

## 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).



# Heart to Heart

Regina & area Alcoholics Anonymous® Intergroup

## Step Three:

Made a decision to turn our will and our lives over to the care of God as we understood him

## Tradition Three:

The only requirement for membership is a desire to stop drinking

## Third Step Prayer

God, I offer myself to thee  
To build with me and to do with me as  
thou wilt.

Relieve me of the bondage of self, that  
I may better do they will. Take away my  
difficulties, that victory over them may  
bear witness to those I would help of thy  
power, thy love and thy way of life.

TO SPEAK TO ANOTHER  
ALCOHOLIC OUTSIDE  
OF OFFICE HOURS  
306.545.9300





# Unpacking Step Three

The third stage on the road to sobriety is one of the most important. It can also be one of the most frightening and difficult steps for recovering alcoholics to confront. That's because it is the first step that asks us to take concrete action. Step 1 demanded honesty. It forced us to recognize our powerlessness over our addiction. In step 2, we acknowledged a power greater than ourselves, whether that is A.A. itself, a vision of our ideal self, a counselor, or God. Both of these initial steps involved recognition and acceptance. Step 3 brings willpower back into the equation. If that sounds confusing (after all, didn't willpower cause the problem in the first place?), think of it this way: There is a difference between willpower and willfulness. We display willfulness when we demand our independence from everyone, when we naively believe we are in control of everything, and when we refuse even the sincerest offers of help. When A.A. speaks of willpower, on the other hand, it means the willingness to accept help from someone or something outside of ourselves, even if our whole mind and heart rebel against the idea.

"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."

<https://www.hazeldenbettyford.org/articles/aa-newcomers-steps-1-to-3>  
<https://www.yellowstonerecovery.com/2016/12/27/a-deeper-look-at-the-12-steps-step-3>

When we put our foot on the third rung of the ladder, we commit ourselves to a lifelong struggle, a struggle that will demand enduring resolve and continual action. Thankfully, Step 3 also reminds us that failure is never final. No matter how many times we fall down, we can rediscover hope as long as we are willing to seek help.

## STEP THREE: DOING THE "WORK"

Completing step 3 means being more comfortable with the concept of a higher power and accepting help. It requires placing trust not only in that higher power, but trusting the other sources through which that higher power works, such as a sponsor and support team. Repeating the Serenity Prayer can help in times of struggle when working through this step. Step 3 can be full of twists and turns, of learning how to treat those who are there to support us with respect instead of suspicion. It is a step where we must take an honest look at addiction and see it for what it truly is.



<https://www.yellowstonerecovery.com/2016/12/27/a-deeper-look-at-the-12-steps-step-3>



Kyle S: 20 years March 5th  
Shannon C: 19 years March 4th  
Tom G: 22 years March 21st  
Peter N: 12 years March 27th

Northgate Joint Birthday Celebration  
March 22nd at 9:00pm at Northgate Group. Coffee and cake will be served.  
Bryce M: 7 years  
Sara A: 5 years  
Spencer R: 4 years

# See You There!

What's going on in and around Regina



## Area 91 (Sask.) Spring Assembly

March 15TH, 2024 6:00 pm –  
March 17TH, 2024 12:00 pm CST

Please download and email  
completed pre-registration  
form to [district2dcm@aasask.org](mailto:district2dcm@aasask.org)

### Registration

Opens Friday March 15 at 6:00 pm at  
the Humboldt Uniplex

Registration fee: \$30

(may be paid at door if not pre-  
registered, but meal package needs  
to be paid by

February 29, 2024)

E-transfer registration fee (\$30) &  
meal package (\$35) payments to:  
[treasurer@aasask.org](mailto:treasurer@aasask.org)

Please put Spring Assembly  
Registration or Registration and  
Meal Package in the notes section of  
the e-transfer.

### Hotel Information

Pioneer Hotel \$105.00 per night for  
one bed, \$115 per night for two beds  
call 1-866-

682-2638 call ASAP to book (rooms  
are not reserved). Ask for corporate  
rate for Assembly attendants.

Bella Vista Inn \$114.95 per night.  
Block of rooms under Area 91 AA  
Spring Assembly.

Rooms held until February 29th.

CanAlta Hotel \$162 per night – book  
online if other hotels full

## 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](mailto:vibankroundup@gmail.com)

AA Regina Central Office

306.545.9300

## Weyburn's 64th Annual Celebration of Recovery Round-up March 8 & 9, 2024

### "The Spirit of Recovery"

Friday March 8th- Knox Presbyterian Church  
136 2nd St. 8:00pm to 9:00pm

Sat. March 9th - Grace United Church - Upper Hall 210 3rd St.  
Weyburn

11:00am Registration (Soup & Buns Will Be Served Until 12:30)

1:00 to 5:00 Speakers & Workshops

6:00 to 7:00 Supper

7:30 to 8:30 Speaker

9:00 Ice Cream Social

Tradition 7 - We are suggesting a \$20.00 donation to cover  
costs.

For contact details call: Regina Central Office

# 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.



## Meeting 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.

## Webservant/Committee Chair

[aaregina.org](http://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.

