



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 April 3, 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.

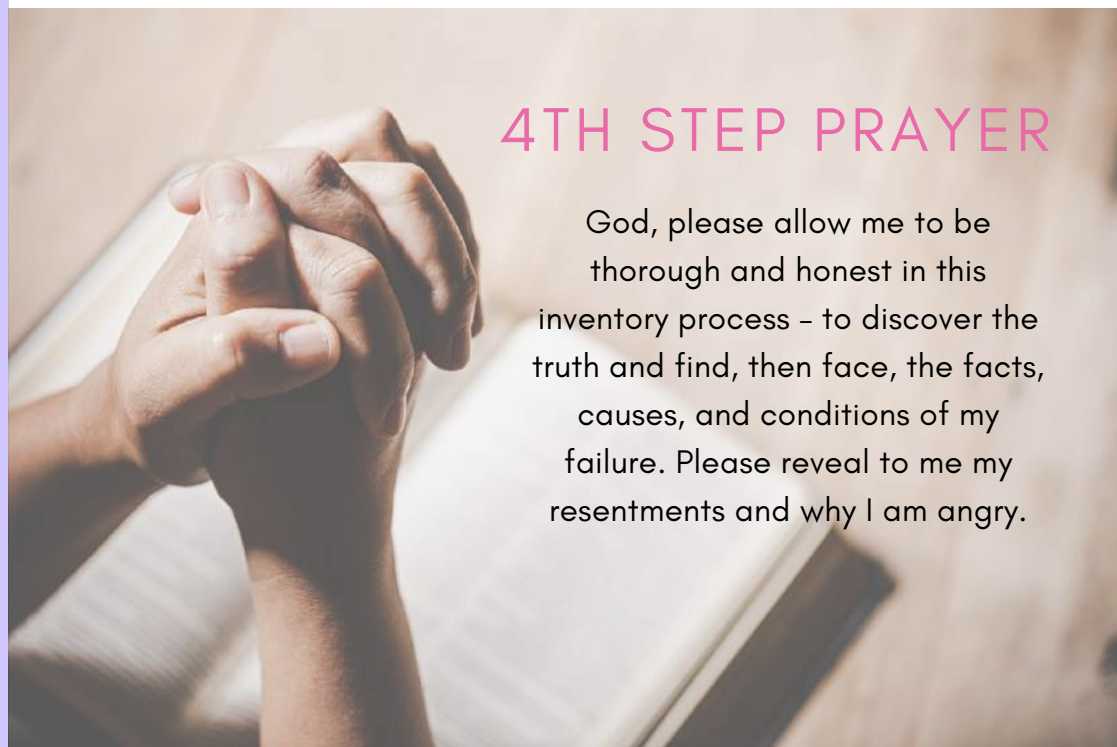
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STEP FOUR:

Made a searching and fearless moral inventory of ourselves.

TRADITION FOUR:

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.



4TH STEP PRAYER

God, please allow me to be thorough and honest in this inventory process - to discover the truth and find, then face, the facts, causes, and conditions of my failure. Please reveal to me my resentments and why I am angry.

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



Unpacking Step Four



The Fourth Step is to make “a searching and fearless moral inventory of ourselves.” Another word for “moral” is truth. By reviewing our lives – the people, situations, beliefs and fears we have engaged with in our past – we can begin to see the truth about ourselves and the role we’ve played in our troubles.

Through writing, we begin to see the patterns we have repeated over and over again, the negative beliefs that have perpetuated those patterns, the harms we have caused and the instincts that have driven us. We begin to see ourselves and our lives clearly.

