



Heart to Heart

regina & area alcoholics anonymous® intergroup

regina aa
central office
hours change

Central Office is open
Monday, Wednesday, Friday from 10 -
3PM
Closed statutory holidays.
Suite 107 – 845 Broad Street Regina,
Sask. S4R 8G9
email: aa@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 December 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.

Step Eleven:

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tradition Eleven:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

ELEVENTH STEP PRAYER

"God, direct my thinking, especially that it be divorced from self-pity, dishonest, or self-seeking motives."

"God, give me inspiration, an intuitive thought or decision."

"God, show me all throughout my day what my next step is to be. Give me whatever I need to take care of any problems. I ask especially for freedom from self-will."

"Thy will be done"

24 hour

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



Dr. Bob Explains His Understanding of AA Anonymity

"As far as anonymity was concerned we knew who we were. It wasn't only AA, but our social life. All of our lives seemed to be spent together. We took people home with us to dry out. The Cleveland group had the names, addresses, and phone numbers of all the members," said Warren. "In fact, I remember Dr. Bob saying,

"If I got up and gave my name as Dr. Bob S., people who needed help would have a hard time getting in touch with me."

Warren recalled, "He [Dr. Bob] said there were two ways to break the Anonymity Tradition: (1) by giving your name at the public level of press or radio; (2) by being so anonymous that you can't be reached by other drunks."

In an article in the February 1969 Grapevine: "Dr. Bob on Tradition Eleven," Volume 25, Issue 9, D. S. Of San Mateo, California, wrote that Dr. Bob commented on the Eleventh Tradition, "We need always maintain personal anonymity At the level of press, radio and films," as follows:

"Since our Tradition of Anonymity designates the exact level where the line should be held, it must be obvious to everyone who can read and understand the English Language that to maintain Anonymity at any other level is definitely a Violation of this Tradition."

"The AA who hides his identity from his fellow AAs by using only a given name Violates The Tradition just as much as the AA who permits his name to appear in the press in connection with matter pertaining to AA."

"The former is maintaining his anonymity ABOVE the level of press, radio and films, and the latter is maintaining his anonymity BELOW the level of press, radio and films—whereas the tradition states that we should maintain our anonymity 'AT' the level of press, radio and films."

Ernie G. of Toledo, commenting on what he saw to be an increase of anonymity within AA today as compared with the old days, said, "I made a lead [trip to bring message] over to Jackson [Michigan] one night, and everybody's coming up to me and saying, 'I'm Joe; I'm Pete.' Then one of the guys said, 'Safe journey home. If you get into any trouble, give me a buzz.'"

Later, I said to the fellow who was with me, 'You now, suppose we did get into trouble on the way home. How would we tell anyone in AA? We don't know anyone's last name.' They get so doggone carried away with this anonymity that it gets to be a joke." I had a book [evidently one of the small address books compiled by early members or their wives] with the first hundred names—first and last—telephone numbers, and where they lived.

Dr. Bob's views on anonymity remained clear in the recollections of Akron's Joe P. [The Dartmouth grad]. Though it was not the custom in the mid-1940's to give AA talks to anyone except drunks, Joe noted, a few members formed an unofficial public information committee that started to speak to Rotary and Kiwanis Clubs throughout the state.

Excerpt from Dr. Bob and The Good Oldtimers, p 264-265
Source: <https://takethe2.org/t9/>

Step II: Awareness

Step II is about moving forward without losing track of a higher power. The continued awareness this demands makes it easy to pair the step with its accompanying principle.

Living with awareness means always paying attention to the higher power that guides you.



Step II of Alcoholics Anonymous encourages people to reach out to a source of inspiration, whether it be a God or some other spiritual or inspirational force, and work to achieve the strength to find recovery.

One of the underlying principles of the Alcoholics Anonymous program is that nothing happens by mistake.





ALCATHON 2023

'FESTIVE FELLOWSHIP'



NORTH EAST COMMUNITY CENTRE

160 Broad Street

★ December 24th 4:00pm - December 26th 5:00pm

December 31st 4:00pm - January 1st 5:00pm ❄️

❄️ *24 Hour Meetings
Fellowship*

Food & Entertainment

New Years Potluck Chilli Cook Off

Donations for desserts appreciated

Please send E-transfers to: alcathon@aaregina.org

Interested In volunteering?

Call central Office (306)545-9300



Breaking Down Step Eleven of AA

Alcoholics Anonymous

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“The process of enlightenment is usually slow. But in the end, our seeking always brings a finding. These great mysteries are, after all, enshrined in complete simplicity.”

— Bill W

” —

Exploring spirituality in the 11th Step of AA Alcoholics anonymous can be a wonderful and illuminating experience. We now have a solid frame of reference built by the previous Ten Steps of AA. Our recovery has helped us to stay sober one day at a time, and has allowed us to expand our capacity for new information about ourselves, and the world around us. This open mindedness is one of the greatest things about AA. In AA the concept of a “higher power” and “God as we understand him” really affords every single person, from every walk of life, an unlimited choice of spiritual beliefs and actions.

