

# Heart to Heart

regina & area

alcoholics anonymous® intergroup

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 Eight:

“Made a list of all persons we had harmed and became willing to make amends to them all”

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: Returning to in person at St. Paul's 12th & McIntyre St. Mondays before Intergroup 6:30.
- Intergroup: Returning to in person meetings at the office - 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).



69<sup>th</sup>  
**Regina AA Round Up**  
with Al-Anon Participation

*Fellowship of the Spirit*

**September 23<sup>rd</sup> & 24<sup>th</sup>, 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](mailto: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

# Notes from Intergroup

I hope everyone is having a super, sober summer!

Here are the highlights from Intergroup this month.

- Roundup is on September 23rd and 24th. Tickets are \$65 and include amazing speakers from both AA and Alanon, lunch and dinner catered by Charlotte's of Moose Jaw, and an abundance of conviviality. For more information check the website for the poster and/or contact the Roundupcommitteechair@aaregina.com.
  - Groups may consider purchasing tickets to give to new members, members with special needs, or to the Roundup committee to distribute to members at their discretion.
- If you're feeling a nudge to volunteer please check out the Intergroup Committee tab on the aaregina.com website.
- Group Insurance Certificates are now available at Central Office if groups require documentation for their meeting facility.
- There is now a Website committee. Watch for changes coming soon.
- The next Intergroup meeting will be in person September 7th 6:30 at St Paul's Cathedral, 12th and McIntyre Street. Come check us out.

Yours in service and gratitude,

Catherine S. Intergroup Chair

## Principle of Rotation:

This piece is taken from the "the A.A. Group...where it all begins"

*The Principle of Rotation Traditionally, rotation ensures that group tasks, like nearly everything else in A.A., are passed around for all to share. Many groups have alternates to each trusted servant who can step into the service positions if needed. To step out of an A.A. office you love can be hard. If you have been doing a good job, if you honestly don't see anyone else around willing, qualified, or with the time to do it, and if your friends agree, it's especially tough. But it can be a real step forward in growth – a step into the humility that is, for some people, the spiritual essence of anonymity.*

# Step 8 AA

## What is Step 8 in AA?

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

For many Alcoholics Anonymous (AA) participants, step 8 is the most difficult. This is because it's the point in the steps of Alcoholics Anonymous in which you make a list of the people you've caused harm to because of your drinking.

It's one thing to face the damage created by alcoholism with yourself and your Higher Power or God – you did this during your moral inventory. Even admitting to someone who can relate is easier than discussing things with those you've harmed. But step 8 allows you to begin a life of peace and start to deal with personal relations.

Recovering alcoholics often see step 4 of the 12-step process as personal house cleaning. Step 8 is similar, but more about cleaning up your social house.

## What's Included in the 8th Step?

To complete step 8 of the 12-step program, start by making a list of the people you've harmed because of your drinking. List the specific ways you caused each one of them harm. It doesn't matter if the harm was intentional or not. If there's a possibility you harmed someone, include them on the list.

This means reflecting on experiences you'd probably rather forget, which is difficult. But remember that each of the steps leading to this one were also challenging. You've built a foundation that requires courage; use it now to get through step 8.

Once your list is complete, use it to plan for the amends you'll make in step 9. And if it won't cause more harm, you ask for forgiveness from them. Ultimately, you want to take healing action and learn how to live in the world soberly. This prepares you to repair relationships with others in the next step.

## What Does Making Amends With Someone Mean?

Some people assume that making amends means apologizing, but these two things are not the same. Apologizing might be part of making amends, but amends includes more than just saying “I'm sorry.” Think of an apology as a bandage. You place it over the wound and with time it disappears. Saying you're sorry covers pain, and it might help people feel better, but it doesn't correct the wrong.

It's impossible for a former addict to simply apologize for the pain they've caused others and expect the damage to be undone.

Making amends helps you reconnect with people you've hurt in a deeper and more meaningful way than an apology. It requires honesty, self-awareness, and responsibility.

## Importance of the Eighth Step

Step 8 is important because it enables you to move on to rebuilding relationships that were damaged. It doesn't guarantee this will happen, but the step is the first toward achieving this. It's also about taking responsibility for your role and cleaning up your side of things during addiction recovery and in life. This includes holding yourself accountable for your actions, but not exaggerating the shortcomings of yourself or others. Even if the harm caused to the relationship was mutual, in this step you're preparing to right your wrongs.

