

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 September 6, 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.**

Alcoholics Anonymous® symbol or name is a registered trademark of A.A. World Services, Inc.

Step Six:

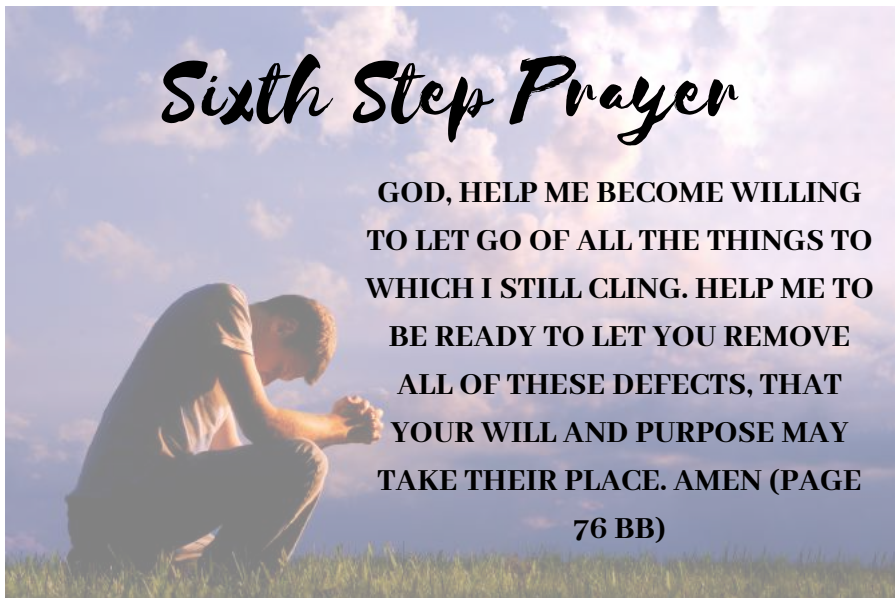
Were entirely ready to have God remove
all these defects of character.

Tradition Six:

An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Sixth Step Prayer

**GOD, HELP ME BECOME WILLING
TO LET GO OF ALL THE THINGS TO
WHICH I STILL CLING. HELP ME TO
BE READY TO LET YOU REMOVE
ALL OF THESE DEFECTS, THAT
YOUR WILL AND PURPOSE MAY
TAKE THEIR PLACE. AMEN (PAGE
76 BB)**



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



A Study of Step 6

The 12 steps of AA and Al-Anon

By [Buddy I](#)
Updated on November 18, 2020

Each of the 12 steps of recovery outlined by Alcoholics Anonymous is focused on helping people with an alcohol use disorder work toward long-term recovery. Step 6 is focused on acceptance, which involves accepting character defects exactly as they are and then being willing to let them go.

After identifying shortcomings and admitting to them by working through Steps 4 and 5, the next step forces members of 12-step recovery groups to ask themselves if they are really willing to give up some of those faults. These faults or ways of behaving and coping have been with the individual for a long time. While they may be comfortable, it is important to recognize how these old ways have contributed to the individual's problems.

If the previous steps have been done thoroughly and honestly, many times facing the truth can bring a measure of guilt, which is a great motivation to become "entirely ready" to have those shortcomings removed. As with all the steps, the ability to become ready comes from a higher power—a power greater than yourself.

How Step 6 Works

The idea behind this phase of 12-step recovery—Steps 4 through 7—is to address some of the personal issues, shortcomings, and character defects that may have been a factor in your decision to begin drinking in the first place.

If you simply stop drinking and do not address some of these other issues, they could lead you into situations that may cause you to relapse. For example, if the way you express anger or the way you handle rejection is a problem for others around you, you could end up ruining a relationship, and that could cause you to pick up a drink again.

Furthermore, if you "only" quit drinking and you don't address your other issues, you could end up what some call a "dry drunk," meaning you may become bitter and resentful. In which case, you may be sober but very unhappy.

Why Step 6 Is Important for Recovery

The reason why Step 6 is so important in the process is that it focuses on the willingness to change the old behaviors that contributed to the alcohol problem. Stopping drinking without addressing those behaviors makes it easier to slip back into your old habits.

That is why Steps 4 through 7 are in the middle of the 12 steps. If you don't admit you have shortcomings and take steps to address those issues, then a spiritual awakening may never come. It's all about being honest with yourself and those around you.

Identifying your shortcomings and admitting them is not the end of the process. Becoming "entirely ready" to do something about them is key to the solution.

What You Can Do

Practical things that you can do to work toward understanding and overcoming your problematic behaviors include:

- List your faults, weaknesses, or challenges.
- For each one, note the ways that the problem affects your behavior.
- Write down the effect this fault has both on you and on others.
- Ask yourself what feelings are associated with this weakness. Are such behaviors intended to minimize or hide distressing emotions?
- Consider what your life would be like if you did not engage in these behaviors. What are some strategies that you could use instead that would be more productive?1

Thinking of these issues in this way can help you better recognize the way they influence your moods and behaviors. It can also allow you to see the benefits of changing, which will ultimately improve your willingness and motivation to change.

