

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: aa@sasktel.net 306-545-9300

Step Nine:

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

Service Meetings

All members of AA are welcome to attend:

- Office Committee Meeting: Returning to in person Mondays before Intergroup 6:30 pm at Regina Central Office.
- Intergroup: Returning to in person meetings - First Wednesday of the month 6:30 at St. Paul's 12th & McIntyre St.
- 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.org.

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



69th
Regina & Area 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"

- 6:00 pm Registration begins
7:15— 7:30 pm Welcome from Regina Intergroup
7:30— 8:30 pm AA Speaker — Carmella M. (Regina)
9:00—10:15 pm Open AA Meeting — Jade Room
9:00—11:00 pm **Entertainment and Fellowship**

Saturday, September 24, 2022

- 9:00 am Registration begins
9:30—10:30 am Open Call up Meeting
10:45—11:45 am Al-Anon Speaker — Randy B.(Regina)
12:00— 1:00 pm Lunch
1:15— 2:15 pm AA Speaker — Garnet W. (Saskatoon)
2:30— 3:30 pm AA & Al-Anon Panel Discussion
3:45— 4:45 pm Open AA & Al-Anon Meetings
5:15— 6:30 pm Banquet
6:45— 7:45 pm Al-Anon Speaker — Jennifer J.
(Swift Current)
8:00— 9:00 pm AA Speaker — Lyle P. (Georgia)
9:15—10:30 pm Open AA Meeting — Jade Room
9:15—11:00 pm **Entertainment and Fellowship**

Tickets

ALL INCLUSIVE TICKETS

(Available Until Sept. 20)

In Advance: \$65.00

All Meals, Speakers & Events; both days

FRIDAY ONLY TICKET

(Unless Sold Out)

At the Door: \$10.00

All Speakers and Events on Friday

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

Notes from Intergroup



Hi everyone.

We have an exciting Roundup coming up to close out this beautiful summer.

- Roundup, September 23rd and 24th. Tickets \$65. Tickets may have sold out by the time this newsletter is printed.
- Principle of Rotation: See below. This piece is taken from the “the A.A. Group...where it all begins”. This excellent pamphlet is available at central office.
- Groups are encouraged to have regular business meetings which provide a wonderful sense of belonging and camaraderie. General Service Representatives and Intergroup Representatives could be voted in and they can report back to the group all the AA news happening in Regina, the Province, and the World.
- There is a new website address coming very soon. The current website, aaregina.com will be migrating to aaregina.org.
- The next Intergroup meeting will be in person on October 5th at 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 NINE SPIRITUAL PRINCIPLES: ALWAYS A GOOD DAY FOR HUMBLE PIE

"Humility leads to strength and not to weakness. It is the highest form of self-respect to admit mistakes and make amends for them." - John. J. McCloy

Humility is the freedom from pride or arrogance and having the quality or state of being humble. In the Ninth Step, we will focus on the spiritual principles of humility, forgiveness and love.

We gain humility as a result of taking a good look at the damage we did to others (and ourselves) and accepting responsibility for it. After acknowledging to ourselves what we've done, we take responsibility for making it right. There is nothing quite like experiencing increased humility while making amends in your Ninth Step and recognizing the self-empowerment and self-love that comes with it.

While doing our amends and experiencing being forgiven, we begin to see the value in extending it to others. It feels good to practice forgiveness and just let go of resentment! Positive reinforcement is a great motivator to practice the spiritual principle of forgiveness as much as possible. By forgiving others we start to recognize our own humanness, and it gives us the capacity to be less judgmental than we were in the past. We become aware that since we usually mean well, we can extend that belief to others. It's interesting to note, that when someone does actually harm us, we've learned that holding resentments only serves to rob us of our own peace and serenity, so we tend to forgive them sooner rather than later. It's good stuff.

Practicing the spiritual principle of love is something we've been doing throughout our recovery just by staying clean and sober. By Step Nine, we've eliminated many of the destructive attitudes, perspectives and feelings we used to have, which makes room for love in our lives. As we become filled with love, we find the need to share it in the form of nurturing our relationships, building new ones and by selflessly sharing our recovery, our time and our resources with others in need.

Guilt and shame are the unnecessary chains that bind us to our past. By practicing these spiritual principles we can break those chains and achieve the freedom from our addiction that we have yearned for.