Finally, this step is important because it continues the honest present in the previous steps. As most AA participants will confirm, honesty provides freedom and opens the doors to joy.

## Letting Go of Resentment

Sober, you're free to exist in the present moment, not always waiting for the next bad thing to happen. Keep in mind, as you move through this step, that things take time. There's no good in rushing. Your sponsor provides a great deal of guidance during this step and helps you avoid doing things incompletely.

Recognize if you're reluctant to begin or move through step 8 due to resentment. You might be reluctant to make amends with someone who harmed you because you resent them. This doesn't mean that you can't forgive them, though. The cost of holding onto resentment is not gaining the freedom that's available from the 12 steps.

Many people are surprised by their eventual willingness to forgive and let go of self-pity. Be patient and let your positive feelings develop.

## Questions to Ask Yourself During Step 8 of AA

There are several questions that you can ask yourself and answer that will help you work through step 8, including:

- Are feelings of resentment blocking you from making amends?
- Have you hesitated to begin this step? If so, why?
- What's the value in determining the exact nature of your wrongs?
- Why is it important to take responsibility and be clear about the harm you've caused loved ones?
- Is there anyone on your list who might be threatening or cause you harm if you attempt to make amends?
- Would making amends with anyone on your list cause them more harm?
- Why isn't saying "I'm sorry" enough to repair the pain you've caused?
- Why can't you just change your substance abuse behavior without admitting you caused harm and making amends for it?
- Do you have any financial amends? Is your current financial situation a hindrance to do so?
- Are you able to envision your life post-amends making?
- Do you have any amends to make to people who also hurt you?

## How Do You Complete This Step?

The first part of this step is creating a list of the people with whom you need to make amends. Write this list down. Keeping a list in your head is not sufficient to complete step 8. This “right-sizes” the list and allows you to prevent it from growing out of control in your imagination. Putting your list in writing also allows you to begin letting go of any resentment you have in your personal relationships that have harmed you.

Your list should include the names of every person you can think of who you might have harmed. Even if you aren't sure if you owe someone amends, include their name on the list.

Once you feel you have a thorough list, categorize it in the following way:

1. People to make amends with as soon as you are sober
2. People to make amends with partially so as not to cause further harm
3. People to make amends with later
4. People you might never be able to make amends with

The step is about surveying the damage Alcohol Use Disorder (AUD) caused in your life. You'll begin righting wrongs in the next step. In step 8, you must be courageous and honest with yourself. It's important to recognize that you aren't to limit your list to only people who you believe will accept your attempt to make amends. Everyone must be included, even if your efforts are refused.