Step Four, which begins on the very end of page 63 in the Big Book of Alcoholics Anonymous, states that after we take Step Three, we must “launch out on a vigorous course of action, the first step of which is a personal housecleaning.” It says that, while turning our will over to our Higher Power in Step Three was a “vital and crucial step,” it can have “little permanent effect unless at once followed by a strenuous effort to face, and be rid of, the things in ourselves that have been blocking us.” What does this mean? A personal housecleaning? A moral inventory? What is that? Like a business that takes an inventory of what products they have in stock, we take an inventory of our lives. What things are we holding on to that no longer profit us? What items have turned rotten and are making us sick? What items are downright ugly? What assets do we have that we want to keep? What behaviors do we keep repeating that are keeping us stuck? These are the types of things we will look for throughout this Fourth Step process.

Another word for “moral” is truth. By reviewing our past – the people, situations, beliefs and fears we have engaged with throughout our lives – we can begin to see the truth about ourselves and the role we’ve played in our troubles. Through writing, we begin to see ourselves and our lives clearly.

This whole process might sound terrifying and complicated, but it is not. There is a very clear-cut method for reviewing our lives, which is outlined in the Big Book of Alcoholics Anonymous. Many of us like to overcomplicate this process by writing novels about our lives and getting bogged down in the messy storylines of our pasts. This is not necessary. An inventory is a list. A bulleted list. An organized list. And the Big Book tells you exactly how to do it.

<https://www.guardianrecovery.com/addiction-treatment/12-step-recovery/step-4-discover-the-truth-through-inventory/>

STEP FOUR DOING THE “WORK”

- **Don’t overwrite. Use bullet points.**
- **Talk with your recovery friends and sponsor regularly, especially as difficult emotions come up.**
- **Do not attempt to do a fourth step without a sponsor.**
- **Pray and meditate before and after writing.**
- **Take good care of yourself - Remember H.A.L.T - avoid getting hungry, angry, lonely or tired.**

HAPPY BIRTHDAY!

Jeannie L.- 50 Years

March 28th @ 12:00 pm / Call of the Wild
Trinity Evangelical Church 1909 Ottawa St, Regina
(open, hybrid meeting)

Bob G.- 45 Years

March 31st @ 7:30 pm / Northside Group
St. Peter's Church - 100 Argyle St.

Gail B. April 1st - 19 Years

Morgan A. - 5 Years
April 1st @ 8:00 pm / Novalco Group

Joan F. April 4th - 40 Years

Roger I. - 40 Years
April 15th @ 7:30 pm Massey Road Hybrid Group

Jim L. - 30 Years

April 19th 8:00pm / Vibank

Cori J. - 5 Years

April 19th 7:30 pm / Women's Serenity
(open meeting)

Lesley W. - 25 Years

April 19th @ 12:00 pm / Out to Lunch Bunch
Seven Oaks Hotel 777 Albert St, Regina
(open meeting)

Wayne H. - 35 Years

May 31 at 7:30 pm / NuLife

Tradition 4

LONG FORM:

"With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount."

OUR DECISIONS AFFECT OTHERS

For too long, I thought I was autonomous in my own right; this is also called being self-centered or selfish, with "self-will run riot." This Tradition helps me understand that I cannot take any actions harmful to others without dire consequences to myself. I learned that nothing was really good unless other people also were considered. If I don't seek the advice and help of others in matters affecting them, then I again become God in my own life, the exact nature of my wrongs.

The one word that characterizes the fourth tradition is the word "decisions." This tradition teaches me how to make decisions and maintain good relationships with God and you at the same time. The traditions show us how to get along with each other. The second half of the fourth tradition teaches me to consult others when I make decisions that affect them.

I am not to be a dictator in making decisions that affect other people's lives (or the community) as I did when I was drinking. I need help from others, especially in matters affecting them. My goal is unanimity. <l repeat> If I don't seek the advice and help of others in matters affecting them, then I again become God in my own life, the exact nature of my wrongs.