In recovery we find that spirituality really is constantly developing and changing just like us. New situations and new people all have an effect on us and our spirituality needs to grow along those lines. The Step 11 task at hand is therefore finding ways to improve conscious contact and connection with the “God” of our own understanding. We already have a conscious awareness of a “higher power” working in our lives, which we began to develop in Step Two. Working on Step Three we learned to trust that higher power for guidance. In the process of working through all of the steps so far, we were improving our relationship with the higher power.

While working on the 11th step we come to realize that reaching out to a God of our understanding is also simply known as prayer and meditation, which can be one of the most effective means for building a relationship with our higher power.

When we first came to Alcoholics Anonymous most of us realized pretty darn quickly that we needed to change our relationship with the word and concept of “God”. Its more than likely that while using our drug of choice we didn’t understand- or care to understand- anything about a higher power and likely had some very unhealthy ideas about it...unless it was to make a brazen demand along the lines of “Do this for me now and I won’t use again.”

Working on the previous 10 Steps you were forming new ideas that allowed for a loving, caring higher power to be a part of your life, and coming to believe in a power greater than yourself. When I sat down to work on my Fifth Step with my first sponsor, I was filled with a quiet certainty that not only could I trust my sponsor and trust this process, but also going forward I felt the presence of a higher power.

This part of the AA journey is going to be so different for everyone, and there’s no right or wrong God, just as there’s no right or wrong way to improve conscious contact. For some, being in recovery may mean healing resentments that we may have held against religious institutions. For some the religion of their childhood was little more than a community or sentimental connection but can now work really well for them as part of their personal spiritual path.

Step 11 of AA: The Spiritual Path Out of Addiction

Exploring our spiritual path in Step 11 means picking up, leaning into and/or discarding various spiritual practices. AA it’s self does not have any official or specifically approved spiritual path. The AA program of recovery offers a set of spiritual principles, and uses a concept referred to as “God” or “higher power” or “power greater than ourselves” for members to use as a path out of active addiction.

Whether you are solid as a rock in your concept of a higher power and your spiritual path, or if your current state of mind holds no answers for you yet, it doesn’t matter. Why? Because, at this point on our journey we can embark on a search for a better way to understand our higher power.

Prayer of St Francis

Lord, make me an instrument of thy peace.
Where there is hatred, let me sow love,
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.



Grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved, as to love.
For it is in giving that we receive,
It is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.

Breaking Down Step Eleven of AA Alcoholics Anonymous

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However, a central part of working Step 11 is not letting our own personal spiritual path take us away from the fellowship and practice of AA. Remember that we need the rooms of AA in order to deal with our addiction; our spiritual path, meditation and prayer will enhance the quality of our recovery but nothing can take the place of AA meetings, service and fellowship. With the 11th step we are adding to the many ingredients that make up the perfect sobriety pie. Nothing can take the place of the serenity we feel the moment we step into a meeting, or shake the hand of a newcomer.

Prayer and Meditation: A Mindful Place of Serenity

“In AA we have found that the actual good results of prayer are beyond question. They are matters of knowledge and experience. All those who have persisted have found strength not ordinarily their own. They have found wisdom beyond the usual capability. And they have increasingly found a peace of mind which can stand firm in the face of difficult circumstances.”

Bill W

If you haven't heard it before, AA is a simple program for complex people. Most members of Alcoholics Anonymous will say this simple suggestion about Step 11: Prayer is “talking to God” and meditation is “listening to God's reply.” This collective wisdom succinctly captures the meanings of prayer and meditation so well. It's also a great reminder that improving conscious contact means building a relationship with God. In order to build any kind of relationship there needs to be a dialogue- and not merely a monologue, in one direction.

So How Do We Enact in Prayer and Meditation Exactly?

When we say that prayer is talking to a higher power, it doesn't always have to be literally in the form of actual speech. Thinking a prayer, writing it or signing it may work for you. The key is to develop a form of prayer that feels right to you. If you have been attending AA meetings you have experienced saying a prayer. Even if the only prayers you say are the ones at AA meetings, you have been asking a higher power to keep you sober another day, for knowledge and the power to carry it out. These are habits that are helpful, healthy and may one day save your recovery.

Believe it or not, you have already been meditating every time you've stood as a community, in a meeting and observed the moment of silence. Every time you were out of your own head and listening intently to the story of another person, you were meditating. I firmly believe that this is one of the reasons meetings are the medicine for alcoholics and addicts; that reprieve we feel from the obsessive mind and that refocusing which brings us to the present moment is a major part of meditation. It is a simple fact that prayer, meditation and conscious contact calms us down and grounds us; usually helping to alleviate the fears that seem to overwhelm and threaten our recovery. That's one of the reasons that we say “It works if you work it.”

While actively working Step 11, any of us begin to notice more and more times when there is a presence of a higher power and the magnificent ways it works in our life.

