



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 May 1, 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 FIVE

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

TRADITION FIVE

Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

5TH STEP PRAYER

God, I thank you from the bottom of my heart that I know you better. Help me become aware of anything I have omitted discussing with another person. Help me to do what is necessary to walk a free man at last. AMEN (Page 75 BB)

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



What Is the 5th Step in AA?

Step 5 of Alcoholics Anonymous, commonly known as the “Confession” step, encourages members to acknowledge their struggles and whatever harm they caused to themselves and others in pursuit of alcohol.

Step 5 of AA reads that one, “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Put simply, Step 5 is the point in the process in which one will speak openly and honestly about their struggles with addiction, with focus on how they harmed themselves and others through their actions and behaviors. This confession should be honest, and can begin in a written form and evolve into conversations.

Completing Step 5 of Alcoholics Anonymous can look different for everyone. It may include tasks such as overcoming fear, confessing to yourself, calling upon inspiration, and/or confessing to another person.

Overcoming Fear in Step 5 of AA

Fear is a natural reaction to confession. Although one may want recovery, confronting the nature of one’s wrongs and admitting long-held secrets can be terrifying. If you allow these feelings to stop your progress at Step 5, you stop moving forward in your recovery and the disease of alcohol addiction will take over once more.

Alcoholics Anonymous Step 4 has prepared you for Step 5, and by finding the courage to overcome that fear of rejection or the shame of your confession, you experience honesty on a deeper level than in your first step of admission, and you break the pattern of denial that often plagues those suffering with alcohol use disorder.

<https://alcohol.org/alcoholics-anonymous/step-5/>

Confessing to Yourself

Step 5 requires not only that one admit to themselves the exact nature of one’s wrongs, but that they embark on an honest self-evaluation of their faults. This part of the step helps to remove egoism and minimize your fear. This enables one to work on the remaining confessions to God/higher power and another human being with honesty, openness, and courage.

Calling Upon Inspiration

As discussed in previous steps, the concept of a God need not be religious. While many may take solace in confessing one’s past wrongs to a deity, they can also take a broader, spiritual approach, admitting that one struggles with alcohol to a non-sectarian spiritual force. One can also interpret “God” as a broader inspiration that drives one toward recovery, and acknowledge that in order to call upon this inspiration they must be open and honest with the behaviors that have harmed themselves or others.

Confession to Another Individual

One can struggle to break the cycle of addiction without help. Part of recovering from alcohol addiction is building your self-esteem so that you realize what you have to share is worth listening to, and that you are worthy of forgiveness and respect. The person you select to share your fifth step confession with should be someone who understands the process of recovery and someone who wants to help you get through it.

For this reason many choose to complete step five with a sponsor, or someone from within your AA group who will understand the process of recovery and who will be compassionate and respectful of your desire not to share your confidences with anyone else. A sponsor will also help you maintain perspective as to the exact nature of the wrongs you are confessing and will not allow you to slip into denial by blaming others for what you’ve shared.



Happy Birthday

Peter B. - 15 Years - Free Speech

May 2 @ 8:00 pm - 9:00 pm

Holy Child Parish 2636 7th Avenue East

Mary Y. - 35 Years - Vista group

May 12 @ 7:30 pm - 8:30 pm

North East Community Centre 160 Broad Street

Wayne H. 35 Years - NuLife

May 31 @ 7:30 pm - 8:30 pm

First Presbyterian Church 2170 Albert St.

Kelly B. - 10 Years - June 1st

Jane F. - 30 Years - June 3rd

Warren M. - 1 Year - June 7th

Dean P. - 16 Years - June 9th

Don H. - 10 Years - June 16th

■ REMINDER

UPDATED CONTRIBUTIONS MAILING ADDRESS FOR CANADA

Please note below the correct mailing address for individuals, groups, districts, areas, and other entities within the service structure to use when making contributions by check to the General Service Board. Which address you should use depends on whether the check is denominated in Canadian dollars or US dollars.

**Checks in Canadian dollars payable to
"General Service Board" may be mailed to:**

Post Office, Box 459
Grand Central Station
New York, NY 10163

**Checks in U.S. dollars payable to
"General Service Board" may be mailed to:**

Post Office, Box 2407
James A Farley Station
New York, NY 10116-2407

GSO receives your contribution fastest when you contribute online via the secure portal on the A.A. Contributions webpage at contributions.aa.org. If you prefer to pay directly from your bank account rather than use a credit card, please open a PayPal account and link your bank account to your PayPal account. You may then use the PayPal option on our contributions portal. Please consider creating a recurring contribution.

**For questions or assistance with contributing,
contact Member Services at memberservices@aa.org
or 212-870-3023.**

Questions to Ask Yourself in Step 5

Here are some Step 5 examples of questions you can ask yourself to help you make a plan for confession:

- What specific resentments, fears and harms have I identified in my personal inventory during Step 4?
- Am I genuinely ready and willing to share the entirety of my inventory, including my most embarrassing or shameful actions and character defects, with another person?
- Have I selected a trusted and supportive individual to be my confidant in Step 5, someone who's genuinely willing to listen without judgment?
- Am I prepared to share my inventory honestly, openly and without reservation, holding nothing back?
- What emotions am I experiencing as I approach Step 5, and am I willing to face them head-on during this process?
- Do I understand that Step 5 is not about seeking forgiveness from others but rather about gaining a deeper understanding of myself and my patterns of behavior?
- Can I accept that this step is an opportunity to let go of the burdens of guilt, shame and secrets that have been holding me back in my addiction?
- Am I open to receiving feedback and insights from the person I'm sharing my inventory with, even if it's uncomfortable or challenging to hear?
- Do I trust in the spiritual principles of honesty, humility and courage to guide me through this process?
- After completing Step 5, am I willing to let go of the past and focus on making amends and personal growth in the subsequent steps of AA?

