

Heart to Heart



REGINA & AREA ALCOHOLICS ANONYMOUS®
INTERGROUP

REGINA AA CENTRAL OFFICE HOURS CHANGE

**Central Office is returning to
previously staffed regular hours.**

**Monday, Wednesday, 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 June 7, 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 Five:

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs

Tradition Five:

Each group has but one primary purpose: to carry its message to the alcoholic who still suffers.

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 if you
have any questions.

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

Fifth Step Prayer

HIGHER POWER, MY INVENTORY HAS SHOWN ME WHO I AM,
YET I ASK FOR YOUR HELP IN ADMITTING MY WRONGS TO
ANOTHER PERSON AND TO YOU. ASSURE ME, AND BE WITH
ME, IN THIS STEP, FOR WITHOUT THIS STEP I CANNOT
PROGRESS IN MY RECOVERY. WITH YOUR HELP, I CAN DO
THIS, AND I DO IT.



A Study of Step 5 of the 12-Step Program: Admitting the Exact Nature of Our Wrongs

What Step 5 Says

In step 3 we surrendered to our higher power—our personal understanding of God—and step 4 had us take a detailed inventory of our behavior. The next logical step is to voice all of those things we did while drinking or using. That leads us to step 5.

Step 5: Admit to God, to ourselves, and to another human being the exact nature of our wrongs.

What an order! Admitting wrongs to God and to ourselves is one thing. To actually tell someone else the exact nature of our wrongs can be a frightening task indeed. After years of "keeping secrets" and hiding faults and shortcomings, openly admitting them—and out loud to another human being—is a drastic turnaround.

Purpose of Step 5

Just as the 12 steps themselves are in a specific order for a reason, the process outlined in step 5 is as well. There is a reason that the first admission of wrongs is to God as we understand Him. It prepares members for the rest of the step. But by having that conversation with a personal higher power in a spirit of prayer, the things that need to be changed are revealed. The exact nature of our wrongs has been discovered along with the ways that they need to be changed.

Once you have had the integrity to become honest with God, then becoming honest with yourself and another human being becomes much easier. Perhaps more than any other step in the process, step 5 provides the chance to begin "growing up" spiritually. It gives the opportunity to unload the burdens of the past and be done with them.

Eliminating Pride and Overcoming Fear

The purpose of step 5 is not to feel shamed in the eyes of your sponsor or whoever listens to you during it. Instead, it is a time to get rid of the old garbage and the dark secrets we've been holding inside. Quite often, it was these things that kept us drinking or using.

When preparing for step 5, many people describe fear. It really can be a gut-wrenching process. Our pride wants us to feel like we're doing good and moving on from all that destructive behavior. Step 4 forces us to look back at all of that and step 5 brings it out into the open, revealing everything.

There's also the fear that your listener will think less of you. However, you have to keep in mind that they've been right there, too. Who knows, they may have done worse things during their drinking and using days, but that doesn't matter. In step 5, the focus is on you and what you've done. If you have thoroughly taken your inventory in step 4, then this is just an airing of those problems. Some people—quite a few, in fact—find that they need to step back and do a more thorough inventory and take step 5 again. Don't worry, the second time is actually easier, especially if you're being completely honest this time. Honesty is not something people with a substance use disorder are entirely used to, so giving it a second go is common.

Freedom of Step 5

Many people feel great freedom after doing step 5. It's a relief to get all that baggage you've been lugging around out in the open. This is a chance to clear the air internally, and there's a great relief when you finally vocalize everything.

11 Days Sober

Continued from previous page...

CHARLIE G. DECEMBER 8, 2021 - 11 Days Sober (First Post) | 12stepsofaa.com)

Step 5 is also an opportunity to get to the root cause of your addiction. While it's easy to give it titles like envy, jealousy, anger, or whatever, many people find that it's really fear. It may be different for you, of course, but the point is that this step and step 4 give you the insight to discover exactly what that is.

Rather than looking at step 5 as a fearful experience, think about how clear your conscience will be once it's done. Many people call it "freedom" and say they experience peace and calm they haven't felt in years.

Theoretically, since this kind of thinking originates from the frontal cortex of the brain, efforts to follow this step effectively exercises the part of the brain responsible for "will power" and can help recovery for that reason alone.

This truly is one of the key steps in recovery, which is why it's the hardest. Yet, it's often seen as the beginning of an entirely new life.

Author: By Buddy T. A Study of Step 5 of the 12-Step Program
(verywellmind.com))

5th Step Promises

Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator.

We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe. ~ AA p.75

I am currently in Rio de Janeiro at the moment. I have 11 days sober. For the past 11 days, I have been doing a Zoom meeting every day. All different Zoom meetings as my schedule is never the same. Today I spoke for the first time in the meeting. The chairwoman called on random people and she just so happened to call on me. The meeting was based on this thought:

The length of time of our sobriety is not as important as its quality. A person who has been in A.A. for a number of years may not be in as good mental condition as a person who has only been in a few months. It is a great satisfaction to have been an A.A. member for a long time and we often mention it. It may sometimes help the newer members, because they may say to themselves, "If they can do it, I can do it." And yet the older members must realize that as long as they live, they are only one drink away from a drunk. What is the quality of my sobriety?

This reading hit home for me. After traveling to Minnesota where I completed a 30 day rehab at The Retreat and lived in a sober house for 2 months, I did all the things they tell you to do in AA - and I was the happiest I had ever been emotionally. I got a Sponsor and we worked the 12 steps together once per week. However, I was eager to get back home.

After I had moved home, I failed to go to meetings and I did not get a new sponsor. I became a dry drunk for the next 6 months and finally I took that drink. The quality of my program completely deteriorated. The number of days sober fed into my ego that I was cured and no longer needed help. 11 days ago I had a horrible blackout and did some things I regret financially. I could not bring myself to feel better about what had happened. "Maybe an AA meeting will make me feel better", I thought. And it did. And so here I am 11 days later and I keep on coming back.

I don't care that I am 11 days sober. Like the passage says, I care about the quality of my program. If I can get a sponsor and work the steps, that's the quality I am looking for. I am currently in Rio de Janeiro and there is an English speakers meeting every Friday. I have yet to go, but in 2 days I am finally going to make that meeting.

- Charlie G

Step into Service!



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.).

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 h2heditoreaaaregina.org.

Districts 15, 17 and 18 Present

2023 Delegate's Report

**A.A.'s Three Legacies –
Our Common Solution**

BBQ Lunch

Saturday, May 27, 2023

11:00am – 2:00pm

St. James United Church
4506 Sherwood Drive, Regina

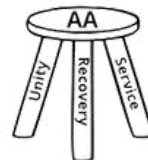
Tickets \$ 5.00

Guest Speaker: Lori R.
Delegate - Area 91, Panel 73



Tickets available at the Door

For Advance tickets/more info
Contact:
Central Office or
Your Home Group GSR



Happy Birthday

Todd L. – May 16th – 3 Years!

Micha – 10 Years! Celebration @ Out to Lunch Bunch 12 noon

Shelley M. – 1 Year! Celebration May 12th
7:30 pm Women's Serenity (open meeting)

Bob G. – 25 Years!
Celebration @ Craven May 29th

Events

Speaker Meetings
Alano Club May 13 & 27th

