

# Heart to Heart

REGINA & AREA ALCOHOLICS ANONYMOUS®  
INTERGROUP

**NEW**

## REGINA AA CENTRAL OFFICE EXTENDED HOURS

**Central Office is now staffed  
Monday - Friday 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 May 3, 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](http://www.aaregina.org).

### Step Four:

Made a searching and fearless moral inventory of ourselves.

### Tradition Four:

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

The Regina Roundup Committee 2023 will be meeting to begin planning every Sunday at 4:00pm 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](mailto:roundupchair@aaregina.org) if you have any questions.

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

## Fourth Step Prayer

DEAR GOD,  
 IT IS I WHO HAS MADE MY LIFE A MESS.  
 I HAVE DONE IT, BUT I CANNOT UNDO IT.  
 MY MISTAKES ARE MINE AND I WILL BEGIN  
 A SEARCHING AND FEARLESS MORAL  
 INVENTORY.  
 I WILL WRITE DOWN MY WRONGS  
 BUT I WILL ALSO INCLUDE  
 THAT WHICH IS GOOD.  
 I PRAY FOR THE STRENGTH  
 TO COMPLETE THE TASK.

# The (AA) Resentment Prayer

Author: Find Recovery Editorial Team The (Alcoholics Anonymous) Resentment Prayer: The 4 W's (findrecovery.com)

Battling alcoholism means confronting your fair share of negative emotions. A common one is resentment—resentment towards loved ones who “let” you drink, resentment towards work or a person for stressing you out, and resentment towards yourself for letting things get out of hand. It’s such a pervasive issue that the Big Book of AA talks calls it the “number one offender” for destroying alcoholics. If you struggle with placing blame on others, join us in breaking down the meaning of the Resentment Prayer and how to apply it to your own life.

## What is resentment and why does it matter?

Resentment is defined as “a feeling of indignant displeasure or persistent ill will at something regarded as a wrong, insult, or injury.” In short: feeling that you were wronged and treated unfairly and being unable to let it go or forgive. It’s a poisonous feeling that can make us feel self-righteous in the moment, but irreparably harm our relationships with others as well as ourselves.

It’s something that many recovering alcoholics grapple with but can be extremely detrimental to their recovery process. Why? Having feelings of resentment are in direct opposition to the core principles of AA: accepting personal responsibility for a drinking problem, getting rid of pride, and relinquishing control.

Not only are such feelings harmful to our mental health, but are tremendously unproductive. Similar to holding a grudge, but it only hurts yourself in the long run—the person you are upset with is usually oblivious to how you feel. Continuing to blame others for your own actions or shortcomings can signal that you’re not in the right mindset to move on to the other steps of AA and gain their full benefit.

## Signs of Resentment

- Unable to stop thinking about the source of insult for long periods of time
- Passive-aggressive behavior
- Avoiding the person to prevent negative emotions
- Desire for revenge

This prayer is an exercise in replacing blame with compassion—something much easier said than done. The Big Book recognizes this by acknowledging that you likely won’t mean what you’re saying the first few times you recite the Resentment Prayer. The Big Book further specifies reciting this prayer with the person(s) who’ve wronged you in mind and to continue doing it daily for at least two weeks, until you eventually do mean what you’re saying.

## The AA Resentment Prayer

The 4th Step Resentment Prayer of AA, page 552 of the Big Book reads as follows:

*“God, Please help me to be free of anger and to see that the world and its people have dominated me. Show me that the wrong-doing of others, fancied or real, has the power to actually kill me. Help me to master my resentments by understanding that the people who wrong me were perhaps spiritually sick. Please help me show those I resent the same Tolerance, Pity and Patience that I would cheerfully grant a sick friend.\*\* Help me to see that this is a sick man. Father, please show me how I can be helpful to him and save me from being angry. Lord, help me to avoid retaliation or argument. I know I can’t be helpful to all people, but at least show me how to take a kindly and tolerant view of each and every one. Thy will be done.”*

**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](mailto:h2heditor@aaregina.org).**



## The (AA) Resentment Prayer continued...

### How to Release Resentment

If you find yourself struggling to let go of resentment, here are some other things to try:

- Explore the feelings behind your resentment. What's the first thing that comes to mind when you think of the incident that caused you to resent the person? Embarrassment or shame? Inadequacy? Fear? In most cases, it's not that the person did something unforgivable, but that they made you feel a way that you really didn't like which was channeled into anger to protect your wounded ego.
- Be empathetic. Make a genuine effort to try and see things from their point of view and ignore what your intentions were or any other information that they could not have known. Considering their actions through a different lens can help you realize that the situation may not have been as black and white as you previously thought. Misunderstandings happen.
- Focus on gratitude. Considering the positive things in your life can provide some much-needed perspective. In the grand scheme of things, a quarrel with a friend or romantic partner might not be the big deal you initially thought it was. Bonus, positive thinking can lower your stress which can make it easier for you to let go of those negative feelings.

