

# HEART TO HEART

regina & area alcoholics anonymous® intergroup

## Regina AA Central Office

Central Office 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 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](http://www.aaregina.org).

## *Step Twelve:*

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

## *Tradition Twelve:*

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

## *12th Step Prayer*

Dear God (Higher Power),  
 My spiritual awakening continues to unfold.  
 The help I have received I shall pass on and give to others,  
 Both in and out of the Fellowship.  
 For this opportunity I am grateful.  
 I pray most humbly to continue walking day by day  
 On the road of spiritual progress.  
 I pray for the inner strength and wisdom  
 To practice the principles of this way of life in all I do and say.  
 I need You, my friends, and the program every hour of every day.  
 This is a better way to live.

**TO SPEAK TO  
 ANOTHER  
 ALCOHOLIC  
 OUTSIDE  
 OF OFFICE HOURS  
 306.545.9300**



# Step 12 of AA: Carry and Practice the AA Principles

Step 12 of Alcoholics Anonymous (AA) calls on you to support other alcoholics. Taking all you've experienced and learned throughout your journey through the 12 Steps, you can carry the message to others and help them on their own paths to sobriety while continuing to apply those principles throughout your own life of recovery.

Think about when you first started on your 12-step journey. There's a reason you were able to be more open and honest with a group of strangers than with your own loved ones: it's because they'd walked in your shoes. They understood the struggles and pain of addiction better than any non-alcoholic possibly could.

## What Is Step 12 of AA?

"Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

As the last step in the AA recovery process, Step 12 functions as both an acknowledgment of all your hard work and its results, as well as marching orders for stepping into the rest of your life without alcohol.

There are three distinct aspects to AA's Step 12.

## Spiritual Awakening

The first is recognizing that the previous 11 steps have resulted in what AA calls a "spiritual awakening." All of the work you've done—admitting your disease, surrendering your will to a higher power, making amends, and establishing continuous self-awareness and conscious spiritual contact—has created a huge psychological shift in you, one that you may not even realize has occurred.

That's because this major change has happened gradually, through small changes you've made in your habits and thinking over the course of your journey. Step 12 of AA calls your attention to this new mindset—after all, it's something you should be deeply proud of and grateful for.

## Support Others

Next, you're called to support other alcoholics (or anyone suffering through addiction) by carrying the lessons and principles you've learned through your own path to sobriety to others who need help.

You have now become that source of empathy and experience that was so vital to your own recovery, and you have the opportunity to pay it forward.

This is best done by simply sharing your own story when asked, offering support without judgment, and keep an open door to any who seek it.

## Acknowledging the Lifelong Endeavor

Lastly, AA Step 12 reminds you that this process is truly a lifelong endeavor. The principles you've learned and practiced throughout the 12 Steps of AA—acceptance, honesty, humility, and self-awareness, among others—are now part of a long-term sober lifestyle.

These principles, combined with your new state of consciousness, comprise a toolset from which you can draw on daily to lead a peaceful, honest, and fulfilling life of service. Step 12 of AA will never be truly complete, which is what makes it so powerful and rewarding.

## Benefits of Step 12 of AA

Working with others as part of Step 12 helps you keep your own sobriety in check. According to *The Big Book*, "Nothing will so much ensure immunity from drinking as intensive work with other alcoholics."

Connecting with other alcoholics, especially those in the early stages of their recovery, serves to remind you of your own struggle with addiction and why you've worked so hard to get sober. This is also a way to practice Step 10 of AA, which calls you to make a continued personal inventory of your emotions and actions. Tradition 5 of the 12 Steps and 12 Traditions puts this concept even more simply: To keep it, we have to give it away.

Serving others also brings a sense of purpose and fulfillment to your own life. You've been able to take a terrible situation in your own experience and use it for good. There's little that's more rewarding than positively impacting the course of someone's life. Again, think back to when you began the 12 Steps and how instrumental other members were in making you feel safe and valued. Knowing that you've inspired those feelings in another person is a beautiful thing, indeed.

Author: *Lauren Hannula*

<https://alcoholicsanonymous.com/step-12-of-aa/>

# Continued....

## Step 12 of AA: Carry and Practice the AA Principles

### *Practicing the 12th Step*

AA's Step 12 is about helping others and practicing the principles of Alcoholics Anonymous throughout your own life. To support others in recovery, you could:

- Volunteer to tell your story frequently at [AA meetings](#) so that others might learn from your experiences.
- Become an AA sponsor so you can work one-on-one with someone who is embarking upon the 12 Steps.
- Offer to accompany someone to their first AA meeting, so they don't have to go alone (or bring them to yours).
- Take on smaller tasks at your AA meetings that can support others, like grabbing the snacks for after-meeting conversation.

To continue practicing the principles of AA, you can:

- Continue to regularly attend Alcoholics Anonymous meetings to hold yourself accountable to the fellowship.
- Keep a self-inventory journal and spot-check your emotional state throughout the day for any triggers.
- Maintain awareness of your effect on those around you, promptly admitting any hurt or wrongdoings to keep your spiritual slate clean.
- Bring the AA principles of forgiveness, empathy, and surrender to all of your relationships, such as your family, friends, and coworkers.

