

Heart to Heart

REGINA & AREA ALCOHOLICS ANONYMOUS®
INTERGROUP

REGINA AA CENTRAL OFFICE

Central Office is staffed
Mon., Wed. & Fri. from 10 - 3PM
Closed statutory holidays.
Suite 107 - 845 Broad Street
Regina, Sask. S4R 8G9
email: a.a@sasktel.net
phone: 306-545-9300

Service Meetings

All members of AA are welcome
to attend:

- The monthly Intergroup and Office Committee Meetings have now merged and will be held the first Wednesday of the month at 6:30pm at St. Paul's 12th & McIntyre St. The next meeting is February 1, 2023.
- Districts 15, 17, 18 meet the 2nd Wednesday of the month 7:30pm. Contact the office for more details.

For the most up-to-date list of meetings on Zoom or in-person, please visit www.aaregina.org.

Step One:

We admitted we were powerless over alcohol—
that our lives had become unmanageable.

Tradition One:

Our common welfare should come first;
personal recovery depends upon A.A. unity.

The First Step
Prayer

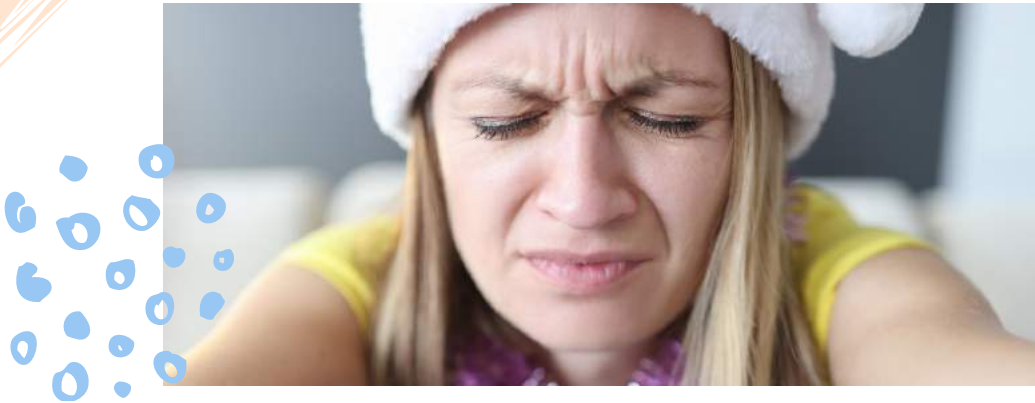
DEAR LORD, HELP ME TO SEE
AND ADMIT THAT I AM
POWERLESS OVER MY
ALCOHOLISM. HELP ME TO
UNDERSTAND HOW MY
ALCOHOLISM HAS LED TO
UNMANAGEABILITY IN MY LIFE.
HELP ME THIS DAY TO
UNDERSTAND THE TRUE MEANING
OF POWERLESSNESS. REMOVE
FROM ME ALL DENIAL OF MY
ALCOHOLISM.

SOBERTOSTAY.COM



Perspectives on Step 1

BY DOMINICA A.



Powerlessness. I never really liked the feel of that word. I mean, who wants to feel powerless? But when it comes to Step 1, I've come to know the POWER in it.

Yes, Step 1 was tough for me at first because I did not want to think that my addiction, attitude, and actions caused my life to become unmanageable. To me, that felt a lot like defeat.

But I had hit my rock bottom due to a tidal wave of emotions that sunk my ship. My life was a mess, and I had no idea how to contend with the internal rubble. So, finally, after about a million tears, I humbled myself. I became vulnerable. I realized that I was really powerless over addiction and my emotional life was out of control.

Springboard to Recovery

The good news is that my admission of powerlessness was the springboard to my recovery.

I guess I'd been living in some sort of alternate reality for much of my life. I stuffed my emotions beginning in childhood and let them stay buried because I did not want to feel the pain associated with them.

I leaned on alcohol for years, then replaced booze with a drug called love. Codependency. In my mid-30s, I encountered a traumatic event, the emotional dam broke, and all the feelings I'd stuffed for decades flooded out.

A freaking tidal wave of grief, depression, anxiety, fear, and more.

Step 1 made me realize:

- I'd spent a good part of my life trying to control others so that I would feel safe and secure.
- My self-will tended to lead me to trouble.
- I am an addict through and through; my brain is hardwired for addiction.

Foundation for the Other Steps

Step 1 is the foundation for all of the other steps. This is the step where I own my reality. The step I run to when I'm feeling insecure. Angry. Triggered. Alone. I ditch the victim mentality, take a step back and take responsibility for my life and my emotions.

This step reminds me of how miserable my life was when I was in active addiction. When things are feeling out of control, I remind myself that "I am powerless over my addiction and I need some help." I surrender.

Step 1 is my surrendering step. My honesty step. My "Do you not remember the freaking pain you were swimming through in active addiction?" step. It's the foundation step that cultivates my continued healing, serenity, and joy. The first step might have been my toughest, but I'm so grateful I took it!

Corrections Report

We are getting prepared for the possible resumption of volunteer-led AA meetings at Regina Provincial Correctional Centre (RPCC) within the first quarter of 2023.

Rod is seeking AA volunteers who are interested in chairing meetings at RPCC at this time.