Continued on next page

Continued from previous page...

History of Step 6

Step 6 introduces the phrase "defects of character." It is important to understand that the origin of this phrase stems from how alcohol and substance use were conceptualized in earlier editions of the Diagnostic and Statistical Manual of Mental Disorders (DSM). When Alcoholics Anonymous first emerged, the DSM listed alcoholism and addiction as personality disorders. It was a psychological approach to addiction that viewed substance and alcohol abuse as a result of addictive personality traits.²

Today, researchers and clinicians understand that alcohol and substance misuse are brain-based conditions. However, many of the behaviors that are the result of alcohol and substance misuse—such as denial—are obstacles on the road to recovery. Learning to recognize these behaviors as problematic and being willing to change them are essential for long-term recovery.

Helpful Strategies

There are some things that may help you approach Step 6. These include:

Humility

Working Step 6 is simply working the first five steps, and then getting humble. This is not easy for many alcoholics. Working the first five steps seems grueling at first, but they manage to do it. Then the "humble" part steps in. How do you make yourself humble? If the messages of the first five steps sink in, you find humility. If the message somehow escaped you, go back and work on them again, find out what you did wrong, and then try this step again.

People also often reflect on the times they had hurt friends, family, and employers, but rationalized their behavior and blamed the one who was injured. In working the steps and accepting responsibility for the consequences of their actions and omissions, people may experience shame and remorse.

Feeling humility can help people recognize how these past mistakes need to be addressed. Then people can take the road to redemption by making amends.

Specificity

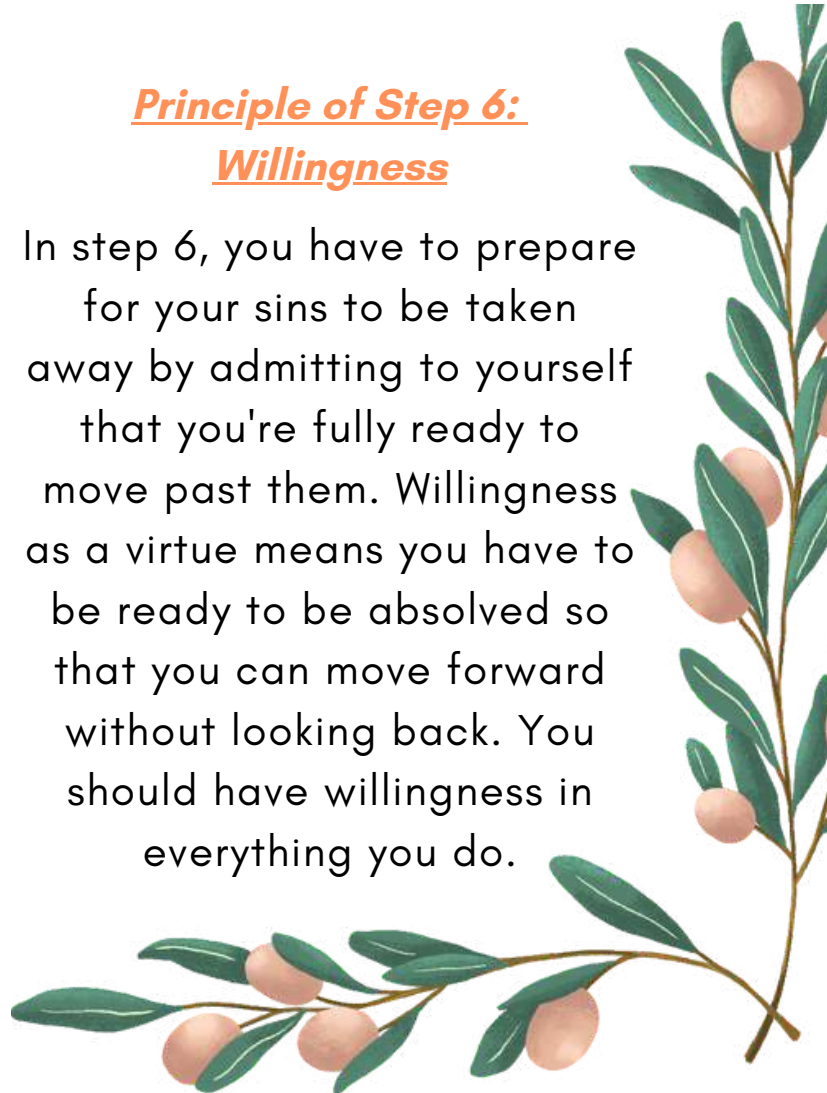
During Stage 6, it is important to be specific about some of the character faults that may have contributed to the onset and maintenance of an alcohol use disorder. Rather than simply stating that you have anger issues, look at the underlying triggers and consequences of that anger. In order to truly accept and then let go of these defects, you need to identify and recognize them for what they are.