I'm sure you've heard that the steps are written in a specific order for a reason. That reason is that each step provides the spiritual preparation we'll need for the following steps. This is so blatantly apparent in the Ninth Step. Never in a million years would we ever have imagined during our using days that we would one day be able to sit down with the people we've harmed and make direct amends! This would not be possible without the spiritual preparation we received from the previous steps.

If we had not done the work in the first eight steps, we wouldn't now have a foundation on which to stand while we make our amends. If we had not developed a relationship with a Higher Power, we wouldn't now have the faith and trust that we definitely need to work Step Nine! If we had not done our Fourth and Fifth Steps, we would probably still be so confused about our own personal responsibility, we wouldn't know specifically what we're making amends for.

If we hadn't developed humility in the Sixth and Seventh Steps we'd likely approach our amends with self-righteousness, blame or anger. Our Eighth Step list was our practical preparation for working Step Nine. As we go into this step we must remember to stay connected to a higher power and have faith that the previous eight steps have prepared us to work the Ninth Step.

STEP NINE QUESTIONS AND GUIDELINES

There are a lot of fearful feelings before, during and after making amends in the ninth step. While working step nine it's really important to understand that the way things feel is not necessarily the way things are. Because we are feeling afraid we assume that this means we truly have something to fear. But this is not fact. To prepare for this step it's a good idea to let go of all our expectations about how our amends will or should turn out.

Here are some questions to help guide you through working Step Nine:

- How is 'making amends' committing to a continuous process of change?
- Do I have fears about making amends? Am I worried that someone will take revenge or reject me?
- How does the Ninth Step require a new level of surrender to the program?
- What about my financial amends? Do I have faith that the God of my understanding will ensure I have what I need even though I am sacrificing to make amends?
- Why doesn't it matter how my amends are received?
- How will other addicts, my sponsor, and my Higher Power be sources of strength in this process?
- Which names on my Eighth Step list are complicated by circumstances? Do I owe any amends that might have serious consequences if I made them? What are they?
- What behaviors do I need to amend?
- What are my immediate plans for making amends to myself? Do I have any long-range goals that might also fit as amends to myself? What are they? What can I do to follow through?
- Have I accepted responsibility for the harm I caused and for repairing that harm?
- What experiences have I had that led me to see the harm I caused more clearly? How has that contributed to an increase in my humility?
- What are the benefits to me of practicing the principle of forgiveness? What are some situations in which I've been able to practice this principle?



The Ninth Step Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others.

That feeling of uselessness and self pity will disappear.

We will lose interest in selfish things and gain interest in our fellows.

Self-seeking will slip away.

Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations which used to baffle us.

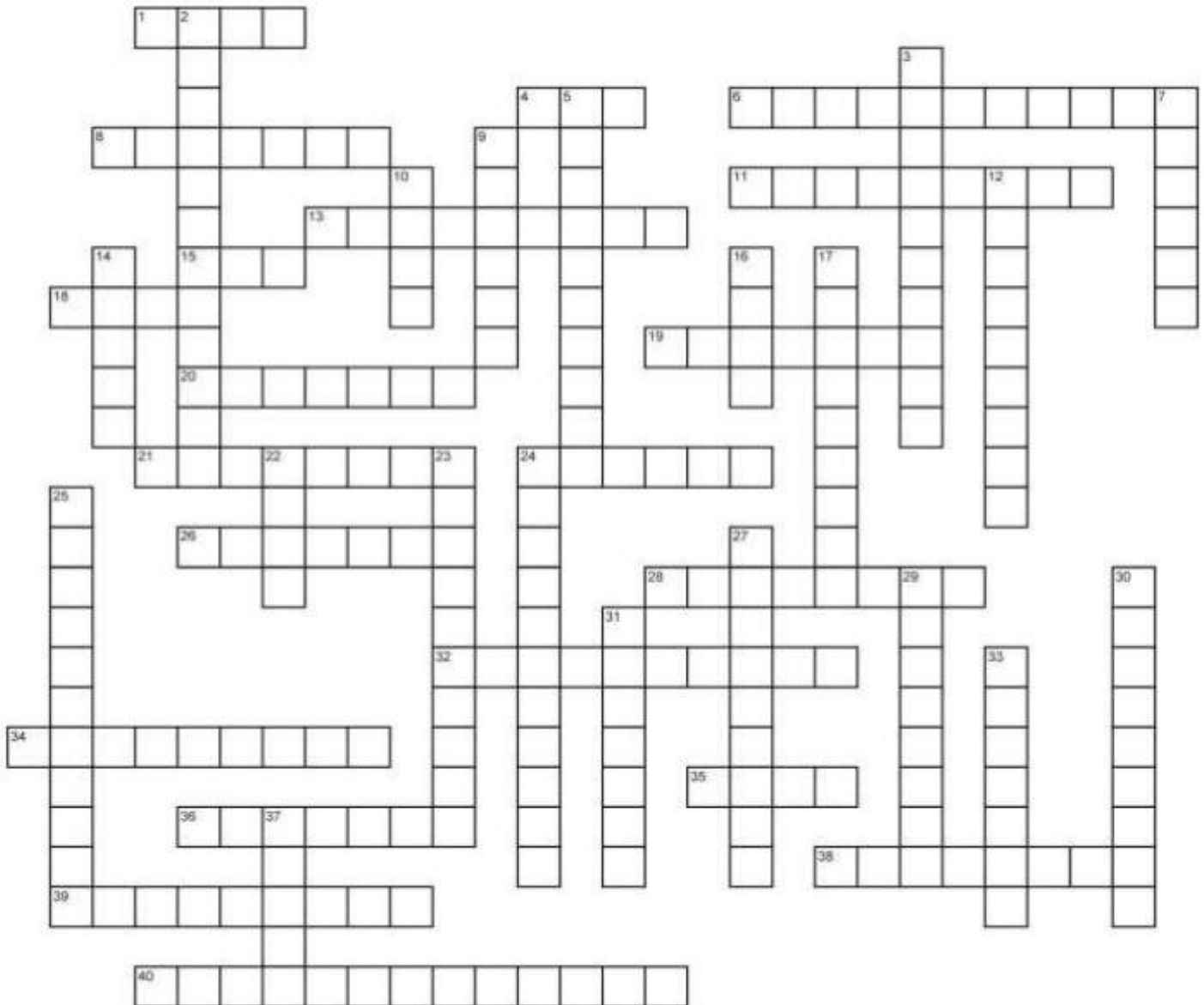
We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly.

