

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 April 5, 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.

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Step Three:

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition Three:

The only requirement for A.A. membership is a desire to stop drinking.

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

The Third Step Prayer

**GOD, I OFFER MYSELF TO THEE -
TO BUILD WITH ME AND DO WITH
ME AS THOU WILT. RELIEVE ME
OF THE BONDAGE OF SELF, THAT
I MAY BETTER DO THY WILL.
TAKE AWAY MY DIFFICULTIES,
THAT VICTORY OVER THEM MAY
BEAR WITNESS TO THOSE I
WOULD HELP OF THY POWER,
THY LOVE AND THY WAY OF
LIFE. MAY I DO THY WILL
ALWAYS!**



SOBERTOSTAY.COM



By The Grace of Something Out There

BY CHETANA P., ITALY

Four years ago today I woke up with a head about the size of Texas. My room was covered with cheese and crackers that I have no recollection of eating. My mouth felt like an army with muddy boots had just marched through there and I was so thirsty....SO THIRSTY, I could not drink enough water.

You see the day and night before I had "tied one on" as we so adoringly say in the USA. My brother had died just eight days before and I had premeditated a drunk to end all drunks early in the morning of the ninth. And the ground was ripe for me as I was going to be all alone that day so that I could drink the way I wanted to.

I started early that day with an anti anxiety drug so that when I did start drinking I was sure to get to oblivion quickly. And it worked. I have little to no memory of that day.

But four years ago today, I remember. I remember how awful I felt. How lost, sad and alone I felt. I felt a sense deep in me that this lifestyle is not working for me any longer. With the help and long distance intervention of friends who love me dearly, it was communicated to me that, and I quote "We are worried about you, Chetana. We have heard you slurring your words and getting drunk out of your mind ONE TOO MANY TIMES lately!"

I HATED to hear that but I knew they were right.

I know for a fact that I have a higher power that loves me and she has a team of angels that protect me or I would not be here writing this. When a friend recommended AA, I had no idea how to go about doing that. I live in a small community in Italy and there are no meetings around here.

I did not know there were online meetings but a couple of days later, that very friend found a link to AA online meetings. Then only a handful and only on Skype. I started going a few weeks later and the rest is history.

I am here today ONLY because there is a force out there in the universe that cares about me. I could have very easily not woken up four years ago today.

The booze and substances I had taken the day before could have anesthetized an elephant. But I survived. By the grace of something out there that is much, MUCH more powerful than I.

I am grateful today and everyday, even on the not so good days, that I made it. I am a survivor of active alcoholism and this is only one story. The day before was the last drink I took. The last time I put my body through a hellish situation that only an act of providence could have saved me from injury or death. And YET, I am here to write about it. That, to me, in and of itself, is a miracle.

I want to thank each and every one of you for your sobriety. For your love, kindness, care and shared "war stories". As for me, my drinking and especially the last part was like being in a war. One that I did not wake up to the fact I was fighting until four years ago today.

I pray for continued sobriety for me and everyone out there that wants it. We can do this and if you are reading this message today and have not had a drink today, YOU ARE doing this too!

Here we are a family. The family I have been searching for all of my life. Thank you for being a part of saving my life, keeping me sober, and loving me, warts and all.

Breaking Down Step Three of AA

STEP THREE OF AA: TURN IT OVER

When we've taken steps one and two we have learned and accepted that our lives are unmanageable, we are alcoholics and a power greater than ourselves can restore us to sanity.

What if we were to surrender the manageability part? We can surrender a lifetime of self-will run amok by making the decision to turn it all over to a Higher Power and allow someone and something to care for us. We can stop wearing ourselves out trying to make and force everything to happen as if we were in charge of everything in the world.

Recovery is a spiritual process and step three is when the doors of hope, faith and trust are opened allowing us to once again take a deep breath and feel the serenity: a gift of sobriety. The essence of step three is turning over your will, getting out of the way, and being restored to reality, honesty, balance and peace of mind.

STEP THREE OF AA: SEEKING KNOWLEDGE

When working on step three we take a look at how acting on self-will means behaving with the exclusion of any consideration for others, focusing only on what we want and ignoring the needs and feelings of others. While we were busy pursuing these impulses, we mostly left a path of destruction behind us, and we definitely lost touch with our conscience and a Higher Power.

However, while working the third step we begin to focus our attention on seeking knowledge of a Higher Power's will for us. Making a decision to turn our lives and will over can't do anything unless we take the actions necessary to turn it over. Simply making a decision without following it up with action is meaningless. For example, you can make a decision to go to a meeting, but if you don't leave your home for the rest of the day, it won't happen, will it?

Happy Birthday

Evan W. February 24 - 1 Year Birthday

John C. February 28 - 35 Years

Shannon C. March 4 - 18 Years

Tom G. March 21, - 21 Years

Peter N. March 27 - 11 Years

In AA there are many helpful recovery tools that have worked many times over at maintaining sobriety and a connection with a Higher Power. There's actually a very effective and simple prayer adapted from a prayer by Reinhold Niebuhr and known as the "Serenity Prayer," which can help you as you are seeking knowledge and make your decision to turn it over on a daily basis:

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

With the "Serenity Prayer" you can learn to accept with serenity the current reality of your condition and that although you cannot control the choices and actions of others, you can decide how you will act in each situation. You may not be able to change some things in your life, but you can make a decision to change your willingness to surrender, trust and seek knowledge.

THE SCARY THREE-LETTER WORD: GOD

For some people a three-letter word can be even worse than a four-letter word.

Time and time again, the word "God" being used in AA literature and meetings will freak out newcomers. Upon closer inspection however, and much to all of our relief, you don't have to consider anyone else's conception of "God" but instead can rely on and create your own idea of who God is for yourself.

In fact, about half the original members of AA considered themselves atheists or agnostics before they began the Twelve Step program of AA. In AA we have the freedom to choose our own concept, lay aside any prejudice and have the willingness to seek a "Power greater than ourselves." You can call that Higher Power God, Creative Force, a Oneness in the Universe, whatever you want. There's even an acronym that some like to use to remind themselves that a room full of other recovering addicts is their Higher Power:

G: Group

O: Of

D: Drunks

When practicing the third step we discover the spaciousness for a variety of positive and useful beliefs about a Higher Power. We make a decision to admit the possible existence of an underlying force behind the totality of things, and that the realm of the spirit is pretty darn big, roomy and all-inclusive.

Breaking Down Step Three of AA Alcoholics Anonymous – Jason Wahler :: Living Life With Purpose & Passion :: Celebrity, Wellness, Family & Recovery

Intergroup Notes

The Regina Roundup Committee 2023 will be meeting to begin planning every Sunday at 1:30pm 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.

STEP THREE OF AA QUESTIONS

As part of your recovery process it's helpful to take the time to ask and then answer important questions pertaining to step three. Here is a starting point for some review questions:

- How has acting on my own self-will affected my life? How has it affected others?
- How can I take action to turn it over?
- What is the difference between my will and God's will?
- How is my Higher Power working in my life?
- Is my current concept of a Higher Power working my need to change?
- What does "to the care of" mean to me?
- How might my life be changed if I make the decision to "turn it over?"
- Am I unwilling to do things in my recovery that are being suggested? If so, why?
- How does surrender in the first step relate to or help the third step?



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.

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 Alcahthon.
- 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).