### *Myths and Misconceptions of AA Step 12*

*Step 12 Myth #1: "I should tell everyone and anyone I meet about the principles of AA."*

Step 12 doesn't call for you to be a proverbial evangelist for the 12 Steps. In fact, Tradition 11 of the 12 Steps and 12 Traditions clearly states that Alcoholics Anonymous is a program of attraction, not one of promotion. Instead, you should only talk to people about the benefits of AA when you're certain that they're ready, and you'll know this because they'll come to you for help, not the other way around.

*Step 12 Myth #2: "I can help other alcoholics because they're still sick and I'm cured."*

Alcoholism is a disease without a cure. Even the 12 Steps are not a one-time-through solution to giving up drinking forever. That's why Step 12 is so critical: it acknowledges that the work of applying the principles to your own life is ongoing. Helping other alcoholics is part of our own recovery, and that recovery never ends. By carrying the message of AA to others, we consistently reinforce it for ourselves.

### *Group Holiday Gatherings*

December 7th @ 6 p.m. Free Speech Group Holiday Potluck followed by regular 8pm meeting.

December 8 @ 7:30 p.m. Nu-Life Christmas Social to follow after regular meeting. Bring your favorite treats to share. All are welcome!

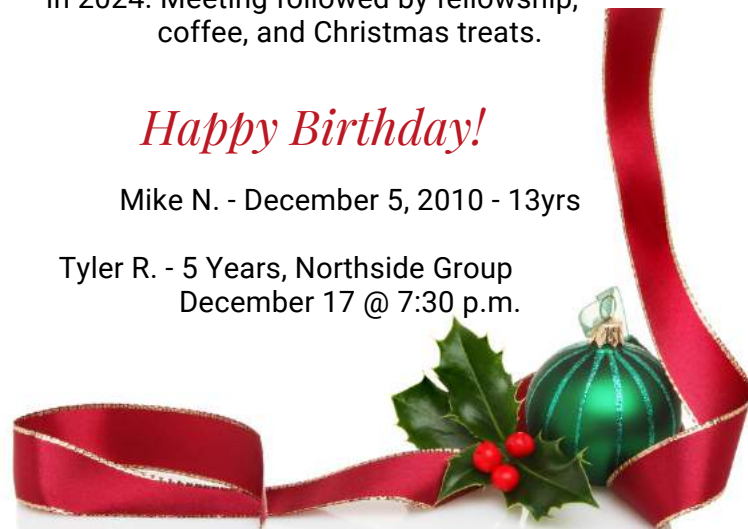
Dec. 15th @ 6p.m. Women's Serenity Potluck St. James United Church. Meeting to follow at 7:30 p.m. Closed event for alcoholic women only.

Dec. 18th 8 p.m. - South Hillsdale @ Wesley United Church at 3913 Hillsdale St. (Last meeting at this location! Moving to Sunset United Church in 2024. Meeting followed by fellowship, coffee, and Christmas treats.

### *Happy Birthday!*

Mike N. - December 5, 2010 - 13yrs

Tyler R. - 5 Years, Northside Group  
December 17 @ 7:30 p.m.







# 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 Year's Potluck Chili Cook Off*

**Donations for desserts appreciated**

Please send E-transfers to: [alcathon@aaregina.org](mailto:alcathon@aaregina.org)

**Interested In volunteering?**

Call central Office (306)545-9300



# Tradition 12

## **Long Form:**

“And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.”

## **Principles First – People Second**

Why are we repeatedly asked in the Traditions to give up ourselves for the greater good? The answer is because any relationship we have that does not involve sacrifice is a relationship that likely will not endure. Each tradition straightens out a disastrous attitude we had about relationships. The twelfth tradition teaches us that a spirit of sacrifice (often times through anonymity) is vital to good relationships.

Giving up the expectation of rewards for doing good is difficult for most of us. It's easy for us to give and then think, “Well, I'll get a reward, even if I don't get public recognition for what I did.” To remove that reward symbol from the back of our minds for whatever good we do is part of practicing anonymity. The next time you hear a speaker in A.A. whose personality is exciting from the platform, see if you can hear the principles behind their words? To which step, tradition, or concept can you relate their pitch? Setting ourselves aside and focusing on the principles of our program is a crucial component in the foundation we need for studying the Traditions and learning how to be in healthier relationships with our fellow A.A.'s and with those in the world around us.

## **Step-Tradition Parallel**

The twelfth step poses the question, “What is a spiritual awakening?” I believe that the evidences of a spiritual awakening are found in a person who practices the twelfth tradition in all their affairs. Such a person sacrifices self in order to practice principles. Their motive in practicing all of the traditions is anonymity: they sacrifice to help others.

The twelfth tradition completes the twelfth step in the following way: I become spiritually awake when I carry the message by anonymously practicing sober principles.

## **Tradition's Inventory**

As it states at the top of this page, 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. Below 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)

1. Why is it good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?
6. Does my personal behavior reflect the Sixth Tradition—or belie it?
7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs' behavior—especially if they are paid to work for AA? Who made me so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
12. What is the real importance of me among more than a million AAs?

# 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 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.).

## 12 STEP COMMITTEE VOLUNTEERS

The Twelfth-Step Committee is looking for committed volunteers to assist in taking 12-Step calls from suffering alcoholics. The 24-hour phone line is answered by volunteers who are split into two groups: Phone-Greeters and 12-Step-Call-Volunteers.

## POSITION DESCRIPTION AND DUTIES

- 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.
- 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. 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.

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