They will always materialize if we work for them.

- Big Book pages 83 & 84

September Crossword



ACROSS

- 1 Swiss psychiatrist
- 4 New York offices
- 6 Written by Father John Doe (2 words)
- 8 it is a phenomenon
- 11 1st AA Convention city
- 13 1st AA Convention city
- 15 New York offices
- 18 happy, joyous and _____
- 19 Freedom From
- 20 Book of the month in January (2 words)
- 21 A _____ View of Alcoholics Anonymous
- 24 June conference (2 words)
- 26 About how many big books are sold each year - One _____

- 28 Twelve
- 32 spiritual
- 34 Meeting in print
- 35 As he Sees It
- 36 Valley city with the fewest meetings
- 38 Ninety
- 39 Dr. William D.
- 40 Palm Springs conference (4 words)

DOWN

- 2 our life when we got to AA
- 3 What we can't afford
- 5 International Convention 2010 location (2 words)
- 7 soundness of mind
- 9 number of different cities listed

- in our meeting directory
- 10 Bill's secretary
- 12 press, radio and films
- 14 Intoxicated
- 16 Swiss psychiatrist
- 17 meeting in print
- 22 As He Sees It
- 23 First prison to hold a meeting (2 words)
- 24 Valley city with the most AA meetings (2 words)
- 25 Valley city with the most AA meetings (2 words)
- 27 spiritual foundation
- 29 Circle and _____
- 30 Step one
- 31 it is a phenomenon
- 33 Little Angel of A.A.
- 37 Alcohol

Happy Birthday

Ryan K - September 4, 1998 - 24 years
Char L - September 12, 2001 - 21 years
Pam H - September 14, 2021 - 1 year
Mike K - Sept 26, 2014 - 8yrs
Ernest K - October 1, 2015 - 7 years
Cheryl R - October 14, 2001 - 21 years
Patricia - October 15, 2018 - 4 years
Duane - October 23, 2021 - 1 year
Zena B. - Nov 16, 2012 - 10 years

VIBANK GROUP SOBRIETY MILESTONE CELEBRATION

Come help us celebrate some of our members' sober anniversaries that we have been unable to gather to celebrate these past couple of years:

Pat K.- 25 yrs
Rod R.- 20 yrs
Beth M.- 10 yrs
Tom W.- 10yrs

Vibank Community Hall
Friday, Oct.14 @ 8:00pm
Meeting is OPEN
Cake and coffee served

PUZZLE SOLUTION

from last issue

Solution:



In October,
the current website
www.aaregina.com
will migrate to
a new location!
Find us at
www.aaregina.org.

"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.