Yesterday, Today and Tomorrow

There are two days in every week
about which we should not worry,
Two days which should be kept free of fear and apprehension.

One of these days is YESTERDAY,
With its mistakes and cares,
Its faults and blunders,
Its aches and pains.
YESTERDAY has passed forever beyond our control.

All the money in the world cannot bring back YESTERDAY.
We cannot undo a single act we performed;
We cannot erase a single word we said.
YESTERDAY is gone.

The other day we should not worry about is TOMORROW
With its possible adversities, its burdens, its larger promise.

TOMORROW is also beyond our immediate control.
TOMORROW, the sun will rise,
Either in splendor or behind a mask of clouds,
But it will rise.
Until it does, we have no stake in TOMORROW
For it is as yet unborn.

This leaves only one day - TODAY.
Anyone can fight the battles of just one day.
It is only when you and I add the burdens of those two awful eternities
- YESTERDAY and TOMORROW -
That we break down.

It is not the experience of TODAY that drives us mad.
It is remorse or bitterness for something which happened YESTERDAY
And the dread of what TOMORROW may bring.

Let us, therefore, live but ONE day at a time.

- Author Unknow



Tradition 5

LONG FORM:

“Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers.”

We Only Have One Purpose

It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. This Tradition delineates pretty clearly our individual primary purpose, as well as the group's. Each of us is but a small part of the whole, but by joining AA's primary purpose to our own, we become something bigger than our individual selves.

Am I willing to surrender my old primary purposes? To work this tradition means that I am willing to say “yes” to this question and rearrange the rest of my priorities. Devoting myself to a new primary purpose means that I am willing to let go of many old ideas. I have many thinking patterns that are automatic that I need to change in order to consecrate myself to a new primary purpose.

Step-Tradition Parallel

The relationship of the fifth step to the fifth tradition is that the fifth step taught me the exact nature of my wrongs, “I'm not in charge.” In the fifth tradition I learned just the opposite, I learned what my exact nature should be: my talent to carry the message to the alcoholic who still suffers, my primary purpose.

In the fifth step I learned what's wrong about me and in the fifth tradition I learned what's right about me. What's right about me is my ability to carry the message when no one else can because of the experiences that I have had which were transformed into a message of hope in the fifth step. My alcoholism is my greatest talent, not my talents as a husband, father, son, or my job. I can fulfill my primary purpose for being born by carrying the message to the alcoholic who still suffers.

(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 ever cop out by saying, “I'm not a group, so this or that Tradition doesn't apply to me”?
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I let fear get in my way by not addressing issues in my home group when members are disrupting meetings and getting in the way of our group carrying the message to the still suffering alcoholic?
6. Do I help my group in every way I can to fulfill our primary purpose?
7. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?



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@aa Regina.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.

“Our primary purpose is to stay sober and help other alcoholics to achieve sobriety”.

AA Preamble

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!



See You There!

What's going on in and around Regina

Prince Albert 71st Gateway Roundup

May 31 @ 4:30 pm - June 2 @ 12:00 pm

Prince Albert Nordale Hall 1306—6th Avenue NW, Prince Albert, SK

Full ticket includes all speakers, banquet, breakfast & coffee - \$50

Partial ticket (limited amount at the door) Includes all speakers & coffee - \$30

Call Regina Central Office for more info!

44th Marean Lake Camp Out Roundup

June 14 4:00 pm - June 16 1:00 pm

Christ the King Camp Marean Lake, Porcupine Plain, Saskatchewan, Canada
PLEASE BRING POTLUCK DESSERTS FOR SATURDAY SUPPER

For more information & info on camping, email: mareanlake2024@gmail.com

Western Canada Regional Forum

May 10 @ 6:30 pm - May 12 @ 12:00 pm

For more information visit:
https://www.aa.org/pages/en_US/what-are-regional-and-local-forums



Mark Your Calendars and Make Plans to attend the 2025 A.A. International Convention

Vancouver, British Columbia, Canada

July 3-6, 2025

Vancouver will welcome A.A. members from around the world for the 2025 International Convention. This will mark the 90th anniversary of the beginning of our Fellowship's founding.

Please check the Convention webpage at aa.org/international-convention for more information, the latest news, and FAQs. As the Convention approaches, the page will be updated with registration information.

Taking place once every five years, the A.A. International Convention marks the anniversary of Bill W.'s first meeting with Dr. Bob and the birth of Alcoholics Anonymous in 1935. At the Convention, members and their families and friends from around the world attend meetings, workshops, dances, and events. A highlight is the traditional flag ceremony to celebrate sobriety worldwide.

**Let's celebrate sobriety together
in Vancouver in 2025!**

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