

# Heart TO Heart

## REGINA & AREA ALCOHOLICS ANONYMOUS®

### INTERGROUP

#### regina aa central office

Central Office is staffed Monday, Wednesday, & Friday from 10 - 3PM

Closed statutory holidays.

Suite 107 - 845 Broad Street Regina, Sask. S4R 8G9

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

#### Step Twelve:

Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

*the current website  
www.aaregina.com  
has migrated to  
a new location!  
Find us at  
www.aaregina.org*



#### 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](http://www.aaregina.org).



# Notes from Intergroup

We had a great turnout for the November 2nd elections. We now have a new Alternate Intergroup Chair, Jim L, a new 12 Step Chair, Ryan C, and a new Web servant, Brittany B, effective January 2023. Thanks for the three who stepped up. I also want to welcome Graham Br, (we have two Graham B's on the committee) as the new Secretary, who just took over for the November meeting and is already doing an excellent job.

The remaining vacancies are the Central Office Trustee, the Central Office Chair, and the Intergroup Chairperson. If you feel a sense of responsibility and commitment and have at least 2 years sobriety and a working knowledge of the 12 Traditions, please contact me at [intergroupchair@aaregina.org](mailto:intergroupchair@aaregina.org). or [officetrustee@aaregina.org](mailto:officetrustee@aaregina.org). The Social Committee chair is also vacant. For additional information check out the Intergroup Committee on the [aaregina.org](http://aaregina.org) website for position descriptions.

The Treatment Facilities Chairperson is asking, effective January 2023, for volunteers to chair meetings at the Pinelodge Treatment centre, now located in Regina, and the Detox centre. Please contact Melanie H at [treatmentfacilitieschair@aaregina.org](mailto:treatmentfacilitieschair@aaregina.org) if you are interested.

The 12 Step committee is in need of more volunteers, especially women and members able to speak another language. Email [12stepchair@aaregina.org](mailto:12stepchair@aaregina.org).

Intergroup wants to pass on information about the A.A activities in Regina and area to the groups. To do that, please elect an Intergroup Representative to attend our meetings, or if you or other member of your group wish to be a contact for your group, the monthly minutes will be emailed to you.

This will be my last "Notes from Intergroup" as my term as Intergroup chair ends December 31st and I will be rotating out. I hope that a new chairperson will have stepped up by then. And so, I would like to thank the Regina and Area A.A. community and all the Intergroup members over the last two years for allowing me to be of service. The opportunity has been an excellent growing and learning experience for me and I would strongly encourage you, if you want growth in your recovery, to step up. Everyone is very understanding and willing to help you. You would not be alone. I have huge gratitude for Donna M especially, who patiently helped me along while I was having a meltdown or two! I am able to laugh now! I love that sentence in the 12 Steps and 12 Traditions, tradition 4, "Rule #62 "Don't take yourself too damn seriously". So, with that I send you my best wishes for a happy and serene Holiday Season.

Catherine S  
Intergroup Chair

P.S. Don't forget to come on out to the Alcathon, with Jim J. chairing the first in-person Alcathon for several years, you can be sure of a brilliant event. Hope to see you there!!!!



# Step 12 of AA: Carry and Practice the AA Principles

As the last step in the AA recovery process, Step 12 functions as both an acknowledgment of all your hard work and its results, as well as marching orders for stepping into the rest of your life without alcohol.

There are three distinct aspects to AA's Step 12.

## Spiritual Awakening

The first is recognizing that the previous 11 steps have resulted in what AA calls a "spiritual awakening." All of the work you've done—admitting your disease, surrendering your will to a higher power, making amends, and establishing continuous self-awareness and conscious spiritual contact—has created a huge psychological shift in you, one that you may not even realize has occurred.

That's because this major change has happened gradually, through small changes you've made in your habits and thinking over the course of your journey. Step 12 of AA calls your attention to this new mindset—after all, it's something you should be deeply proud of and grateful for.

## Support Others

Next, you're called to support other alcoholics (or anyone suffering through addiction) by carrying the lessons and principles you've learned through your own path to sobriety to others who need help. You have now become that source of empathy and experience that was so vital to your own recovery, and you have the opportunity to pay it forward.

This is best done by simply sharing your own story when asked, offering support without judgment, and keep an open the door to any who seek it.

## Acknowledging the Lifelong Endeavor

Lastly, AA Step 12 reminds you that this process is truly a lifelong endeavor. The principles you've learned and practiced throughout the 12 Steps of AA—acceptance, honesty, humility, and self-awareness, among others—are now part of a long-term sober lifestyle.

These principles, combined with your new state of consciousness, comprise a toolset from which you can draw on daily to lead a peaceful, honest, and fulfilling life of service. Step 12 of AA will never be truly complete, which is what makes it so powerful and rewarding.

## Benefits of Step 12 of AA

Working with others as part of Step 12 helps you keep your own sobriety in check. According to The Big Book, "Nothing will so much ensure immunity from drinking as intensive work with other alcoholics."

Connecting with other alcoholics, especially those in the early stages of their recovery, serves to remind you of your own struggle with addiction and why you've worked so hard to get sober. This is also a way to practice Step 10 of AA, which calls you to make a continued personal inventory of your emotions and actions. Tradition 5 of the 12 Steps and 12 Traditions puts this concept even more simply: To keep it, we have to give it away.

Serving others also brings a sense of purpose and fulfillment to your own life. You've been able to take a terrible situation in your own experience and use it for good. There's little that's more rewarding than positively impacting the course of someone's life. Again, think back to when you began the 12 Steps and how instrumental other members were in making you feel safe and valued. Knowing that you've inspired those feelings in another person is a beautiful thing, indeed.

## Practicing the 12th Step

AA's Step 12 is about helping others and practicing the principles of Alcoholics Anonymous throughout your own life. To support others in recovery, you could:

- Volunteer to tell your story frequently at AA meetings so that others might learn from your experiences.
- Become an AA sponsor so you can work one-on-one with someone who is embarking upon the 12 Steps.
- Offer to accompany someone to their first AA meeting, so they don't have to go alone (or bring them to yours).
- Take on smaller tasks at your AA meetings that can support others, like grabbing the snacks for after-meeting conversation.

To continue practicing the principles of AA, you can:

- Continue to regularly attend Alcoholics Anonymous meetings to hold yourself accountable to the fellowship.
- Keep a self-inventory journal and spot-check your emotional state throughout the day for any triggers.
- Maintain awareness of your effect on those around you, promptly admitting any hurt or wrongdoings to keep your spiritual slate clean.
- Bring the AA principles of forgiveness, empathy, and surrender to all of your relationships, such as your family, friends, and coworkers.



**Dear God (Higher Power),  
My spiritual awakening continues to  
unfold.**

**The help I have received I shall pass on  
and give to others, both in and out of the  
Fellowship.**

**For this opportunity I am grateful.**

**I pray most humbly to continue walking  
day by day on the road of spiritual  
progress.**

**I pray for the inner strength & wisdom to  
practice the principles of this way of life  
in all I do and say.**

**I need You, my friends, and the Program  
every hour of every day.**

**This is a better way to live.**