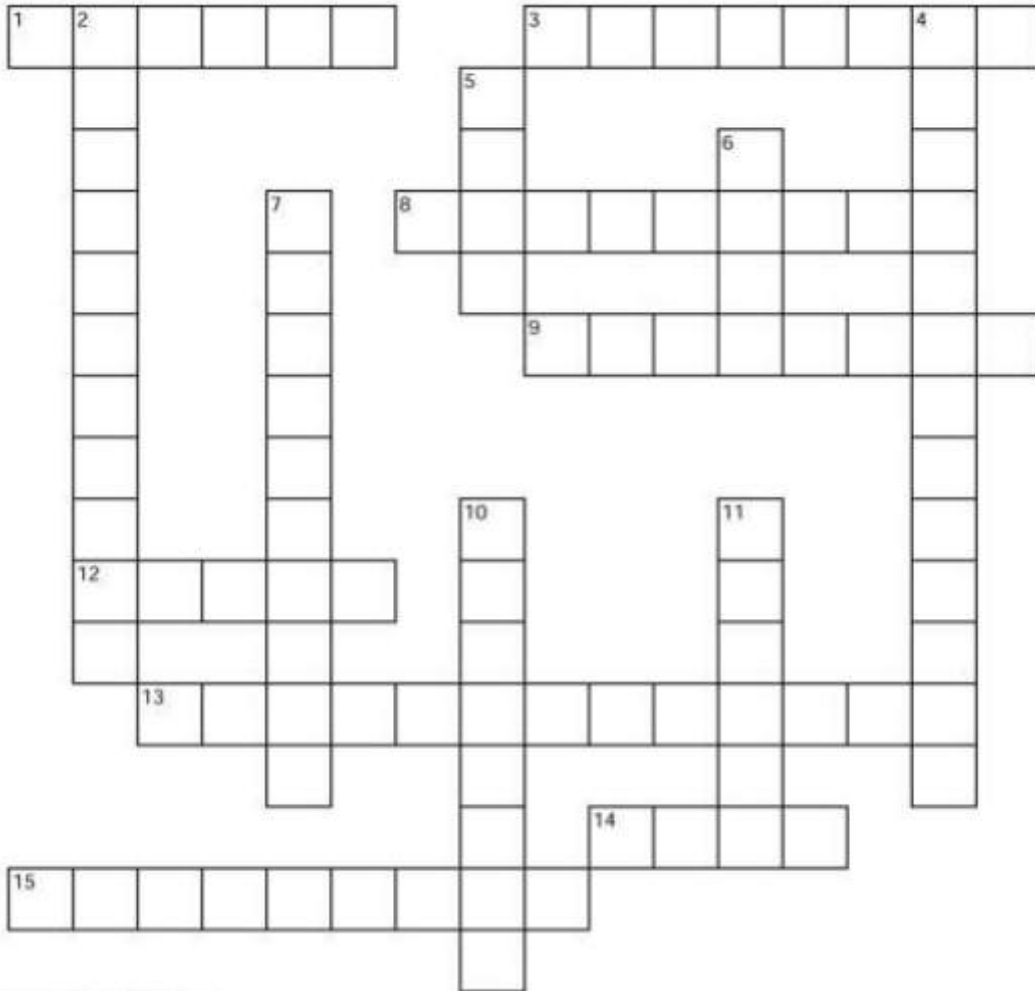
## "WHAT IF YOU NEEDED TO REACH OUT FOR HELP BUT YOU COULDN'T UNDERSTAND THE LANGUAGE?"

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.



# August Crossword



www.CrosswordWeaver.com

## ACROSS

- 1 "Alcoholics Anonymous is a fellowship of \_\_\_\_\_ who share their experience, strength and hope"
- 3 More will be \_\_\_\_\_.
- 8 "Indeed, the attainment of greater humility is the foundation \_\_\_\_\_ of each of AA's Twelve Steps."
- 9 God enables us to match calamity with this
- 12 Central Office's resident pup.
- 13 Every A.A. group ought to be fully self-supporting, declining outside \_\_\_\_\_.
- 14 The main problem of the alcoholic centers in their \_\_\_\_\_, rather than their body
- 15 The spiritual foundation of all our Traditions.

## DOWN

- 2 With all the \_\_\_\_\_ at our command, we beg of you to be fearless and thorough from the very start.
- 4 Concept 7: The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final \_\_\_\_\_.
- 5 [The Promises] will always materialize if we \_\_\_\_\_ for them.
- 6 Enlarge our spiritual \_\_\_\_\_
- 7 The dubious luxury of normal people; bitter indignation at having been treated unfairly.
- 10 Spiritual principle of Step 7
- 11 The Steps are a \_\_\_\_\_ for living that works in rough going

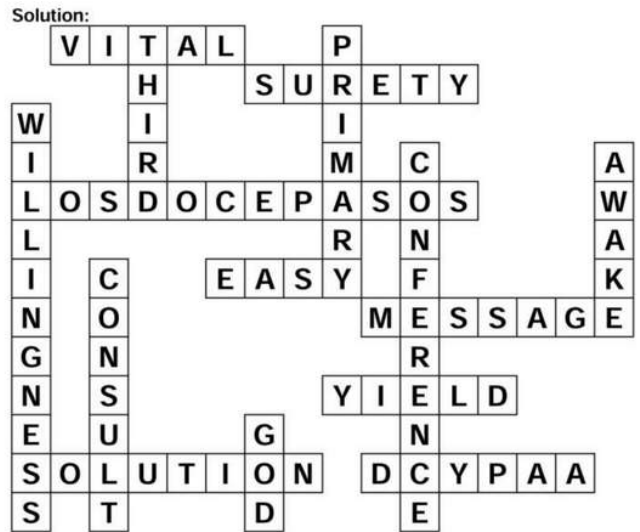
# Happy Birthday

Rod A - August 2, 1986  
 Warren S. - August 6, 2019  
 Angela L - August 7, 2020  
 Wayne B - August 26, 2021  
 Joshua B - August 28, 2020



## 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.

