

# 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 February 7, 2024.
- Districts 15, 17, 18 meet the 2nd Wednesday of the month 7:30pm at Mount Olive Lutheran Church, 2015 4th Avenue North, Regina.

For the most up-to-date list of meetings on Zoom or in-person, please visit [www.aaregina.org](http://www.aaregina.org).

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## Step One:

We admitted we were powerless over alcohol—  
that our lives had become unmanageable.

## Tradition One:

*Our common welfare should come first; personal recovery depends upon A.A. unity.*

## 1st Step Prayer

Dear Lord, I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me this day to understand The true meaning of powerlessness. Remove from me all denial of my addiction.

God, Creative Intelligence, Universal Mind, Spirit of Nature or Spirit of the Universe my name is \_\_\_\_\_, and I'm a real alcoholic... I need your help today. AMEN (Page 10-12, Ch. 3, Page 46 BB)

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



# A Beginner's Guide to Steps 1-3: Unpacking the Language and Living Their Lessons

*Making the language of the first three steps as approachable and solution-oriented as possible makes them easier for people to unpack.*

An old-timer walked into a Twelve Step meeting and was greeted from across the room by a bunch of his friends. He made his way to join them and catch up, but someone unrecognizable stood out to him in the crowd of familiar faces.

A young man in his early 20s was sitting by himself looking rather grumpy, and his head was buried in his iPhone. The old-timer got the feeling the young man was either new to recovery or this was his very first meeting.

The old-timer wanted to catch up with his friends, so part of him thought about ignoring the newcomer. Certainly the young man couldn't relate to an "old guy" like him. The old-timer thought one of the younger guys in the group would go over and introduce themselves to the newcomer, find out if it was his first AA meeting and so on. But then the old-timer remembered the AA Responsibility Statement, so he grabbed a chair beside the young man and struck up a conversation.

## **We Are Responsible to Other Alcoholics Who Wish to Be Sober**

In an increasing number of meetings today, groups recite the AA Responsibility Statement: "I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible."

But it's one thing to say it; it's another thing to live it. The young man confirmed that it was, in fact, his first AA meeting, and that he knew nothing about recovery or the Steps. He told the old-timer that his girlfriend insisted he try out AA, and he wasn't thrilled about it. The old-timer had heard that song before. There's a good chance he'd sung it himself.

The young man asked the old-timer something along the lines of "How does sobriety work?"

The old-timer could sense the young man's desperation: he needed to hear more than "It works just fine." It was apparent that, given the opportunity, the young man was ready to bolt for the door. Being told to stick around and learn the answer for himself wasn't going to cut it.

The old-timer reflected on the gravity of the situation. He knew that one interaction could spell the difference in this young man's decision to give sobriety a chance or return to alcoholism.

So the old-timer took a few moments to describe how it all comes together: "It works through the combination of two things: the fellowship and the program within the Twelve Steps."

But the old-timer could again sense the young man's needs. He both needed to talk about his own situation, and less so, to listen to an old man's inside story on all things Twelve Steps. So the old-timer kept it simple and started with the first three Steps.

## **Translating the First Three Steps into Plain English**

The old-timer knew to make the language as approachable and solution-oriented as possible, and to make the Steps more actionable, he broke them down something like this:

**Step 1:** "Do you see a connection between your own drinking or using, and the fact that your life has become unmanageable? Look, unmanageable is a five-syllable word for 'out of control.' Can you relate to 'out of control?' Yes? Then proceed."

As for being powerless, it's the same concept. A few syllables that boil down to 'When I drink alcohol or use drugs, things get out of control.' If you can sympathize with that idea of being powerless, then congratulations, you've completed the first Step." He saw the young man begin to understand, so he carried on to Step 2.



Continued....

# Unpacking the first three steps

**Step 2:** "The basic idea of Step 2 is that we cannot 'cure' our own addictions. Ham is cured—not addiction. But if you relate to 'out of control,' the good news is that help is available, and you've come to the right place.

"People in Twelve Step recovery don't have a hammerlock on sobriety. There are other methods of getting sober that work for other people. But what we have works for us, and if you stick with us, you might just find a solution that works for you too. While we admit we cannot 'cure' our addictions, we:

- "Came: We showed up to meetings.
- "Came to: We realized that we were living life in an unconscious fashion, not realizing how much damage we were doing to ourselves and others.
- "Came to believe: We saw that something outside of ourselves can help us, whether that 'something' happens to be a Higher Power (however we define it) or even the 12 Step program itself."

The old-timer pressed on to Step 3, explaining everything carefully.

**Step 3:** "The first edition of the Big Book has a story in which AA's co-founder Bill Wilson says to a newcomer, 'Your life is certainly jumbled up. Would you consider inviting God to help you unjumble it?' Basically, that's Step 3 in a nutshell. By accepting the spiritual help offered by a Higher Power, we embrace a spiritual program for arresting alcoholism and addiction. By letting a Higher Power 'unjumble' —to use Bill's term— what we've managed to jumble, there's a path ahead. The old-timer finished with one closing remark: "That's all we do in 12 Step programs. Through the Steps and through the fellowship, we find deep within ourselves the Power to 'unjumble' our lives."