STEP-TRADITION PARALLEL

If I don't seek the advice and help of others in matters affecting them, then I again become God in my own life, the exact nature of my wrongs. The steps help to restore my relationship with God (through inventory among other things) and the traditions show me how to get along with God (and others). I was God in my own life. I was a dictator. With others, I was just the opposite. I sought the approval. The fourth tradition solves this dilemma: I seek to be one with God and to be one with others about matters affecting them. There are certain things that must be done alone with God, such as writing inventory. Writing inventory is an autonomous function. Interesting parallel.

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

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. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?
7. What "questions" could we ask ourselves before we make a decision to use our autonomy?
8. Does autonomy excuse or justify improper behavior?

<https://www.takethe12.org/t4/>



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 Meetings on Saturday nights

Detox Centre - Three meetings per week

John Howard Society and the General Hospital

AA Groups may sign up for recurring meetings or offer to send chairpersons for specific dates. Contact the Treatment Facilities Committee Chair via email at treatmentfacilitieschair@aregina.org for more information on the schedule for chairing opportunities.

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.

All members of AA are welcome to attend! If your home group does not have an Intergroup Rep, consider joining us to see what's happening in the Regina and Area AA Community!

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

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!

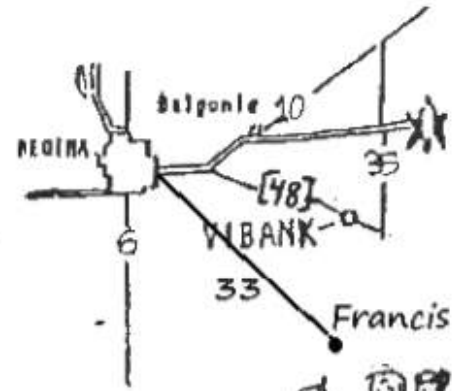


FRANCIS

Vibank 33rd Annual AA Roundup With AL-ANON Participation

"EASY DOES IT-BUT DO IT!"

Saturday, April 6th, 2024



FRANCIS COMMUNITY HALL, **FRANCIS**, SASKATCHEWAN
*Vibank Community Hall Under Renovation

COST: TRADITION 7

SOUP WILL BE SERVED FROM 11:30am until 12:30pm

AGENDA

- 11:30 - REGISTRATION
- 12:30 - WELCOME
- 12:45 - CALL UP MEETING
- 1:45 - AA/AL-ANON MEETINGS
- 3:00 - AL-ANON SPEAKER..... Nadine E.
- 4:15 - AA SPEAKER..... Don A.
- 6:00 - BANQUET
- 7:00 - SERVICE SPEAKER..... Theresa C.
- 7:30 - AA SPEAKER..... Joel M.
- 9:00 - ICE CREAM & FELLOWSHIP

*There will be a break between events



On The Road To FRANCIS
*Vibank Community Hall Under Renovation

Contacts:

vibankroundup@gmail.com

A.A. Regina Central Office: 306-545-9300

Any updates will be posted on

www.aaregina.org



FREEDOM

COMB BELIEVE

AA Regina

VOLUNTEERS NEEDED!!

Would you like to give back to your recovery community? Do you want to build stronger connections in the program? We would like to encourage you to get involved in service. There are many positions at varying levels of service available.

“HELPING OTHERS IS THE FOUNDATION STONE OF RECOVERY”

What?

Event organizers, fellowship group activities coordinators, communications, information exchange, workshops, ticket sales, 12 Step calls, speakers, greeters, answering service, chair meetings at treatment facilities, treasurers and correspondence positions available.

How?

Attend a district meeting. 2nd
Wednesday of the month
Mount Olive Church
2015 4th Avenue North at 7:30pm

Attend an Intergroup meeting. 1st
Wednesday of the month
St. Paul's 12th Ave & McIntyre Street
at 6:30pm

Contact central office



Contact Us

306-545-9300

Email: a.a@sasktel.net



OFFICE OPEN
MONDAY
WEDNESDAY
FRIDAY
10 AM - 3 PM

**CENTRAL
OFFICE**

107-845 BROAD STREET,
REGINSA, SK