

Heart to Heart

REGINA & AREA ALCOHOLICS ANONYMOUS®
INTERGROUP

REGINA AA CENTRAL OFFICE HOURS CHANGE

**Central Office is is open
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 are held the first Wednesday of the month at 6:30pm at St. Paul's 12th & McIntyre St. The next meeting is October 4, 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 Nine:

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition Nine:

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Ninth Step Prayer

GOD, GIVE ME THE STRENGTH AND
DIRECTION TO DO THE RIGHT THING NO
MATTER WHAT THE CONSEQUENCES
MAY BE. HELP ME TO CONSIDER OTHERS
AND NOT HARM THEM IN ANY WAY. HELP
ME TO CONSULT WITH OTHERS BEFORE I
TAKE ANY ACTIONS THAT WOULD CAUSE
ME TO BE SORRY. HELP ME TO NOT
REPEAT SUCH BEHAVIORS. SHOW ME
THE WAY OF PATIENCE, TOLERANCE,
KINDLINESS, AND LOVE AND HELP ME
LIVE THE SPIRITUAL LIFE. AMEN

(PAGE 78-80 BB)



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



Tradition 9

Source: <https://alcoholicsanonymous.com/step-8-of-aa/>

Short Form:

“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

Long Form:

“Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.”

Organization and Service Aren't Mutually Exclusive

In the beginning, our founders really felt like we didn't need much organization and structure in the Fellowship, and then they went and created a bunch of it. “It is clear that we ought never to name boards to govern us, but it is equally clear that we shall always need to authorize workers to serve us. It is the difference between the spirit of vested authority and the spirit of service.” (12×12, Page 174)

One of the best examples of this is if you should ever find yourself needing to reach out to GSO for their ideas on a specific issue that your group, District or Area may be having; you can be relatively sure regardless of what you are asking about will garner a response that generally starts off with something like, “That's a great question. Our shared experience in A.A. is...” and they will offer suggestions of solutions from those that have gone before us to help you with your concern. They cannot tell us what to do, but they can help us.

The organization of our Fellowship is crucial to our being able to carry the message to the still suffering alcoholic, but that structure is not there to govern, but to serve.



Article continued on next page

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Step-Tradition Parallel

The first nine steps delivered us from the bondage of our past experiences with alcohol. We finally arrived at the place where we could say to ourselves, "I have totally faced my past. And there is nothing left in my past that I'm ashamed of. There's nothing left that hurts anymore. There's nothing left in my past that's painful. There's nothing left in my past I need to forgive or need to be forgiven for. I'm at total oneness and peace with my past." Well, that's a tremendous statement to be able to say. That's an enormous statement for any person to be able to say about their life. And that's what the first nine steps give us. And the ninth tradition assures me that once my ninth step amends have been made, I will be led to that profound place of peace I have always sought in my life: divine order.

The ninth tradition not only contains the secret of divine order but also contains the personal principle that will keep an alcoholic like me in divine order. It is so simple. I give up control. I stop organizing myself. I stop trying to organize God into my limited ideas of order.

How does this ninth tradition relate to the ninth step? My life gets unimpeded flow of divine love in a triangle consisting of you, myself and God. Whenever the divine order of that relationship is disturbed, I can restore order by making the unmade amend that put my life out of order. The ninth step poses the question, "After making amends, how do I stay reconciled with you today?" The ninth tradition answers that question by implying that I remain in the divine order by not organizing you, myself or God and spontaneously being of service to you and God.

(Excerpts from the text above come from the Traditions Study developed by the Unity Insures Recovery Through Service A.A. Group, Los Angeles, CA.)

TRADITIONS INVENTORY

The 12 Traditions were created to help each A.A. group maintain unity and relate better to the world about us. With that in mind, they have been widely used in helping us learn how to be in better relationships with everyone in our life. Following is a snapshot inventory you can take to see how well you are honoring the spiritual principle found in this Tradition (in and out of the rooms of A.A.).