It can be challenging working through resentment alone. Find a person you trust, such as a therapist or your AA sponsor to talk your feelings through. Having a neutral third party to consult can help you navigate your own emotional blindspots.

## Tips for Completing the Fourth Step Inventory

Step four of AA's 12-step program is challenging for many AA participants. If you aren't sure where to begin, start by:

- Listing people, places, ideas, and situations that trigger positive or negative feelings for you (some items might appear more than once).
- Setting aside feelings of embarrassment or fear when creating the list. Don't worry about anyone reading the list or if you are writing well. Or consider whether those feelings of fear or embarrassment belong on the list.
- Remembering that no matter how many times you compile this list in your mind, it is not complete until it is in a tangible, hard copy format.

Remember, nearly everyone who completes this step has things they believe are too terrible to include on the list. Include them anyway. Otherwise, your list is incomplete, and you're not being honest. It's important to understand that AA is a place for people who also struggle with alcohol addiction. Nothing you can list is unique or too shocking for other participants.

## Step 4 Questions

There are several questions that you can ask yourself and answer that will help you work through step 4, including:

- Who or what are the people, places, and things that trigger resentment, and why?
- What did I do that contributed to that resentment?
- How do these resentments affect my life and my relationships with others?
- Who or what do I fear and why?
- How do I respond negatively to my fears?
- Who or what triggers feelings of shame or guilt for me?
- What feelings do I struggle to allow myself to feel? How do I act out because of this?
- How do my fears and resentment affect my relationships?
- Have you compulsively sought sex, and do you use it to fill a void?
- Have any sexual encounters caused you or someone else pain?
- How do you describe a healthy relationship?
- Do you have any secrets you haven't shared with anyone or haven't written about yet?

# We have a chair for you!



## Alcathon 2023 Committee Chair

The primary purpose of the Alcathon is to provide a safe and sober environment for our members and those new to recovery over the holiday season.

The Chair and Committee :

- Select a format for the Alcathon.
- Recommend a venue and an outline of events during the holiday season.
- Present a budget for the event at the earliest date for review to Intergroup.
- Communicate with Groups regarding activities, volunteerism, donations and meeting schedules.
- Arrange and coordinate all volunteer help required.
- Prepare and organize 24-hour meeting schedules.
- Coordinate any printing necessary (programs, ads, etc.).

## Happy Birthday

- Gail B. April 1 - 18 Years
- Cori April 2 - 4 Years
- Joan F. April 4 - 39 Years
- Meranne April 13 - 23 Years
- Mike M. April 20 - 18 Years
- Colin N. April 21 - 9 Years
- Carmella M. April 22 - 5 Years
- Meara M. April 30 - 1 Year



## Yesterday Today and Tomorrow

There are two days in every week  
about which we should not worry,  
Two days which should be kept free of fear and  
apprehension.

One of these days is YESTERDAY,  
With its mistakes and cares,  
Its faults and blunders,  
Its aches and pains.  
YESTERDAY has passed forever beyond our control.

All the money in the world cannot bring back YESTERDAY.  
We cannot undo a single act we performed;  
We cannot erase a single word we said.  
YESTERDAY is gone.

The other day we should not worry about is TOMORROW  
With its possible adversities, its burdens, its larger promise.  
TOMORROW is also beyond our immediate control.

TOMORROW, the sun will rise,  
Either in splendor or behind a mask of clouds,  
But it will rise.  
Until it does, we have no stake in TOMORROW  
For it is as yet unborn.

This leaves only one day - TODAY.  
Any man can fight the battles of just one day.  
It is only when you and I add the burdens of those two awful  
eternities  
- YESTERDAY and TOMORROW -  
That we break down.

It is not the experience of TODAY that drives men mad.  
It is remorse or bitterness for something which happened  
YESTERDAY  
And the dread of what TOMORROW may bring.

Let us, therefore, live but ONE day at a time.