This approach still works for the old-timer, and it works for the newcomer, young and old. And that's why everyone is responsible to everyone else, and in this way, sobriety is passed on from one person to the next.

<https://www.hazeldenbettyford.org/articles/aa-newcomers-steps-1-to-3>



## **STEP ONE: DOING THE "WORK"**

*There are a lot of things alcoholics can do to fully work Step One. Most of the work is designed to unearth your complete history of use and abuse. Inventories are a great way to work the steps—even starting with Step One. You can make a few lists:*

- **A Consequences List:** *The easiest way to break through the fog of addiction is to create a list of consequences related to the behavior.*
- **Powerlessness List:** *Go for as many examples of your powerlessness over your addictive behavior as possible. Be as fearlessly honest as you can, starting with early examples and ending with the most recent. (A note on "Powerlessness" this is used to exemplify the cravings in an alcoholic [or any addict] that are so intense that the ability to resist is almost impossible. Once an alcoholic takes a drink, a chemical reaction occurs within that body, setting off an intense craving for more.)*
- **Unmanageability List:** *Write out the ways in which your addiction has created chaos and destruction in your life.*

<https://www.jasonwahler.com/12-steps-of-aa/step-one-of-aa-alcoholics-anonymous>

# Step 2 of AA



## Step Two:

Came to believe that a Power greater than ourselves could restore us to sanity.

## Tradition Two:

*For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*

## 2nd Step Prayer

GOD, I'm standing at the turning point right now. Give me your protection and care as I abandon myself to you and give up my old ways and my old ideas just for today. AMEN

(Page 59 BB)

## Step 2: Questions

As part of a recovery process it's really helpful to ask and answer important questions pertaining to step two; questions about insanity coming to believe, a power greater than ourselves, restoration to sanity and spiritual principles:

- Did you make insane decisions as a result of your addictions?
- Do you have any fears about coming to believe in something greater than yourself?
- What does "we came to believe" mean to you?
- What experiences have you heard other recovering addicts share about their process of coming to believe and have you tried any of them in your recovery/life?
- Do you have a problem accepting that there is a power/powers greater than yourself?
- What evidence do you have a "higher power" is working in your life?
- What are some of the things you consider good examples of sanity?
- What changes in your thinking and behavior are necessary for your restoration to sanity?
- Why is having a closed mind harmful to your personal recovery?
- How are you demonstrating open-mindedness in your life right now?
- What fears do you have that are getting in the way of your trust?
- What do you need to do to help let go of the fears?
- Are you seeking help from your sponsor, going to meetings and reaching out to other recovering addicts? If so what are the results?



# Suggestions About Prayer & Meditation From the Big Book

- 1) Make no requests in prayer for yourself only.
- 2) Never pray for your own selfish ends.
- 3) Select and memorize a few set prayers that emphasize the principles of the steps.
- 4) Ask a priest, minister, or Rabbi about helpful books and prayers that emphasize the principles of the Steps.
- 5) Be quick to see where religious people are right.
- 6) Make use of what religious people have to offer.

(Page 87 BB)

“ —

Therefore Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step. True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him.

Twelve Steps and Twelve Traditions  
Page 33

— ”



2023/24 Alcathon was a great success! Thank you to all who came out for fellowship over the holidays and to every volunteer who gave so generously of their time to make this event run so smoothly!

HONESTY IS  
TELLING THE  
TRUTH TO  
OURSELVES AND  
OTHERS.  
INTEGRITY IS  
LIVING THAT  
TRUTH.



## Tradition Two

### We Are But Trusted Servants

“In no sense whatever can its members govern or direct the group. They are servants. Theirs is the sometimes thankless privilege of doing the group's chores. ...

The committee gives no spiritual advice, judges no one's conduct, issues no orders. ...

These are universal experiences. Thus throughout A.A does the group conscience decree the terms upon which its leaders shall serve.”

Twelve Steps and Twelve Traditions  
Page 134



# Tradition Two: The Principle of Rotation

Excerpts from: the [Big Book Sponsorship website](#)

**(Short Form) “For our group purpose there is but one ultimate authority—a loving god as he may express himself in our group conscience. Our leaders are but trusted servants; they do not govern.”**

**Do we practice rotating leadership, stepping out of office regardless if we believe others are not available, not willing and not qualified or do we remain frozen in office?**

The AA Group Pamphlet, p. 34

“Traditionally, Rotation keeps AA members from becoming frozen in office. It also ensures that group tasks, like nearly everything else in AA, are passed around for all to share...to step out of an AA office you love can be hard. If you have been doing a good job, if you honestly don't see anyone else around willing, qualified, or with the time to do it, and if your friends agree, it is especially tough. But it can be a real step forward in growth—a step into the humility that is, for some people, the spiritual essence of anonymity...rotation helps to bring us spiritual rewards far more enduring than any fame. With no AA “status” at stake, we needn't compete for titles or praise—we have complete freedom to serve as we are needed”.

