

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 November 1, 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 Ten:

Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition Ten:

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Tenth Step Prayer

GOD, REMOVE THE SELFISHNESS, DISHONESTY, RESENTMENT AND FEAR THAT HAS CROPPED UP IN MY LIFE RIGHT NOW. HELP ME TO DISCUSS THIS WITH SOMEONE IMMEDIATELY AND MAKE AMENDS QUICKLY IF I HAVE HARMED ANYONE. HELP ME TO CEASE FIGHTING ANYTHING AND ANYONE. SHOW ME WHERE I MAY BE HELPFUL TO SOMEONE ELSE. HELP ME REACT SANELY; NOT COCKY OR AFRAID. HOW CAN I BEST SERVE YOU - YOUR WILL, NOT MINE BE DONE. AMEN (PAGE 84-85 BB)

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



Tradition 10

Long Form:

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues – particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

Outside Issues Can Tear Us Apart

What is an outside issue? An outside issue is anything outside of my relationship with God through sobriety.

The tenth tradition is rather clear as it applies to A.A. We have prospered by having no opinion on outside matters and not being drawn into controversy. For instance, A.A. has avoided the outside issues that tore apart the Washingtonians. A.A. has never become crusaders or taken stands on important but outside issues, “particularly those of politics, alcohol reform, or sectarian religion”. (See the long form of this tradition)

Bill Wilson differentiates the responsibilities of the A.A. member and the A.A. group in this tradition by saying on p. 177 of the “12 & 12” that the tenth tradition does not “mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to A.A. as a whole, that’s quite a different matter. In this respect, we do not enter into public controversy because we know that our society will perish if it does.”

Step-Tradition Parallel

The relationship of the tenth tradition to the tenth step is this: I can be at peace and avoid outside issues by taking my inventory and not yours. I avoid controversy by taking stands with the attitude of a peacemaker. The tenth concept of service takes the process one step further and specifies what kind of inventory I should be writing about: The responsibilities for which God has given me authority.

The tenth step poses the question, “How can I survive successfully in the world by taking my own inventory and promptly admitting it when I am wrong?” The tenth tradition supplies the answer; “I survive by being a peacemaker with you because I am at peace with myself through my own inventories.”

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

Source: <https://takethe12.org/t9/>



The Importance of Step Ten

My AA life began after my first meeting, but then in a different sense it really didn't begin till I learned the AA program of action and put it into practice.

At first I thought just going to meetings and trying to practice the Twelve Steps as written on the clubhouse wall was living AA on a daily basis. Indeed, I had found a new happiness and developed many new wonderful friends.

My phone was just ringing off the hook and I was going to loads of meetings and coffee houses with AA friends afterward. I was a regular social butterfly! I was involved with a religious organization and remained very busy. Yet I had not actually gone through the Twelve Step process with a sponsor. What's the hurry—I'm really doing well aren't I? Well maybe not!

One night I was alone on Hollywood Boulevard after a parade and somehow marched into a bar on Las Palmas Blvd; on my lips were: "Gin & tonic please!" Thank God those words were never spoken!