If you are interested, please email Rod with the following information. This information will be sent to the RPCC Program Director who will forward required forms for the individual to have completed by police and returned to the Program Director (criminal record check).

DOB
Phone #
Address
Email Address
Organization: AA

With one year remaining in Rod's current term as Correction Chair, we would like to find an interested member to act as Co-Chair assuming Corrections Chair position when they feel ready to assume the role. Interested parties should leave their contact information at the Regina Central Office and Intergroup members will contact interested parties with interview process.

BY RODNEY R.



Happy Birthday

Jordan Z. January 1st - 1 Year
Donna J. January 4th - 36 Years
Greg C. December 24th - 1 Year
Kevin M. January 1st - 11 Years
Donna M. January 10th - 27 Years
Don P. January 15th - 36 Years
Harmony Group! January 15, 1990 - 33 Years

Focus of step 1:

Step one is built around the realization that our addiction has defeated us. That our attempts to function have failed and that addiction is the cause of this outcome. Therefore, our questions at this stage will focus on how we were defeated, by what our lives look like as a result. These questions will seem dour, and they are. But keep in mind that we are not surveying the wreckage in our lives to feel self-pity. We are preparing to rebuild.

Step 1 Questions

- How did you discover your addiction? Why did you enjoy it initially?
- How did you feel when you had not engaged in an addictive behavior for a while?
- List all the types of behavior of which your addiction consisted. Which did you do most often and why?
- Did your addiction damage your most important personal relations? How did it do so?
- Does your addiction isolate you from other people? Is it an internal feeling of isolation, or have the people in your life noticed it too?
- Were there any feelings that you to bouts of engagement in addictive behavior? Were you trying to mask them? How did your behavior alter or influence those feelings?
- What is the most regrettable outcome of your addiction?
- How did your addiction affect your finances? How did you rationalize your spending? Did you have to hide the damage from other people?
- How did you try to hide your addictive behavior from other people? Did it work?
- Did you suffer any illnesses or maladies, either physical or mental, because of your addiction? What were they? How did you deal with them?
- Did you ever do something you truly did not want to do (without being forced), knowing that you did not want it? Was it related to your addiction? How did it feel?
- Did you ever put yourself in danger because of your addiction? How did you manage the situation? Did you put yourself in danger again or did you learn from the first time?
- What is the most embarrassing situation that emerged in your life as a result of your addiction?
- Did you ever manipulate other people to satisfy your addiction? How did you rationalize it?
- In what period in your life did you feel you had the least control? Was it related to your addiction? What did it feel like?
- How much time did you spend on your addiction, both when things were at their worst and normally? How did this influence the rest of your life?
- Did you ever truly betray another person because of your addiction? How did you rationalize it?
- Did your addiction affect your career? What lengths did you go to hide your behavior at work? Did it work?
- When did you realize you were an addict? Did you feel like your life was unmanageable at that moment? In what way?

How step 1 helps us recover: Answering these questions will allow us to take stock of how our lives have become unmanageable and the damage we have done to ourselves and others. It shows how previous efforts to manage our addiction have failed. Admitting this failure allows us to prepare for a better path.

12 Step Worksheet Questions [Free Download & Print] - 12 Steppers

Intergroup Notes

The Regina Roundup Committee 2023 will be meeting to begin planning every Sunday at 1:00pm at Seven Oaks All Day Eatery, 777 Albert Street (side room).

If you'd like to be involved, please attend!

Please email roundupchair@aaregina.org if you have any questions.

The Role of an Intergroup Representative

Serving as an Intergroup Representative offers you a rewarding opportunity to share in the Third Legacy of Alcoholics Anonymous - Service.

The Intergroup Representative is elected by their home group. They then attend the monthly Intergroup meetings. To this meeting they bring any suggestions, comments, or opinions their group may have. The Intergroup representative or alternate casts their group's vote on all matters requiring a group conscience.

The purpose of the Intergroup rep is to be a link in the chain connecting the individual member of an AA group to those who are elected to maintain the operation of Intergroup. This allows Intergroup to better serve its members –which is the reason for its existence as provided for in the 9th Tradition which says, "AA, as such ought never be organized; but we may create service boards or committees directly responsible to those they serve."

We have a chair for you!



Social Events Committee Chair

To encourage and grow the fellowship among our members, the Social Events Committee determines, plans, and organizes social functions throughout the year.

Qualifications

For all positions within Intergroup, a commitment of your time and a desire to be of service, are the main qualifications.

The Social Events Committee Chair should be someone having a good level of sobriety, two years is suggested.

Position Description and Duties

The Chair and Committee:

- Arrange Intergroup social functions, excluding the annual Roundup and Alcathon.
- Coordinate advertising within the Fellowship for all its planned social functions.
- Responsible for the collection of tradition 7 at social events.
- Plan for and coordinate any volunteer help required.
- Arrange for event setup and take down.
- Keep in close touch with the Groups as to any new ideas or requests for more or less social functions.
- Maintain open dialog with Al-Anon and Alateen regarding any co-operation we may provide in any joint venture).



Submit AA-related news, articles, birthdays, or events to be featured in the next issue! Submissions for upcoming issues are due the 25th of the month prior and can be emailed to h2heditor@aaregina.org.