The presence of a loving God can be experienced in nature, in the force of the ocean, through the unconditional love of our sponsor and other AA members and through the feeling of being anchored by our program during the storm of difficult times. That connection to a higher power and the intention of wanting to know what God's will is for us usually shows up while listening to and talking with other members of AA.

If the reason we've been praying and meditating is to seek the knowledge of our higher power's will for us and the power to carry that out, how do we identify what God's will is for our lives? I think it's much simpler to identify what is not God's will. In fact it's a great starting point to acknowledge that it is not God's will for us to relapse. Therefore acting in any way that might lead us to relapse is not God's will and informs us about a whole bunch of behaviors, choices and thoughts that we should NOT engage in. Using all of the knowledge that we have gained from our previous work on steps, about our patterns and ourselves we try our best to avoid destructive patterns.

In “It works: how and why” we read, “God's will for us is the ability to live with dignity, to love ourselves and others, to laugh, and to find great joy and beauty in our surroundings. Our most heartfelt longings and dreams for our lives are coming true.”



Breaking Down Step Eleven of AA Alcoholics Anonymous

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Step 11 Questions

Our step work wouldn't be complete without questions that we can seek to answer as we continue to work the 12 steps of AA. Here are some Step 11 guideline questions that I have found the most useful—both in the beginning of Step 11 work and at various intervals in recovery:

- How has my understanding of a “higher power” changed since starting my step work?
- Do I have a specific spiritual path— and how might it contribute to my recovery?
- What is the difference between a religion and spirituality?
- What have I done to explore my own spirituality?
- How do I pray? How do I meditate?
- How do I feel about praying and meditating?
- Does prayer and meditation help me put things in perspective?
- In what ways have I seen any changes in my life as a result of prayer and meditation?
- When do I notice the presence of a higher power in my life? What does it feel like?
- What am I doing to improve my conscious contact with a God of my understanding?
- What were some situations in my life where I tried to align my will with Gods? What were those results?
- Why should I pray only for the “knowledge of God’s will” for me and the “power to carry that out?”
- How am I showing my commitment to working the 11th Step in my recovery?
- Did I pray or meditate today? This week? Do I have faith that I will be given the knowledge and courage to carry out my higher powers will?



Moving on From Step 11: Power to Carry it Out

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“It is one of the most beautiful compensations of this life, that no man can sincerely try to help another without helping himself.” —

Ralph Waldo Emerson — ”

Now is the time to put knowledge, faith and ideals into action; we can't pass on something that we don't have.

Some members of AA find that consistent prayer and meditation helps put a focus on a higher power instead of on them, which is a relief and a freedom.

No longer feeling such an urgency to control every little thing in our lives and surrendering that self will run riot, leads to more satisfaction and success.

This is a spiritual awakening. As part of our spiritual awakening we begin to manifest the three elements of recovery in AA, which involves the body, the mind and the spirit. These 3 elements together make up who and what we are and therefore true healing includes all of these aspects of the self. Just like a three-legged stool, our recovery cannot stay upright and secure unless all three legs are equally strong. So we work on and maintain all of them equally.

With this faith, courage and strength fully realized our days of active addiction no longer seem like a tragedy or a waste. We see that our experiences can serve a higher purpose; we are ready to carry the message to the addict who is still suffering. In Step 12 we are going to explore the ways in which we can carry the message of recovery and to help others who are still suffering.

The 12 Steps are kind of like a recipe for a super human special cake, one that brings about a personality change sufficient to allow alcoholics to recover from our alcoholism. When we've baked in the spiritual experience and arrived at step 12, it's time for the best favorite part, the icing on the cake!


Those who pray, stay.

12 Step Committee Volunteers Needed

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.



**You are invited to CELEBRATE 95 years of SOBRIETY
with the Vibank Group!**
Friday, November 17th, 2023
7:30 – 9:00 p.m.
Fellowship and Cake to follow
Vibank Centennial Community Hall

Honoring

 Dwight E. 45 years November 2, 1978	 Tobias K. 5 years October 23, 2018
 Tom K. 40 years November 14, 1983	 Theresa C. 5 years October 29, 2018

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

Happy Birthday!
Leslie A. November 2, 2019 - 4yrs

*Darren S. November 17, 1997 - 26
Years*

*Free Speech Group Holiday
Potluck
December 7th 6pm
followed by regular 8pm
meeting*



Service Opportunities

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.

WEBSERVANT/COMMITTEE CHAIR

aaregina.org is focused on information relevant to our local AA community. It is also maintained as an information source on AA in general, for anyone curious about what Alcoholics Anonymous is and what we do. The Webservant should have a good knowledge of organizing and maintaining a website.

POSITION DESCRIPTION AND DUTIES

The Webservant and committee:

- Make all efforts to ensure the website is relevant.
- Make amendments to the calendar and list of upcoming events in a timely manner.
- Make amendments to the online meeting lists in a timely manner.
- Make all efforts possible to ensure that anonymity is preserved for all content on this site.
- Make all efforts possible to ensure that any material on this site is in keeping with all of AA's other Traditions.

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.