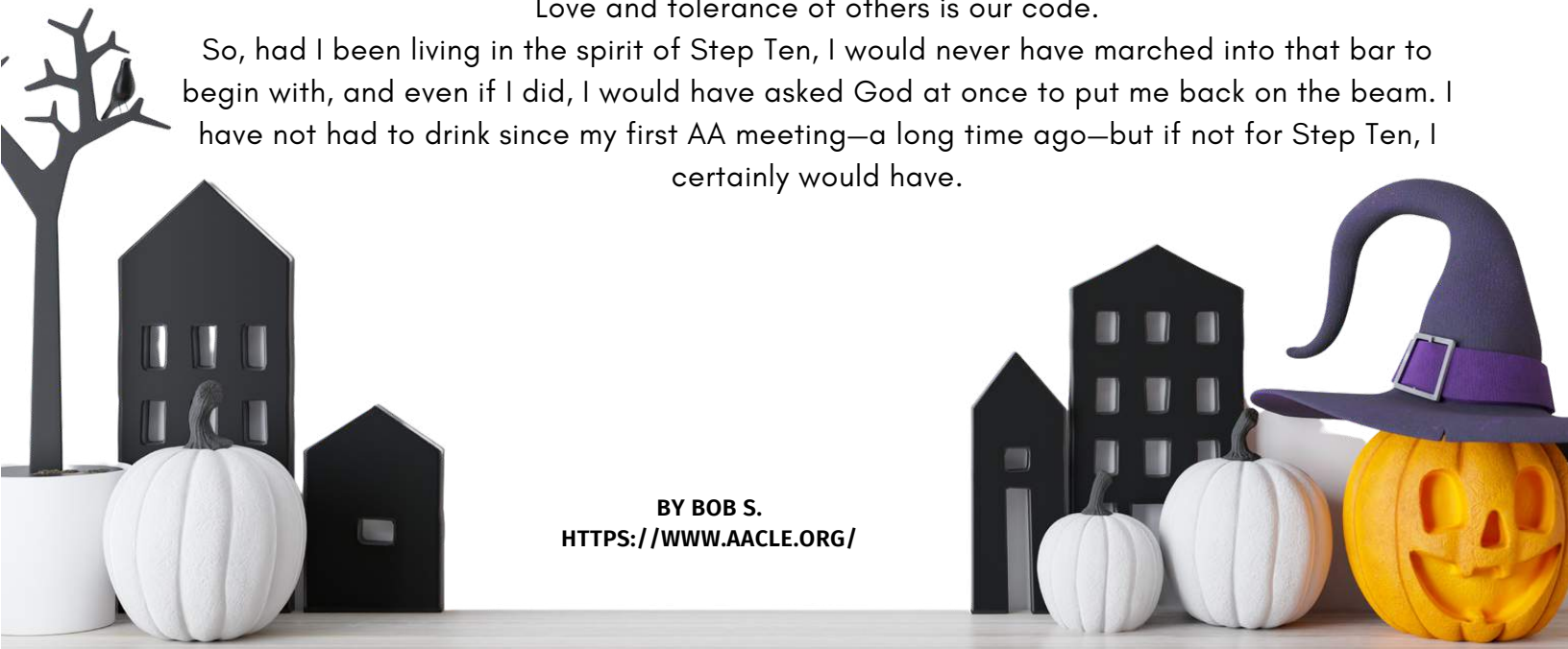
Rushing home, I prayed that God would bring a sponsor to take me through the steps and in a few weeks he did. Of course, one of the major parts of my post-step life was Step Ten of which I could never had done until I have learned, and lived, the middle steps. This is what I mean (Read page 84):

1. Continue to watch for selfishness, dishonesty, resentment, and fear. Learned in Step Four
2. When these crop up, we ask God at once to remove them. Learned in Step Six & Seven
3. We discuss them with someone immediately. Learned in Step Five
4. And, make amends quickly if we have harmed anyone. Learned in Steps Eight & Nine
5. Then we resolutely turn our thoughts to someone we can help.

Love and tolerance of others is our code.

So, had I been living in the spirit of Step Ten, I would never have marched into that bar to begin with, and even if I did, I would have asked God at once to put me back on the beam. I have not had to drink since my first AA meeting—a long time ago—but if not for Step Ten, I certainly would have.

BY BOB S.
[HTTPS://WWW.AACLE.ORG/](https://www.aacle.org/)



A Study of Step 10 of the 12-Step Program

Taking personal inventory and owning up to our wrongs

Step 10 of Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Al-Anon, or any other program with a 12-step program states: "Continued to take personal inventory and, when we were wrong, promptly admitted it."

It may be one of the least popular of all the 12 steps. After all, it doesn't exactly feel great when we're wrong and have to admit it.

But without this step, progress toward recovery can not only cease, it can actually lose ground. Let's check out some of the benefits of step 10, along with ways we can incorporate it into our daily lives.

Unpacking AA's 10th Step

In step 10, personal inventory refers to emotional disturbances that can trigger a person to return to misusing drugs or alcohol. Watching for these disturbances on a daily basis—and taking a daily inventory—is an important part of recovery.