(The foundation of this inventory is from the A.A. Tradition's Checklist first published in the A.A. Grapevine)

Do I still try to boss things in AA?
Do I resist formal aspects of AA because I fear them as authoritative?
Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
Do I exercise patience and humility in any AA job I take?
Am I aware of all those to whom I am responsible in any AA job?
Why doesn't every AA group need a constitution and bylaws?
Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
What has rotation to do with anonymity? With humility?

Daniel

“My alcoholism developed a life of its own, and I could not stop the progression.”

I became aware of my sexuality around the same age I started drinking. I was not a closeted drinker, but I hid being gay from most people. I hung out in gay clubs — in another city, on weekends. I did not feel any sense of shame, guilt or remorse about being gay, then or since. But I had been beaten up several times over it as a teenager, so I went to great lengths to keep that side of my life private as I got older.

At 25 I met a man with whom I fell deeply in love. And that’s when I finally came out to everyone in my life. My parents had no idea until I told them. The important thing was that for the first time I became really honest with others. I no longer cared what anyone might think about me. And that was a great time in my life, due to those feelings of freedom and happiness. The relationship didn’t last long, though, but even that didn’t dampen my spirits.

So why did my drinking suddenly increase at the same time? Most normal people slow down their drinking as they get older and put their lives in order. But apparently I’m just not one of those typical drinkers! The phenomenon of craving just took over completely. And when it did, it no longer mattered what was happening in my life. My alcoholism developed a life of its own, and I could not stop the progression.

One day in 1994 I just fell apart on my job. I had some kind of mental breakdown. A co-worker found me, calmed me down, then took me to my first A.A. meeting that weekend. I had no idea she was in A.A. One thing I do remember about that 10 meeting was seeing the Twelve Steps on the wall. I noticed that the first two words in Step One are, “We admitted.” And I understood exactly what that meant. I had gone through the coming out process, which was really just copping to who I was. And once I began reading through the Big Book, I had little trouble copping to my alcoholism, too. So I did a sort of coming out with my alcoholism, very early on. I admitted it to everyone in my life. And it must have worked, because I took my last drink that same week!

An old acquaintance I hadn’t seen in years was at that meeting, and she became my temporary sponsor. Gloria took me to a few gay meetings, gave me a copy of the Big Book, and introduced me to her friends in the Fellowship. So I’m one of the lucky ones who had someone in their pocket from day one. My hope is that all newcomers could receive the kind of welcome that I received from her group. Most importantly, she helped me make contact with the God of my understanding, very early on. We both noticed the irony of her being at my first meeting, one that someone else took me to. Given that there are over 300 weekly meetings in my area, that was quite a “coincidence.”

I must stress how powerful it was for me to see gay alcoholics whose lives did not revolve around the bar scene, who had good relationships and friendships, and who were just having lots of fun in their lives. For this reason, gay meetings were very important to me as a newcomer. But I was also welcomed and respected at all the other meetings I attended. A.A. is one place I’ve never had to deal with anyone’s homophobia. They just accept me as I am. And I’m so grateful for that.

I soon found a sponsor who was an older, straight male, and he walked me through the Steps. I have also sponsored straight men over the years. I’ve found that when the sponsor and newcomer have totally different lifestyles, it forces the two to focus on what they have in common as alcoholics. And for me this only strengthens the bond. Because I’m very open about my life, my fears and my struggles, my sponsees have told me they felt comfortable sharing their Fifth Steps with me. They believed that I would not be judgmental or disapproving of anything they might share with me. It’s such a gift to know that I can help in this way, given that there was a long time I wouldn’t tell anyone who I really was.

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 in June.

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!

“Important” Information Regarding the Use of Alcoholics Anonymous

AA is an allergy relief medication specifically formulated to inhibit the use of alcohol and reduce symptoms commonly associated with alcoholism. When taken precisely as ordered, AA is known to significantly reduce or eliminate side effects associated with alcoholism such as misery, depression, despair, remorse, guilt, shame, illness, and an obsession to continue consuming alcohol.