AA Grapevine, September 1992

“But then I began to see rotation in action, and i learned the difference between ruling and serving. Rotation is one of the ways we use to make sure we serve and don't rule...AA's tradition of rotation ( even if it permits some inexperience and even ignorance ) was a bit shocking. Could such a structure stay intact? Wouldn't it finally fall apart? The answer, i discovered, was this: AA is unified and strong, because we are not organized...we've insisted that all those serving AA derive their authority from a loving god expressing himself within the informed group conscience.”

**Do we serve through rotating leadership and never command or exert authority, acting only to understand, explore and carry out the conscience of the group?**

Bill Wilson, AA Grapevine, 1947

“Nowhere in AA is there to be seen any constituted human authority that can compel an AA group to do anything... each leader soon discovers that while he can always guide by example or persuasion he can never boss...the majority of AA groups do not even choose leaders. They prefer rotating committees to handle their simple affairs. These committees are invariably regarded as servants. They have only the authorization to serve, never to command. Each committee carries out what it believes to be the wishes of its group. That is all...heavy handed assertion of my personal authority always created confusion and resistance”.

**Do we remained fixed in various service positions believing we achieved or maintain our personal sobriety through service and if so, how is this practice aligned with tradition five?**

The AA Group Pamphlet, p.23

“Each AA Group determines the minimum length of sobriety for members to be eligible for any position or office... these jobs may have titles. But titles in AA do not bring authority or honor; they describe services and responsibilities. And it has generally been found that giving members jobs solely to help them stay sober does not work”.



# See You There!

## What's going on in and around Regina



### Meeting Updates

- The Pasqua Group is adding a weekly LIVE meeting at Grace Mennonite Church Tuesday nights at 7 p.m. The virtual meeting will remain at its same time & place - Tuesdays at 8 p.m.
- The Jaywalkers meeting at the North East Community Centre on Saturday nights at 9 p.m. has merged with the Northgate Group, which meets at the same place and time on Friday nights.

### Kindersley's 51st AA/Al-Anon Family Round Up

January 26 @ 8:00 pm - January 28 @ 12:00 pm CST

### Saskatoon 57th AA Roundup (with Al-Anon Participation)

February 2 @ 4:00 pm - February 5 @ 12:00 pm CST

### Happy Birthday!

Kevin M. 12 Years - January 1

Donna M. 28 Years - January 10

Don P. 37 Years - January 15

Brenda L. 1 Year - January 15

Kent A. 1 Year - January 17

Margaret C. 35 Years  
January 23 @ Pasqua 8 p.m. (virtual)

Wayne G. 35 Years  
February 23 @ Vibank 8 p.m.

Chuck M. 32 Years - February 29

## Vibank 33rd Annual Roundup

with Al-Anon Participation

**EASY DOES IT-BUT DO IT!**

**Saturday, April 6, 2024**

**FRANCIS Community Hall, FRANCIS, Sask.**

**\*Vibank Community Hall under renovation\***

**Cost: Tradition 7**

**Soup will be served 11:30 a.m. - 12:30 p.m.**

### AGENDA

11:30 a.m. - Registration

12:30 p.m. - Welcome

12:45 p.m. - Call-up Meeting

1:45 p.m. - AA / Al-Anon Meetings

3:00 p.m. - Al-Anon Speaker, Nadine E.

4:15 p.m. - AA Speaker, Don A.

6:00 p.m. - Banquet

7:00 p.m. - Service Speaker, Theresa C.

7:30 p.m. - AA Speaker, Joel M.

9:00 p.m. - Ice Cream & Fellowship

### CONTACTS:

vibankroundup@gmail.com

AA Regina Central Office

306.545.9300

Any updates will be posted on

aaregina.org

\*There will be a break between events.

Fellowship & Chili Cook-off  
Bring your secret recipe chili and your favourite games!

AA REGINA SOCIAL COMMITTEE IS HOSTING

# GAME NIGHT

FRIDAY  
JANUARY 26

5:00 - 10:00PM  
AT THE REC CENTRE @ IMPERIAL SCHOOL  
200 BROAD STREET, REGINA

DOORS OPEN AT 5:00PM  
SUGGESTED ADMISSION \$5

For More Information Contact the Office:  
a.a@sasktel.net  
phone: 306-545-9300

# 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.

## CHAIRPERSON VOLUNTEERS

### TREATMENT FACILITIES

Chairpersons (two per meeting) are needed to chair meetings on a regular rotation and ongoing basis.

**Pine Lodge - Speaker Meeting on Saturday nights**  
**Detox Centre - Three meetings per week**  
**John Howard Society and the General Hospital**

AA Groups may sign up for recurring regular meetings or offer to send chairpersons for specific dates. Contact the Treatment Facilities Committee Chair via email at [treatmentfacilitieschair@aaregina.org](mailto:treatmentfacilitieschair@aaregina.org) for more information on the schedule for chairing opportunities.

## 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.).

## 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.