Step 10 helps to keep the spiritual house clean. We're all bound to make mistakes and errors, but owning up to those wrongs quickly settles the issue. Rather than having them weigh on our conscience or suffer greater consequences when they build up, we can correct the mistake nip the problem in the bud quickly, and move on.

“ Nobody likes to admit to being wrong, but it is absolutely necessary to maintain spiritual progress in recovery. ”

Benefits of Step 10

Step 10 is another process that seems difficult on the surface but is actually as much a benefit to us, who are admitting our wrong, as it is to the person we've wronged.

By quickly facing mistakes and taking responsibility for them, it prevents situations from festering into resentments and anger that can become real problems.

For example, suppose you say something super insensitive, and as soon as it pops out of your mouth, you realize it was the wrong thing to say to that person. As step 10 suggests, you apologize immediately and tell the person that you were wrong and you should never have said it.

Then, you can walk away knowing you've done your part to make it right. If the other person wants to hold on to it and remain angry about it, it's their problem, not yours.

Remember, the steps are to help you make progress. At the end of the day, you apologized for your spiritual benefit more than for their benefit.

Tips and Strategies

Here are some practical ways to apply the 10th step to daily life:

Admit when you're wrong. The act of quickly trying to right a wrong can keep our mental house clean and prevent ego from getting in the way of step 10.

Take a daily inventory. Set aside time each day to meditate and reflect on your day—both the good and bad parts.

Here are a few questions we can consider asking ourselves:

Was I dishonest or resentful?

Did I say or do anything that would warrant an apology?

Have I been worrying about yesterday or tomorrow?

Did I allow myself to become obsessed about anything?

Have I allowed myself to become too hungry, angry, lonely, or tired?

Do I suffer from any physical, mental, or spiritual problems?

What steps can I take to do better tomorrow?
What do I have to be grateful for today?

Service Opportunities

Congratulations and Thank You!

Another very successful and well-attended Regina Round Up has passed! Thank you to Brenda G. and the Regina Round Up Committee for planning and executing such an incredible event!

Brenda's 2-year term as the Regina Round Up Committee Chair will be completed at the end of this year and that means, Regina Intergroup is looking for a new chairperson to lead the 2024 & 25 Round Ups.

Interested members are guaranteed to have:

- A great committee supporting you
- Many years of best practices and lessons learned to rely on
- Endless laughter and fun times planning!



Qualifications

For all positions within Intergroup, a commitment of your time and a desire to be of service, are the main qualifications. Committee members should be individuals having a good level of sobriety, two years is suggested.

Regina Roundup Committee Chair

The Regina Roundup is an annual event, where we share our stories, our experiences, and gather in fellowship.

Position Description and Duties

The Chair and Committee :

- Recommend the date, time, location, and pricing of the annual Anniversary and/or Round up.
- Present a budget for the conference at the earliest date.
- Select a format for the conference.
- Present a list of speakers' names.
- Are responsible for all ticket sales.
- Arrange for all INTERNAL publicity for the conference.
- Plan transportation and lodging of speakers.
- Organize meeting schedules and see that the speakers are there.
- Arrange for any volunteer staffing required, eg. Hospitality rooms, etc.
- Coordinate any printing necessary (programs, advertising, etc.).

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".

Position Description and Duties

On a monthly basis, the editor and committee:

- 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.

12 Step Committee Volunteers Needed

"Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics." (Alcoholics Anonymous, p.89)

Regina InterGroup's 12 Step Committee started using a new 24-hour phone line, 306-801-6500 in June. The new number is 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.

**Please contact the Central Office at
306-545-9300 or via email
a.aesasktel.net if you would like to
volunteer for any of these positions or
are curious for more info!**

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.

*Please tell us about your group members'
birthdays!*

Annette A. - 25 Years, Walsh Acres
October 10 @ 7:30 pm

Mike K. September 26, 2014 - 9 Years

Denis C. October 24, 2020 - 3 Years

Darren S. November 16, 1997 - 26 Years