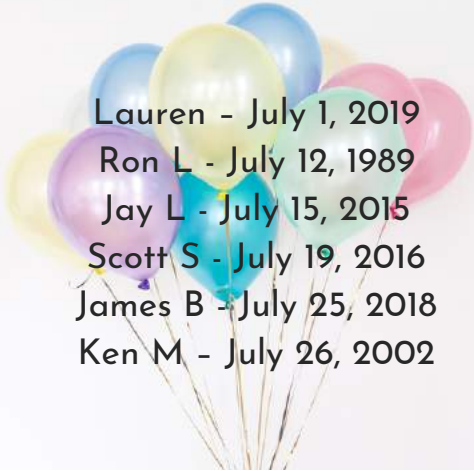
ACROSS

- 1 Very important; essential; indispensable; life supporting
- 4 Insurance; one who has become legally liable for the debt of another
- 8 Spanish for "The Twelve Steps" (3 words)
- 10 _____ does it.
- 11 Carry the _____
- 12 Give in; to give up, give way, surrender, submit; a giving way under the pressure of force, appeal, or persuasion
- 14 There is a _____
- 15 Desert Cities Young People of Alcoholics Anonymous (acronym)

DOWN

- 2 Which step is the keystone of the new and triumphant arch through which we pass to freedom?
- 3 An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our _____ purpose.
- 5 Spiritual principle of Step 6
- 6 Concept 6: The _____ recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.
- 7 To become aware from a state of sleep or unawareness; to induce, call forth or bring out a reaction or emotion; to cease sleeping
- 9 To seek information or advice from (someone with expertise in a particular area).
- 13 Were entirely ready to have _____ remove all these defects of character.

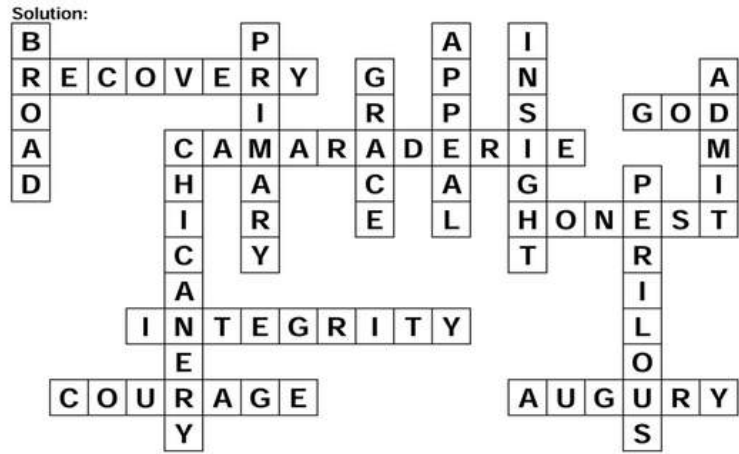
HAPPY BIRTHDAY



Lauren - July 1, 2019
 Ron L - July 12, 1989
 Jay L - July 15, 2015
 Scott S - July 19, 2016
 James B - July 25, 2018
 Ken M - July 26, 2002

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/>

WHAT IS A ROUND-UP?

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

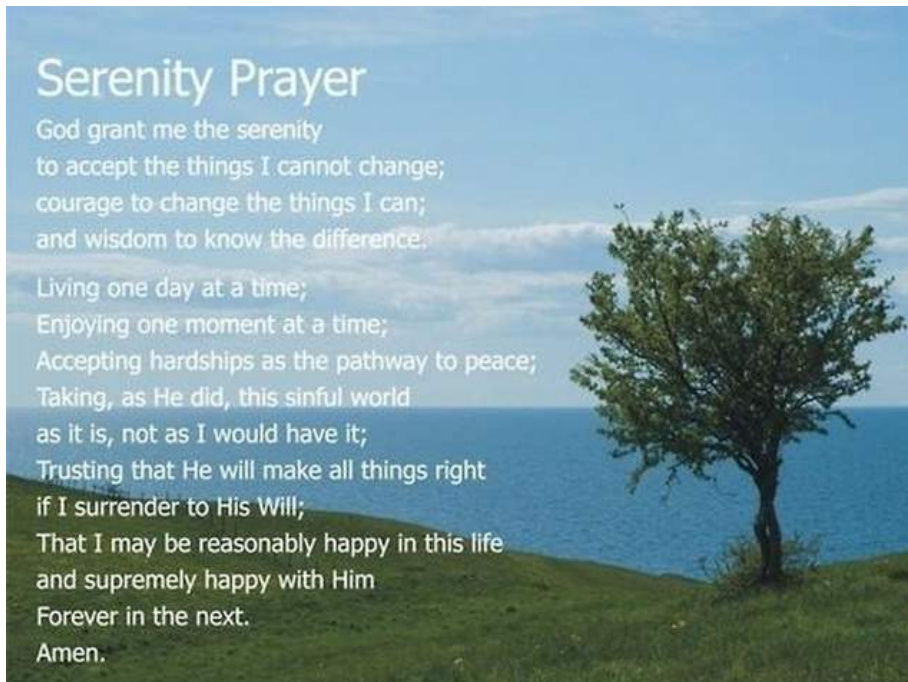
We come together as a fellowship to share our experience, strength and hope with each other.

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

Serenity Prayer

God grant me the serenity
 to accept the things I cannot change;
 courage to change the things I can;
 and wisdom to know the difference.

Living one day at a time;
 Enjoying one moment at a time;
 Accepting hardships as the pathway to peace;
 Taking, as He did, this sinful world
 as it is, not as I would have it;
 Trusting that He will make all things right
 if I surrender to His Will;
 That I may be reasonably happy in this life
 and supremely happy with Him
 Forever in the next.
 Amen.



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.