AA is recommended for long-term daily use and provides premium recovery for alcoholics. Sometimes quickly, sometimes slowly. AA is available without a prescription and can be obtained with a desire to stop drinking. Continuous exposure to AA carries an increased risk of long-term recovery, complete freedom, and spiritual growth. If changes occur, CONSULT WITH YOUR SPONSOR IMMEDIATELY.

CAUTION: AA will impair your ability to consume alcohol. Some of the most common side effects associated with AA are Gratitude, Humility, Tolerance, Faith, Courage, Integrity, Patience, Forgiveness, Hope, and Service. Most test subjects experienced a long-term psychic change, and all test subjects were amazed before they were half-way through to have discovered a new freedom, a new happiness, and a new joy.

Of note: A spiritual resurrection lasting more than 3 hours is not uncommon and does not need medical attention.

WARNING: AA must be taken in conjunction with honesty and willingness or it will become a placebo. Additionally, test subjects who skipped doses or discontinued use altogether suffered a high rate of severe and often fatal allergic reactions due to the continued consumption of alcohol.

For more information about AA and all available resources, simply attend an AA meeting. Experienced AA users will give you a warm welcome, explain the guidelines (or lack thereof), and provide days, times and locations of other AA meetings.

Until then, God Bless!
By Gordon L.



Step 9 of A.A.: Making Amends

Making amends may seem like a bitter pill to swallow, but for those serious about recovery, it can be good medicine for the spirit and the soul.

Step 9 is another one of the 12 steps, that initially appears most difficult, but the rewards of putting this principle into practice can be immense. The spiritual principle involved is that of forgiveness, not only from others but forgiveness of self, which can bring healing to both parties.

What Is Step 9?

Step 9 begins: "Make direct amends to such people wherever possible, except when to do so would injure them or others."

After completing Step 8—made a list of all persons we had harmed, and became willing to make amends to them all—the next logical step is to make those amends if possible, and the suggestion is to do so directly to those who have been harmed. By making direct amends to the person harmed the temptation to skirt the issue because of embarrassment or pain is avoided.

It's Simple But Not Easy!

But those making the amends find many times that the person to whom they have harmed is more than willing to accept those amends happily—and a healing process begins not only in the relationship but in each individual.

Sometimes the injured party is not willing to forgive and forget. Regardless, spiritual progress for those in recovery depends on doing their part right and making direct amends.

This step does carry a condition—except when to do so would injure them or others. The benefit of making amends to the recovering person does not outweigh the need to do any more harm. If the act of making amends will open old wounds or create new harm, then making direct amends should be avoided.

What Does Making Amends Have to Do With Sobriety?

If your goal is to remain sober, then it's important to take this step to make amends when possible, because if you fail to do so, it could come back to cause you problems later.

If you know that you caused harm to others during your drinking days or you borrowed money and never paid it back, and you don't try to set the situation right, then there is a very good chance the issue will arise again and when it does it could be a trigger for a relapse.

On the other hand, if you deal with the situation from the past, then there is no way for it to come back and bite you later. You have dealt with it properly, you've kept your side of the street clean, and you've put the mistake from the past behind you.

Alcoholism can be a fatal disease. Don't let putting off making an apology or paying a debt you owe become a bigger problem in the future that could cause you to pick up a drink.

Service Opportunity

Newsletter Editor / Committee Chair (or Co-Editor)

The Newsletter Editor & Committee are responsible for producing "Heart to Heart", AA Regina's monthly newsletter, that both informs and engages our members; "Carrying AA's Message".

Qualifications

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

- The Newsletter Editor should be someone having a good level of sobriety, two years is suggested.