Acceptance

The goal of Stage 6 is not to engage in self-condemnation or shaming. Instead, it is about looking at yourself with honesty and accepting the things that have played a part in your drinking problem. By showing yourself acceptance and then submitting to a higher power, you can work toward letting go of the behaviors that are holding you back from truly achieving your goals.

Principle of Step 6: Willingness

In step 6, you have to prepare for your sins to be taken away by admitting to yourself that you're fully ready to move past them. Willingness as a virtue means you have to be ready to be absolved so that you can move forward without looking back. You should have willingness in everything you do.



New 24 Hour Answering Service

306-801-6500

Regina InterGroup's 12 Step Committee officially started using the new 24-hour phone line, 306-801-6500 as of June 1st!!

The new number will be monitored and answered by dedicated volunteers from Regina AA's fellowship. This is a huge step towards self-sufficiency and follows many other Districts around North America who are happily taking up the call to service.

With this new change, the Twelfth-Step Committee is looking for committed volunteers. Volunteers will be split into two groups: Phone-Greeters and 12-Step-Call-Volunteers.

1. The **Phone-Greeters** will be the ones picking up the phone initially, answering generic questions about meetings/office hours and, when needed, forwarding the calls to the male or female 12-step lists. As a Phone-Greeter you will receive some calls unrelated to 12 Step work so it will be up to you to filter out non-12-Step inquiries and only forward callers wanting to connect with a member. There will be no minimum sobriety requirements for the Phone-Greeters making this a great opportunity for those in their first year to jump into service.
2. The **12-Step-Call-Volunteers** will connect with newcomers to share their experience, strength, and hope. On average, the answering service receives about twenty calls per month: six to eight men and six to eight women. Your time commitment will be minimal because all 12-Step-Call-Volunteers will be sharing those calls. The sobriety requirement for a 12-Step-Call-Volunteer is one year and you must have a sponsor. This ensures we are matching up newcomers with experienced members.

Training:

- **Ongoing training and support will be made available to both types of volunteers.**
- **Handouts and cheat-sheets have already been developed and will be sent to you upon sign-up.**
- **Committee members will monitor the system, be available to help with technical problems, and answer other questions related to the service.**
- **In-person training sessions are being organized which will give you the opportunity to refine your 12-Step skills and carry a strong, unified message to callers.**



"Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics."

(Alcoholics Anonymous, p.89)

This is an exciting new way to be of service and enrich your sobriety. Connecting with a still-suffering alcoholic has roots that go back to the very start of our fellowship.

Please contact the Central Office (or email a.a@sasktel.net) or visit the website (<https://aaregina.org/12-step-call-list/>) if you would like to volunteer or are curious for more info.

Your experience could save a life so please sign up today!

Alcathon 2023 Committee Chair Needed

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.).

Regina Roundup Committee 2023

Planning meetings 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.

Speaker's Meeting!

June 24th 8:30pm @ Alano Club

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.

Drop the Rock

**Our acts of humility, willingness and courage will
have a healing ripple effect on one another.**

Drop the Rock is a story about a group of Twelve Step members who set sail on a ship named Recovery, sailing across the Sea of Life toward the Island of Serenity. As the story is told, soon after the boat pulls away from the dock, its passengers realize some of their friends from AA are missing. Sure enough, their friend Mary comes running down the street and onto the dock, racing toward the boat. The people on board cheer her on. "You can do it!" they shout. Mary dives into the water and swims for the boat as fast as she can. But as she nears the boat, she slows and struggles to stay afloat. Everyone on board can see why: a heavy rock is hanging from a snarl of strings around Mary's neck. "Drop the rock!" they all shout. "Let go! Drop the rock!"

Treading water, Mary looks down at the rock. It contains all her fears, resentments, self-pity, anger and other character defects, and they're weighing her down. She also realizes that if she doesn't let go, she will likely drown.

She tears off the strings, pulls the rock away from her body, and lets it sink into the ocean. Freed of the dead weight, Mary swims the rest of the way toward the boat. And she climbs aboard, exhausted but safe in the good company of friends who are on the same journey as her.

<https://www.hazeldenbettyford.org/articles/drop-the-rock-meaning>

Happy Birthday

Percine June 1, 2004

Kelly B. June 1, 2014 - 9yrs

Jane F. June 3, 1994 - 29yrs

Dean P. June 9, 2008 - 15yrs

Dean P June 12 - 15 years

Curfew June 15, 1978 - 45 years

Don H. June 16, 2014 - 9yrs

Daniel R. June 19th - 1 Year

Emily O. June 22nd - 35yrs

July:

Ron L. July 12, 1989 - 34yrs

Jay L. July 15, 2015 - 8yrs

Scott S. July 19, 2016 - 7yrs