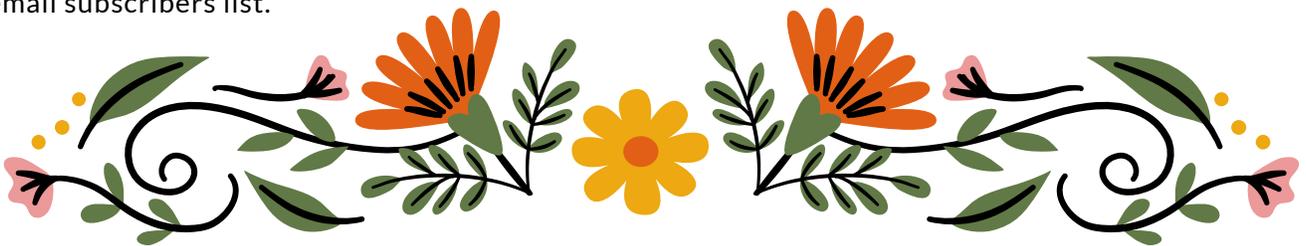
Structure

The Newsletter Editor is a member of the office committee. which is one part of Regina and Area Intergroup.

Position Description and Duties

On a monthly basis, the editor and committee:

- Using Microsoft Publisher (or other preferred program), lay out a visually pleasing publication from the local members' submissions, gathered articles, and related service material.
- In a timely manner
 - Have a "proof" of the new issue in for approval to the Office Coordinator.
 - Send the finalized and approved newsletter in to our publisher for printing.
 - Submit the new issue to the Website committee for publishing on AARegina.org and for distribution to our email subscribers list.



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 h2heditoreaaregina.org.



Please tell us about your group members' birthdays!

Jennifer N. - 1 Year
September 20th

Mark S - 35 Years
August 28

Happy Birthday



70th
Regina & Area AA Round Up
with Al-Anon Participation

The 3 Legacies
Our Common Solution



September 22nd and 23rd 2023

Holy Child Parish, 2636 7th Ave E. Regina, Sask.

Friday, September 22, 2023

- 6:00 pm Registration begins
- 7:15— 7:30 pm Welcome from Regina Intergroup
- 7:30— 8:30 pm AA Speaker — Joe A. (Regina)
- 9:00—10:15 pm Open AA Meeting — Balzer Room
- 9:00—11:00 pm **Entertainment and Fellowship**

Saturday, September 23, 2023

- 9:00 am Registration begins
- 9:30—10:30 am Open Call up Meeting
- 10:45—11:45 am Al-Anon Speaker — Paul DM.(Regina)
- 12:00— 1:00 pm Lunch
- 1:15— 2:15 pm AA Speaker — Carl S. (Vancouver)
- 2:30— 3:30 pm AA & Al-Anon Panel Discussion
- 3:45— 4:45 pm Open AA & Al-Anon Meetings
- 5:15— 6:30 pm Banquet
- 6:45— 7:45 pm Al-Anon Speaker —Claudette B. (Lloydminster)
- 8:00— 9:00 pm AA Speaker — Trish L. (Vancouver)
- 9:15—10:30 pm Open AA Meeting — Balzer Room
- 9:15—11:00 pm **Entertainment and Fellowship**

TICKETS

ALL INCLUSIVE TICKETS

(Available Until Sept. 20)

In Advance: \$65.00

All Meals, Speakers & Events; both days

FRIDAY ONLY TICKET

(Unless Sold Out)

At the Door: \$10.00

All Speakers and Events on Friday

SATURDAY ONLY TICKET

(Unless Sold Out)

At the Door: \$30.00

All Speakers and Events on Saturday
(Does not include Lunch or Supper Banquet)

We Accept Cash & E-Transfer Only

For Information/E-Transfer/Volunteers
roundup@aaregina.org

For Tickets/Information:
Central Office (306) 545-9300

Accommodations:

Hampton Inn and Suites 1-306-721-6000
Booking Code: Regina Roundup
Booking Deadline: Sept. 15th, 2023